



At i spa Health Studio we are pleased to share more about Natural Medicine and the services we proudly provide the community. Acupuncture, is one example of the exceptional services we provide and encourage you to utilize for healing and wellbeing.

Those who have never experienced it tend to regard Acupuncture with a mix of curiosity, skepticism, and even fear. But, overwhelmingly those who have experienced an Acupuncture treatment- love it.

Rarely has a medical treatment been so misunderstood, and with the possible exception of dentistry; so feared. If the thought of Acupuncture makes you shiver, then read-on. We are about to lay your fears to rest and share the plain truth about this simple and highly effective medical treatment.

Acupuncture is a component of traditional Chinese medicine that originated in China over 2,000 years ago. It is based on the belief that living beings have a vital energy called “Qi” which circulates through 14 meridians channeling throughout the body. Every meridian is marked by a series of specific acupuncture points. Strategic insertion of specially designed acupuncture needles restores the natural flow of Qi and allows the body to heal.

Here is the challenge in the world of acupuncture. People reading the above paragraph will skip past the 2000 years of historical success, ignore the achievement of healing, and focus singularly on one word: *Needles*.

Allow us to share the most important fact about Acupuncture that you need to know: ***typically, the needles do not hurt!***

Occasionally, there is minor discomfort and it can be quickly alleviated by the practitioner. We believe communication and a skilled Acupuncture Physician are vital when choosing a Doctor of Acupuncture and this is one of the many reasons we are proud to have Dr. Bebell at i spa Health Studio.

Dr. Bebell, is a Registered Nurse with 29 years experience in Critical Care, Cardiac Nursing. She studied at the Florida Institute of Traditional Chinese Medicine and obtained her degree as an Acupuncture Physician. Dr. Bebell appreciates that Acupuncture is holistic, meaning that it takes into account the whole body. Her foundation in traditional medicine - nursing has provided a cornerstone and more complete approach to whole body healing. Guided with her experience and knowledge in both Western Medicine and Chinese Medicine she has proficiently and skillfully obtained a fundamental balance between both medical modalities and philosophies.

An initial acupuncture consultation at i spa Health Studio typically takes 90 minutes and incorporates a comprehensive review of overall health, even if you are only experiencing localized pain. Treatments sessions last at least an hour during which you are attended by Dr. Bebell at all times. Depending on your health profile, an acupuncture session may provide symptom relief from issues such as nausea from chemotherapy or radiation treatments, chronic pain from arthritis or nerve damage, sinus flare-ups, asthma, and others. Acupuncture sessions may also provide healing or full recuperation from acute injuries such as back spasms, sciatic nerve irritation, and any number of sports injuries.

While acupuncture is her primary tool, Dr. Bebell uses a full array of Chinese medicine treatments or modalities based on her assessment of the patient. These modalities include:

- **Cupping Therapy** - is a carefully administered process of suctioning or vacuuming targeting specific sections of the body's meridian system. The purpose is to draw out toxins, relieve pain, increase blood flow, and promote a healthier flow of Qi to restore the body to health.
- **Tui Na Massage** – is the application of localized massage and manipulation techniques to

establish a more harmonious flow of Qi through body to promote naturally healing. The localized nature and specific application of Tui Na differentiates this treatment from the full body massage techniques used by Adrienne Honeywell, i spa's resident Massage Therapist.

- **ETPS or Electro Therapeutic Point Simulator** – initially created to provide needle free acupuncture, this device excels in repairing and restoring internal and external scar tissue. In addition to boosting confidence and improving self-image, this therapy eliminates energy blockages caused by scars. This is particularly true of C-section scars which blocks 4 energy meridians. ETPS treatment can reduce the visual and tactile impact of the scar while noticeably restoring the natural flow of energy.

- Other modalities include **Korean Hand Massage**, **Seed Placement**, and **Moxabustion**.

To learn more about acupuncture and how it may help you achieve better health and wellness, contact Dr. Bebell at i spa Health Studio at **727.386.4004**. Come in for a session and find out why our patients say that they go into a session feeling like its Monday and leave the session feeling like its Saturday!