



Sincere Chinese Medicine Pain Reduction Center



6726 Stanford Ranch Road #5,
Roseville CA 95678

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916-771-8388

Here at the Pain Reduction Center we are an alternative healing clinic beyond your regular doctor's care; we can restore your family's nature health and healing. Traditional Chinese medicine focuses on the body's natural balance of two essential energies called Yin and Yang. When there is an imbalance the body is susceptible to pain and illness. Acupuncture, acupressure massage and various other traditional Chinese treatments can be balance of yin and yang, detox the body of harmful chemicals and clear passageways. It can also improve blood circulation, swelling and pain, and adjust the internal organs. For thousands of years the practice has proved that Chinese medicine can help to heal a wide range of ailments, and the effect is noticeable. Acupuncture and acupressure massage also alleviate disease and reduce psychological stress.

The Pain Reduction Center uses traditional Chinese medicine: acupuncture, square pulse and massage methods. The result is less pain, pressure, weight loss, endocrine disorders, immune system disorders, shingles, chronic fatigue, hemorrhoids, anal fissure, stroke, gynecological, gastrointestinal, sports injuries, and surgery-related symptoms; you will see immediate relief to little to no harmful side effects.

I understand your painful secret and I am here to help!



from South Baylo in Southern California, the same year I obtained my California Acupuncture practitioners license and in December opened an Acupuncture Clinic in Roseville, California.

I was born surrounded by medical practices, as my father was a doctor. After graduating from college, I proceeded to gain much clinical experience and practice, I helped to cure many different patients. In 2013 I got my Master of Science in Acupuncture & Oriental Medicine

Chinese Medicine vs. Primary Doctor Care

Sub-Health Diseases

Insomnia: Can be treated using Traditional Chinese Medicine. The first step is to determine what the source is and once that has been understood the next step will be to decide if Chinese medicine treatment is best, or if your primary doctor is needed.

Other sub-health state: When hospital assessments show there is no infection/disease yet you still feel physical weakness, feelings of irritability, loss of appetite and other minor health symptoms, Chinese medicine can be used to either lessen or completely eradicate the symptoms over time.

Migraine: Traditional Chinese medicine can be used to relieve migraines/headaches. However, the first step is to assess diet, sleeping habits and lifestyle to locate the source of the problem. The doctor may suggest various changes to either your diet or exercise methods and suggest recuperation time.

Common

Cold/Flu: A combination of Chinese medicine and current medical practices are suggested for the treatment of a cold/flu. The vast majority of cold/flu cases are simply a virus infection, but can sometimes be accompanied by serious bacterial infections. In terms of a virus infection (common cold) herbal Chinese medicine is adequate treatment. However in terms of bacterial infection a medical doctor should be seen to prescribe an antibiotic. If there is a high fever, persistent cough/headache and other serious symptoms hospital attention is suggested, to first identify the cause of the problem, then be treated with Chinese medicine along with any suggested medicines/antibiotics by your doctor.

Cervical spondylosis: Chinese massage therapy and medicine can be widely beneficial because there will not be a dependency on any pain killers, Chinese medicine will stimulate your body's natural healing. It should be noted that improper manipulation/massage techniques could be more harmful than helpful to your body. Be sure to choose a Chinese medicine clinic that you are very familiar with and a doctor that you are comfortable with, who you feel understands your ailment and body's needs.

Lumbar disc herniation: Both traditional Chinese medicine and current medical hospital treatment can be beneficial. If the situation is very serious (needing surgery) it is best to consult your primary doctor. However if you feel that surgery is not the answer for your ailment, Chinese medicine can also help.

Facial paralysis recovery: Chinese medicine would be most beneficial, to avoid creating a dependency on doctor prescribed pain killers/muscle relaxers. Chinese medicine is a great form of relaxation therapy.

Oral diseases: Professional dental treatment is suggested when involving equipment related to improvement surgery, treatment and other serious oral diseases. Some less threatening oral diseases such as mouth ulcers, swollen gums, etc. can be treated with Chinese medicine.

Indigestion: Can be treated using Chinese medicine. The acupuncturist will ask questions about your lifestyle, diet and exercise and determine which treatment would be right for you.

Constipation: Can be treated with Chinese medicine to help condition the body. Medicine for the treatment of constipation is usually short-acting, and should only to be used as an emergency measure, not a daily supplement. Do not take laxatives often, to avoid dependence on them.

Cardiovascular diseases (hypertension, heart disease, stroke, cerebral infarction): Your primary doctor is suggested for serious cardiovascular diseases. Cardiovascular specialists have reliable evidence efficient in the control of blood pressure and improvement of blood vessel obstruction. Chinese medicine can be used to help improve some symptoms and ease pain, however should not be used as primary treatment for serious conditions.

Skin Disease

Acne: For serious cases of acne a dermatologist is suggested, however the patient should beware of dangerous side effects and any medicine should not be taken for very long periods of time. Chinese medicine would help to condition the body and stimulate your body's natural healing process.

Shingles: Traditional Chinese medicine can be used in treating Zoster virus infection. There is no specific drug to prevent the virus, doctors can prescribe antibiotics that can slightly cure. Chinese medicine efficiency is similar, extra care needs to be taken to prevent spreading and contamination.

Beriberi: Chinese medicine can be used for treatment. For very serious cases you should seek your primary doctor, however Chinese medicine is very beneficial and can be combined with prescribed antibiotics from your doctor.

Alopecia (Spot Balding): Chinese medicine can be used for treatment. This disease is difficult to treat because the causes are not entirely known. Primary doctors can prescribe different medicines and antibiotics but results are not guaranteed. Chinese medicine can help to restore the body's natural healing response, showing better results.

Eczema, dermatitis and other allergic skin diseases: Chinese Medicine can be used for treatment. Visual inspection by the acupuncturist will determine the specific treatment. With many cases early detection is key. For serious cases and quick treatment your doctor/dermatologist will be able to prescribe medicine. For less serious/reoccurring cases, Chinese medicine is suggested.

Gynecological Diseases

Infectious diseases (such as pelvic inflammatory disease, vaginitis, etc.): Chinese and Western medicine can be combined for the best results. But for acute exacerbation of pathogenic microorganisms seek a specialist for quick treatment. Chinese medicine can be used to treat large a number of chronic recurrent inflammation cases.

Infertility: The individual should carefully look for the cause by examining daily lifestyle habits as well as sleeping patterns and diet, and once the factor has been determined decide between Chinese or Western medicine. Blocked fallopian tubes are best treated by a medical specialist. Chinese medicine can be very beneficial for its natural, organic approach.

Menstrual pain/cramping: Chinese medicine is largely recommended for its natural, holistic approach, versus relying on prescribed and over the counter pain killers.

Menstrual disorders: Chinese medicine is largely recommended to stimulate your body's natural healing system and restore your body's order without the use of harmful drugs/toxins.

Menopause: A combination of Chinese medicine and your primary doctor's care can be used. For serious cases seek a specialist, however Chinese medicine is beneficial for long term care.

Pediatric Disease

Your primary doctor's care is largely suggested. While Chinese medicine can help some cases/symptoms it should be used as an addition to a specialist's care. In addition to the effects of Chinese massage is also good in some pediatric diseases.

Cancer and Other Serious Illness

Seek your primary doctor's care/specialist. The key is early detection of such diseases and early treatment. Chinese medicine has a role in improving the symptoms and reduce the toxicity of drugs and improve the quality of life in patients but to a certain extent.

Chinese medicine treatments can sometimes widely differ from primary hospital/doctor care. In most cases Chinese Medicine is good because of its holistic and natural properties, and is used to return your body to its natural state of healing. Hospital/doctor care is best for very serious cases and ailments, but sometimes the result of treatment will include harsh side effects, and while Chinese medicine may not be able to treat the main ailment, it can be used to lessen some of the harsh side effects.

WHAT MEDICAL CONDITIONS ARE ACUPUNCTURE PRIMARILY USED FOR ?

NEUROLOGICAL
Pain Syndrome
Headache
Migraine
Trigeminal Neuralgia
Sciatic Neuralgia
Intercostals Neuralgia
Postoperative Pain
Shingles
Facial Paralysis
Stroke Residuals
Multiple Sclerosis
Parkinson's Disease

PSYCHIATRIC & EMOTIONAL
Anxiety
Depression
Nervousness
Neurasthenia
Insomnia
Hysteria

GYNECOLOGICAL
Irregular Menstruation
Menstruation Pain
Amenorrhea
Menorrhagia
Prolapsed Uterus
Infertility
Menopause

MUSCULOSKELETAL
Lumbar Disc Herniation
Muscle strain
Back Pain
Arthritis
Rheumatic Arthritis
Osteoarthritis
Tendonitis
Bursitis
Cervical Syndrome
Whiplash Syndrome
Frozen Shoulder/Back
Shoulder Pain
Sprains or Strains
Numbness in Limbs
Cramps in Limbs
Sports Injuries
Postoperative pain

GASTROINTESTINAL
Nausea
Gastrodynia
Hyperacidity
Indigestion
Chronic diarrhea
Constipation
Abdominal pain
Distension

OTHERS
Allergy & hay fever
Asthma
Fatigue
Chronic Fatigue
Spontaneous
Night Sweat
Anemia
Obesity
Acne
Eczema
Addiction
Smoking
Sexual Dysfunction
High Blood Pressure
Low Blood Pressure
Hyperactive Thyroid
Hypoactive Thyroid
Diabetes
Health maintenance

WE OFFER
Acupuncture treatment
Chinese herbal treatment
Therapeutic massage
Acupuncture
Foot massage

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Most
Insurance*

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Please Visit our Website

<http://www.painreductioncenterclinic.com/>

or email us at:

tonyliu523@yahoo.com





Acupuncture

Ancient Chinese method of *relieving pain*. It's used to treat pain, anxiety, weight reduction and substance abuse.

What Is Acupuncture?

Acupuncture is an age-old healing practice of traditional Chinese medicine in which Chinese doctors believed that illness was due to an imbalance of energy in the body. In acupuncture, disposable, stainless steel needles are used to stimulate the body's 14 major meridians, or energy-carrying channels, to resist or overcome illnesses and conditions by correcting these imbalances. It's primarily used to relieve pain but also has been used to treat other conditions. It's based on the theory that energy flows through and around your body along pathways called meridians. Acupuncturists believe that illness occurs when something blocks or unbalances your chi. Acupuncture is a way to unblock or influence chi and help it flow back into balance.

How Acupuncture Works

Acupuncture seeks to release the flow of the body's vital energy or "chi" by stimulating points along 14 energy pathways. Acupuncture is also thought to decrease pain by increasing the release of chemicals that block pain, called endorphins. Many acupoints are near nerves. When stimulated, the muscle sends a message to the central nervous system (the brain and spinal cord), causing the release of endorphins (morphine-like chemicals produced in our own bodies during times of pain or stress). Endorphins, along with other neurotransmitters (body chemicals that modify nerve impulses), block the message of pain from being delivered up to the brain and may boost blood flow and stimulate brain activity.



What does it feel like?

You may feel slight pressure when a needle goes in. Most people find that it doesn't hurt. The area may tingle, feel numb, itch, or be a little sore. Acupuncturists believe that this is a sign that the energy flow, or chi, has been accessed. After the needle is placed, your provider may roll the needle slightly back and forth. Or he or she may use heat or electrical current on the needle.

Does Acupuncture Hurt?

Acupuncture needles are very thin, and most people feel little to no pain when they are inserted. They often say they feel energized or relaxed after the treatment. However, the needles can cause temporary soreness.



When to Consider Acupuncture

People use acupuncture to relieve pain and treat certain health conditions. You can use it by itself or as part of a treatment program. Because acupuncture rarely causes more than mild side effects, it is a potential alternative to pain medications or steroid treatments. Studies have

found promising results for the use of acupuncture to treat nausea and vomiting related to pregnancy, chemotherapy, and post-surgery pain.

Acupuncture is a treatment that can

Alleviate the symptoms of many physical and psychological problems, the theory behind acupuncture is that the needles are placed in special points of the body that will stimulate nerves in the body and encourage the body's natural defenses to repair itself. Over the years, research has shown that acupuncture affects a variety of biological systems -- releasing hormones, disabling receptors, and activating anti-inflammatory chemicals. It has been suggested that the healing power of acupuncture comes from its effect on the nervous system. Acupuncture can aid the pain-killing effect of chemicals called endorphins or help cells from the immune system fight infection, according to the NIH.

Is acupuncture safe?

In general, acupuncture is safe when done by a certified provider. A state license ensures that the provider has a certain level of training and follows certain guidelines. But there are still a few states where acupuncture is not licensed. In very rare cases, problems may occur after acupuncture. You could get an infection, especially if the needles aren't sterile. But licensed providers throw away their needles after one use. Make sure your provider uses a new pack of sterile needles every time. Talk with your doctor if you have other questions about the safety of acupuncture. Always tell your doctor if you are using a treatment like acupuncture.



Acupuncture Risks

Although acupuncture is generally safe and serious problems are rare, there are some risks. Needles that are not sterile can cause infection. In some acupuncture points, needles inserted too deeply can puncture the lungs or gallbladder or cause problems with your blood vessels. That is why it is important to use a practitioner who is well-trained in acupuncture.

Who Shouldn't Use Acupuncture

People with bleeding disorders or who take blood thinners may have increased risk of bleeding. Electrical stimulation of the needles can cause problems for people with pacemakers or other electrical devices. Pregnant women should talk with their health care provider before having acupuncture. It's important not to skip conventional medical care or rely on acupuncture alone to treat diseases or severe pain.

Choosing a Practitioner

It is important to receive treatment from someone who has met standards for education and training in acupuncture. States vary in their licensing requirements. There are national organizations that maintain standards, such as the American Academy of Medical Acupuncture (a physician group) or the American Association of Acupuncture and Oriental Medicine. Make sure that your practitioner uses sterile needles that are thrown away promptly after one use.

Acupuncture Variations

Several other therapies use a different way of stimulating the acupuncture points. Moxibustion involves the burning of moxa, a bundle of dried mugwort and wormwood leaves, which can then be used to heat the acupuncture needles or warm the skin. Electroacupuncture adds electrical stimulation to the needles. Another recent variation uses laser needles that are placed on (but not in) the skin.

Acupressure vs. Acupuncture

If you are afraid of needles, you may be able to get much of the same effect from acupressure. Acupressure involves pressing or massaging the acupuncture points to stimulate energy pathways. Scientific comparisons of acupressure and acupuncture are limited, but acupressure has been shown to be effective in reducing nausea and lessening pain.

How much acupuncture should I get?

This question is understandably one of our most commonly asked questions. Unfortunately, it is difficult to answer because results will vary based upon many different variables, such as your diet, how long you have had your ailment, age, how often you receive treatment and many other factors. We do guarantee that you will see change for the better.

How Much Acupuncture Should You Get?

Acupuncture generally works by stimulating the body's innate healing response. The number of treatments for you depends on how much support that healing response needs. Most people will progress over a few common stages of treatment.

In the **Relief Stage**, we'll primarily focus on reducing your symptoms to get you out of distress. During this time, treatments will be close together, usually 2-4 visits per week, until you start to feel better.

In the **Healing Stage**, we'll be correcting the underlying causes of your symptoms with a series of regular treatments, generally 1-2 visits per week.

And finally, in the **Maintenance Stage**, we'll keep you tuned up, take care of little problems before they get bigger, and just generally provide support for the everyday stresses of life. This may be 2-4 visits per month, or just as needed.

Acupuncture Use In The United States

Acupuncture has seen a rise in popularity in the US because of its healing and organic properties. In 1996 the FDA changed the status of acupuncture needles from Class III to Class II medical devices, meaning that needles are regarded as safe and effective when used appropriately by licensed acupuncturists. As people are becoming more wary of the chemicals and toxins they put in their body, many turn to acupuncture since it is a natural procedure that does not require harmful drugs or toxins. The use of alternative medicine in the American adult population increased substantially during the 1990s and has remained at a relatively stable rate (36-38%) over the past 10 years. In particular, the use of acupuncture has increased significantly in the USA from 2002 to 2007. The National Health Interview Survey (NHIS) 2002 revealed that approximately two million of American adults had used acupuncture within the past 12 months. By 2007 this number had expanded to three million, a 50% increase in five years.

What do I need to do prior to the treatment? Do I need to bring anything with me?

Please make sure prior to your treatment that you have a balanced, healthy meal and that you are well hydrated. Also make sure to wear comfortable clothing. If you would like you may bring your health insurance card; our receptionist will make a copy and follow up to see if your insurance will cover your visit costs, however it is not required. We accept the following forms of payment: (most) Credit cards/Debit cards, check and cash.



Acupuncture and Health maintenance

Acupuncture is a great way to boost your immune system and help relieve the overall stresses of everyday life and stimulate your body's natural healing process. Acupuncture can help improve immune function in patients with certain types of cancer. Acupuncture will help to adjust the humeral immunity in the body such as serum globulin interleukins, antibodies, lysozyme and serum bactericidal effect.

Acupuncture and Pain Relief

People have tried acupuncture for neck pain, muscle pain, tennis elbow, and menstrual cramps, hoping to avoid medications and their side effects. Acupuncture may provide added pain relief when it's used along with pain medicine or another therapy, such as massage. Acupuncture can reduce the need for drugs and improve the quality of life of people with chronic pain. The World Health Organization lists 28 different conditions that can be treated with acupuncture.

Acupoint: Headaches

Acupuncture may help relieve migraines or tension headaches. Two large studies found that people receiving acupuncture had fewer tension headaches than those receiving conventional care.



Acupoint: Dental Pain

Acupuncture provides relief from the pain of tooth extraction or dental surgery. Dental pain is considered by many to be one of the conditions that responds to acupuncture.

Acupoint: Fibromyalgia

Studies that test how well acupuncture works against the pain of fibromyalgia have had mixed results. Some showed that it provided temporary pain relief, but others did not. A small study by the Mayo Clinic suggested that acupuncture may reduce two other problems of fibromyalgia: fatigue and anxiety. But overall, there's not enough evidence yet to prove that acupuncture works for fibromyalgia.

Acupoint: Arthritis Pain

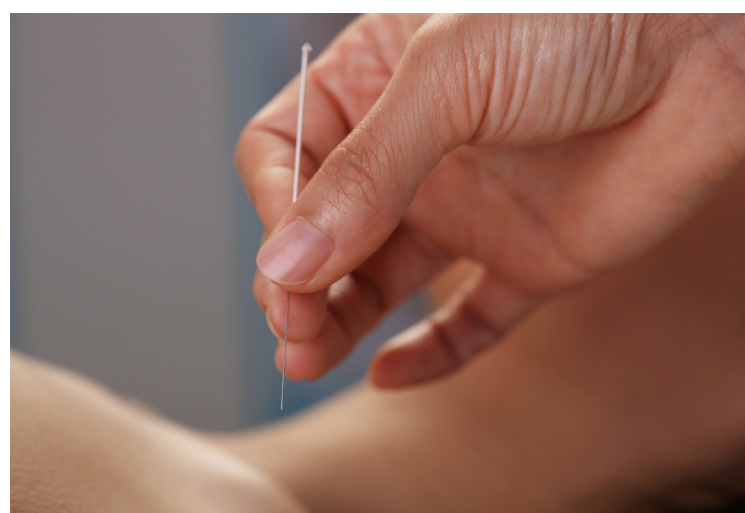
Acupuncture can be a helpful addition to conventional treatment for osteoarthritis, says the National Institute of Arthritis and Musculoskeletal and Skin Diseases. A new study found that acupuncture can reduce knee pain and increase movement of the knee in people with osteoarthritis. However, more research is needed to prove without a doubt that it's effective for osteoarthritis.

Acupoint: Carpal Tunnel Syndrome

Carpal tunnel syndrome is pressure on a nerve in the wrist that results in tingling, numbness, weakness, or pain of the fingers and hand. Acupuncture was tested and compared with prescribed medication for the hand and arm pain of carpal tunnel syndrome. Researchers in Taiwan gave one group eight acupuncture treatments, over about a month, and those patients reported more relief, for a longer time, than the group taking medicine. While studies like this have been promising, more evidence is still needed to confirm that acupuncture is effective for carpal tunnel syndrome.

How Acupuncture Helps Back Pain

For people who have low back pain, acupuncture may help decrease pain and increase blood circulation. Some studies show that acupuncture reduced pain and disability related to back problems more than some prescribed medications. Another summary of several studies showed that acupuncture reduced pain and increased the ability to be active. Stimulating these points is said to correct the imbalance of qi and improve the flow of energy. Practitioners believe that this helps relieve pain and improve health. It's thought the effects come from stimulating the central nervous system. This may trigger the release of chemicals into the muscles, spinal cord, and brain. These chemicals either alter the experience of pain or produce bodily changes that promote a sense of well-being.



If standard treatments don't relieve your chronic low-back pain, acupuncture may do the job.

Acupuncture and Sports Injuries

Acupuncture can be used to eliminate sports fatigue, fractures, obvious swelling, pain and to speed the body's natural healing process. Acupuncture can trigger the release of natural opioids, which are chemicals in the brain that may lessen pain or promote sleep.

Acupuncture and Cancer Care

Because acupuncture can lessen pain, nausea, and vomiting, it is sometimes used to help people cope with symptoms of cancer or side effects of chemotherapy. It also can help manage hot flashes associated with breast cancer. Be sure to talk to your doctor first and seek a practitioner who has experience working with cancer patients.

Acupuncture and Fertility

Acupuncture for uterine contractile function of the reproductive system can have a significant effect, acupuncture can adjust the sex hormones in order to facilitate the sperm and egg maturation and storage. Acupuncture can reduce stress and improve circulation and the immune system to maintain normal fertility conditions. Acupuncture may boost the effectiveness of fertility treatments. One theory holds that acupuncture helps by increasing blood flow to the ovaries.

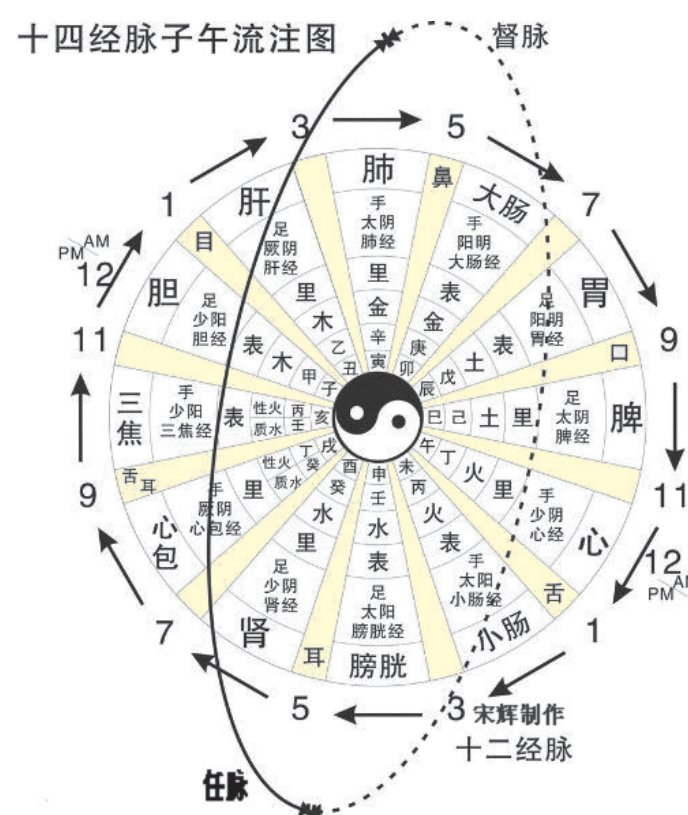


Acupuncture to Quit Smoking

Acupuncture has been used for a variety of other conditions, including smoking cessation, stress, insomnia, fatigue, nausea, shaking and depression which are all common side effects when a person stops smoking. The evidence is mixed at best for some uses of acupuncture.

Acupuncture and Drug addiction

Drug addiction. Acupuncture may help reduce symptoms of withdrawal after a person stops taking a drug he or she is addicted to. It may also help prevent a relapse. More studies are needed to learn about the benefits of acupuncture.



Acupuncture and Children

Acupuncture is generally considered to be safe for children, as long as you are using a licensed practitioner who follows recommended standards of practice. Scientific evidence does not support the use of acupuncture to treat attention deficit hyperactivity disorder.

Acupuncture and acne

Acupuncture can help acne by detoxing the body of harmful, acne causing bacteria, restoring hormones that can cause acne. Acupuncture also helps to reduce cortisol levels, which cause stress, which is a known acne factor.

Acupuncture and weight control

Acupuncture helps balance hormones. Acupuncture can increase endorphins, which reduce cravings and generally make you feel more positive. This can help reduce binge eating. It also decreases the hormones that contribute to weight gain.

Dr. Burak Bahar and his team at the Ankara Physical Medicine and Rehabilitation Training and Research Hospital in Ankara, Turkey found that both leptin and insulin levels dropped with acupuncture. Leptin regulates fat storage and metabolism and stimulates the feeling of being full. Insulin regulates carbohydrate and fat metabolism and the absorption of glucose from the blood. This finding suggests that acupuncture may actually reduce the hormones that lead to overeating. Restoring balance to leptin levels may help to reduce leptin-resistance, making it easier to stop eating before you overeat. The third way that acupuncture helps with weight loss is by reducing stress. Cortisol, the stress hormone, can affect weight in several ways. It disrupts digestion and contributes to depression. If you feel overwhelmed, you are more likely to binge for emotional reasons and to assume you have no time to prepare healthy meals. Finally, acupuncture can aid digestion.



According to Traditional Chinese Medicine (TCM), the spleen is responsible for digestion. Disharmony and imbalance in the spleen can lead to fatigue, slow metabolism, water retention, loose stools and a feeling of heaviness. The liver is responsible for the flow of Qi, blood and emotions. Disharmony in your liver can lead to cravings and compulsive eating.

Hemorrhoids & Anal fissure

Our clinic uses the traditional time-proved Chinese ancient methods for treatment of hemorrhoids and anal fissures using a combination of acupuncture and application of ancestral herbal remedy. No surgery, no implantation, no ligation. Our treatment includes internal hemorrhoids, external hemorrhoids, mixed hemorrhoids and anal fissure. Using fumigation and washing therapy specifically for anal fissure has very effective and obvious result.



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Chinese Herbal Medicine

Objective

Chinese herbal medicine uses natural plants as the main source, without any chemical ingredients. Chinese medicine has been known to show a significant effect on overall health and also improve physical fitness. Chinese medicine, also known as Kampo, must be used under the guidance of licensed professionals. The effectiveness of Chinese herbal medicine not only withstood the test of long-term medical practice, but has also been proven to be a modern science. Some of the molecular structure of the active ingredients of Chinese herbal medicine are complex but completely safe. For example, the active ingredient ephedrine ephedra asthma, Corydalis main ingredient, tetrahydrocannabinol pain palm leaf tetradrine (Tetrahydropalmatine), the main component of berberine and Treats Zhili berberine (berberine).



Acupuncture Objective



Acupuncture is a unique Chinese treatment to treat a large variety of diseases. It is considered alternative medicine. Acupuncture is used to access the many meridians throughout the body, and the application of certain acupoints can be used to treat systemic diseases.

According to the method used in traditional Chinese medicine it is crucial to diagnose the cause of the illness, to identify the severity, to specify which meridians will be accessed as well as which organs will be effected. The

illness will be treated by identifying where the imbalance is in the body. The imbalance refers to your body's yin and yang, exterior and interior, cold and heat. Once the imbalance has been identified it can be diagnosed and treated by created a specialized acupoints treatment. Acupuncture will activate the body's natural healing cycle and enhance the body's immune function, mobilize the body's defenses and enhance the body's health. Tests show that acupuncture can eliminate all kinds of inflammation, improve circulation and help heal a wide variety of ailments.

Moxibustion Objective

Moxibustion is one of the oldest forms of traditional Chinese medicine, and is used to help disease prevention; treatment effects are mostly derived from the tonic effect of moxibustion. Moxibustion is used to warm the skin which helps the body promote the flow of qi, a warming vitality. Especially for people who have Deficiency Syndrome, the warming, healing effect is obvious. It is this warming of the body's yang and healing qi that helps people achieve disease prevention.

Many experiments have confirmed that moxibustion with enhanced immune function. Many therapeutic effects of moxibustion is achieved by regulating the body's immune function.



Cupping Objective



Traditional Chinese medicine believes that a treatment called cupping can clear blocked meridians, relieve pain and stress and adjust blood circulation. Cupping is similar to a deep tissue massage on the back.

However, instead of applying pressure to the muscles cupping creates a suction and helps to open and relax the muscles, therefore easing the pain and tension. Cupping therapy is mainly used for rheumatic pain, low back muscle strain, headaches and abdominal pain.

Chinese Herbal Rubbing Oil

This highly concentrated concoction of herbs is designed as a very strong topical analgesic. After fermenting for an extended period of time, generally 4 - 6 months, the mixture is complete. The intense properties of the herbs are enhanced to help relieve pain, and ease discomfort in areas suffering from acute and chronic conditions. This is strictly a topical solution and ingestion should be avoided, as well as placing on open wounds and sores. The oil is rubbed on sore, swollen or otherwise affected joints.



Testimonials

Lisa B:

"Dr. Liu is extremely skilled and one of the best acupuncturists I have ever been to. Even though his English is poor, he is able to use translational software to bridge the gap and he understands your concerns. He is a genuinely nice person. The office is clean and all procedures are done with an emphasis on your comfort. The staff and Dr. Liu are very flexible in accommodating patient needs. I saw Dr. Liu for severe back pain. 5 treatments later, my pain was virtually gone (I was on the verge of needing surgery). I highly recommend this office!!"

Chris Scott

"I experienced great improvement with a nagging back injury in just one visit!"

Travis L.

"Absolutely amazing!!!! I've been searching for not only an acupuncturist, but also someone who specializes in Chinese Medicine. Dr. Liu is exceptional. Although his English isn't the best, it was way better than my Mandarin....LOL. His diagnosis and treatment was spot on and within minutes he was able to lay out a plan forward. He even pointed out things I never considered. I work in the Medical field but am not comfortable with taking medication long term. After months of no progress and trials with multiple medications and side effects, it was time for a change. After just one session, I was feeling much better with visible improvement and symptom reduction. A definite gem of a place!!!!!"

Joseph & Jean Meany:

"We wish to express our deepest gratitude for the treatment we are receiving from Dr. Jincheng Liu for our ailments. My wife Jean, who has received prior acupuncture treatment, says this is the best she has ever experienced. Although I have gone to many chiropractors my wife persuaded me to try acupuncture for which I will forever be grateful. One of the things of many that impressed me was the quick results received to relieve my pain after Dr. Liu's acupuncture and massage procedures. The first thing that impresses you is the immaculate environment. The next eye opener is the sheets pillows and towels that are snowy white when you enter the treatment room. The next but most important thing is the man himself Dr. Jincheng Liu who is a true professional; he is efficient, courteous and patient who represents the best of the best to perform sincere Chinese medicine. My wife and I, who are senior citizens, strongly recommend you visit Dr. Liu if you need treatment, you will be glad you did."

Patrick Toves:

"I am excited to share my story, what Dr. Tony did for me other doctors could not achieve over a 5 year span. He fixed my back and groin pain in 2 sessions. I have been walking around in pain for near 5 years. He found my hip was dislocated and popped it back into place, now I continue to see him for extended therapy. I am now at 90% recovered; I will start rock climbing again, running and all the other activities I enjoy doing that I had to stop because of the pain. I highly recommend Sincere Chinese Medicine, it surely worked for me. It took Dr. Tony 2 sessions to achieve what other doctors and therapist could not accomplish in 5 years. Thank you Tony for knowing what you are doing; I feel it is your passion and I feel great today."

Paul K.

"I went in for lower back pain from pulling my back muscle at the gym. Had four sessions over a week and now I can finally walk straight without back pain. The doc is professional and knows what he is doing. The place is clean and is flexible with appointments. Only downside side is the language barrier but other than that, he is great."

David Rice

"The first time I came here I felt instant relief. You leave here feeling relaxed."

Sincere Chinese Medicine

Pain Reduction Center

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www.painreductioncenterclinic.com

email: tonyliu523@yahoo.com

Open 7 Days
10:00am - 8:00pm

We Accept Most
Insurance

