

BENEFITS OF INTEGRATIVE THERAPIES



acupuncture

what can you expect?

Acupuncture was the first integrative treatment tried by the founder and executive director of the Chanda Center for Health. She was done with taking opioids to address her chronic pain. She didn't know much about it, but felt the results. We want you to know what you can expect so you can access services that could have a significant impact on your life.

What is acupuncture?

Acupuncture is one of the eight branches of Traditional Chinese Medicine (TCM), which has a history of more than 2,500 years. Acupuncture involves the use of small, sterile needles (about as thick as a human hair) inserted shallowly into the skin at specific points on the body. Your acupuncture session at the Chanda Center may include additional aspects of TCM such as diet and lifestyle counseling, Chinese herbal prescriptions, or cupping.

How long will it take to see change?

Acute conditions tend to resolve more quickly and chronic conditions need more time. Most people feel some relief from symptoms after the second or third treatments. A good rule of thumb; for chronic conditions, it takes one month of treatments for every year you have had the condition. Please be patient with your body as it works to find health and balance. Your ability to follow any recommended dietary and lifestyle changes will directly impact your response time.

How does it work?

Clinical studies have documented consistent neurologic and endocrine responses to needle stimulation. It has been found that acupuncture regulates the nervous system, aiding the activity of endorphins and immune system cells at specific points throughout the body.





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chiropractic *what can you expect?*

We are thrilled to be offering chiropractic care through the Chanda Center for Health! This additional service to our integrated health care plans has greatly accentuated results for our participants in meeting their healthcare goals.



Many individuals have a lack of understanding regarding chiropractic care, which can lead to hesitancy or fear of utilizing it as a tool for improving your health. We want you to be armed with information, so you can make an educated decision on the use and impact of chiropractic care within your health and wellness journey.

Low impact and force

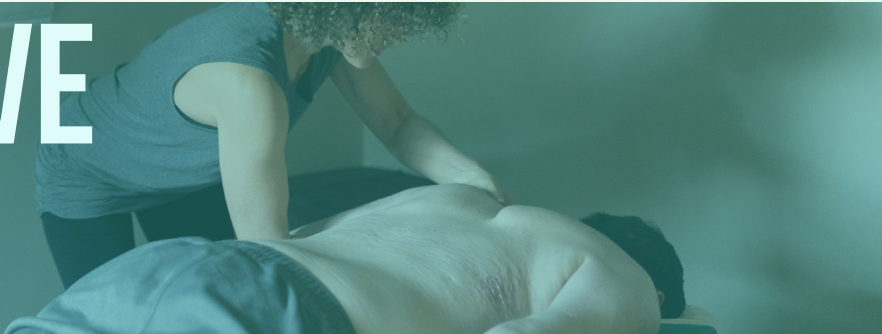
Traditional chiropractic care often uses high force adjustments (cracking of the spine) to achieve results. This is NOT how we will work with your spine at the Chanda Center. We use modern chiropractic techniques that allow us to adjust your spine with gentle stimulation using hands and tools. When using this gentle approach, there are not any contraindications in regards to damaging spinal fusions or hardware. All of our chiropractors are well trained in this approach.

Timing

A chiropractic adjustment can produce profound results in a short period of time because it stimulates the nervous system. Many participants experience changes lasting from hours to days. In a typical chiropractic setting, an adjustment only requires 7-10 minutes. At the Chanda Center for Health, we allow up to 15-30 minutes per treatment to accommodate transfer and evaluation time to meet your unique physiology.



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massage

what can you expect?

We often hear that massage feels so great, and, yes it does; however, when it comes to persons living with long-term physical disabilities, massage is so much more than that. While it feels luxurious, it is not a luxury style of care. Massage is essential to those we serve because it provides movement.

What is massage?

Massage therapy is a system of structured touch, palpation, or movement of the soft tissues of the body in order to enhance or restore the general health and well-being of the recipient. Massage uses many different techniques such as effleurage (gliding strokes), petrissage (kneading strokes), percussion, friction, vibration, compression, and passive and active stretching within the normal anatomical range of movement. Such techniques may be applied with or without the aid of lubricants.

At the Chanda Center for Health, our massage therapists include tools as well as yoga, range of motion and stretching techniques that stimulate lymphatic drainage, increase blood circulation, and much more. Based on the evidence, massage therapy can provide significant improvement for pain, anxiety, and disability related symptoms to improve your quality of life.

Just like our other providers, our massage therapists are also great advocates for your care. As you develop a relationship together, they are a great resource to help you create healthy goals, advocate for changes in your care plan, and provide you with the support you need to make changes to your health both inside and outside of the center. Each therapist has different practices and backgrounds to fit your individual needs and offer insight to compliment your current wellness practices.

