

Lupine M. Wread, LAc

Lotus Acupuncture and Healing Arts

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Traditional Chinese Medicine (TCM) is the formal term for the combined therapies of Acupuncture, Chinese herbal medicine, moxibustion and other healing modalities. TCM achieves improved health by balancing energies in the body using these several methods. The medicine has evolved over thousands of years and is safe and highly effective. TCM uses a 'holistic' approach, meaning that it treats any individual problem by treating the whole body systems at the same time.

While the effect of Acupuncture provides immediate symptom relief, it is far more than this. Acupuncture works with the body strengthening and balancing all the organ systems. It improves circulation and allows the body to heal more quickly and completely. Those who experience Acupuncture often heal, not only physically but experience new profound feelings of peace, clarity and harmony.

I am currently practicing a Japanese form of Acupuncture as taught by Kiiko Matsumoto and David Euler. In this style of treatment, I work with the physical body to release blockages that have formed from illness, injury, repeated stress, surgery, toxins and emotions. When the blockages release, the body is able to come into balance and access natural health. In this style of Acupuncture I expect to see immediate results with each treatment, building into long term wellness.

Lupine M. Wread received her Masters degree in Chinese Medicine from Five Branches University and is a California Licensed Acupuncturist and herbalist trained in Traditional Chinese Medicine, Five Element Medicine and Japanese Acupuncture. Previous to practicing Acupuncture Lupine was an Iyengar Yoga teacher for many years. She is a passionate organic gardener and raised her family on a rural homestead in the Sierras.

