



Acupuncture Interest Grows Among Richmond Residents as Cooler Weather Drives Seasonal Wellness Focus

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Steveston acupuncture clinic reports rising attention to traditional Chinese medicine for seasonal wellness during autumn and early winter months.

As temperatures drop and respiratory illness season approaches across the Lower Mainland, Richmond residents are showing increased interest in traditional Chinese medicine for seasonal wellness support. Healing River Acupuncture Centre, a Steveston-based TCM practice established in 2009, reports consistent demand for treatments commonly associated with immune health and seasonal balance during the autumn months.

Traditional Chinese medicine has used acupuncture for thousands of years, with classical texts describing applications for respiratory health and immune function. In British Columbia, the College of Traditional Chinese Medicine Practitioners and Acupuncturists regulates the profession, establishing standards for education and clinical practice. Moxibustion, another TCM modality, involves the controlled burning of mugwort herb near specific points on the body and is frequently used during cooler months for warming

therapies. Together, these modalities form a core part of how TCM approaches seasonal wellness, with treatment protocols often adjusted to align with the changing environmental conditions that affect the body throughout the year.

Chrystal Malapas, a Doctor of Traditional Chinese Medicine and owner of Healing River Acupuncture Centre, said the clinic observes a seasonal pattern each year. "When the weather shifts toward autumn, we see more patients interested in approaches that support the body during seasonal transitions. Acupuncture points associated with immune function are commonly requested, and moxibustion for warming therapy sees more interest as temperatures drop. Traditional Chinese medicine takes a holistic view of health that considers the seasons as a factor in how the body functions, and many patients find this perspective aligns with their own experience of feeling the effects of seasonal change."

Cupping therapy is another modality requested more frequently during colder months, particularly for muscle recovery and tension relief that can accompany reduced outdoor activity and changes in physical routines. The suction-based technique is used to support blood flow and tissue recovery, making it a common request among patients who find their activity levels shift as the weather turns cooler. Patients often report that cupping helps address muscle tightness that builds up during periods of reduced movement or when spending more time indoors. The clinic operates from its Steveston Village location at the intersection of Chatham Street and Third Avenue in Richmond, offering services by appointment Monday through Saturday.

The practice was originally founded by Bobbi Hayashi in 2009 and transferred to Malapas in 2018. Over its years of operation in Steveston Village, the clinic has become a fixture in the Richmond community for those seeking traditional Chinese medicine approaches. The clinic's team includes Hiroe Yamani, a registered acupuncturist who holds a Master's of Science in Acupuncture from New York and has experience working in multidisciplinary pain clinics. Together they provide acupuncture, moxibustion, cupping, and cosmetic facial rejuvenation treatments to clients in Richmond and the surrounding areas. The clinic uses stainless steel, single-use disposable needles and follows provincial safety standards for all treatments.

As autumn progresses toward winter and seasonal health considerations shift for residents across British Columbia, interest in complementary approaches such as traditional Chinese medicine continues to reflect a broader pattern of patients seeking diverse options for maintaining wellness throughout the changing seasons. The relationship between seasonal change and health remains an area of ongoing attention for both practitioners and patients.

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For more information about Healing River Acupuncture Centre, contact the company here: [Healing River Acupuncture Centre](https://healingriveracupuncture.ca) Contact Details: (604) 277-5550 info@healingriveracupuncture.ca 3571 Chatham St #105,

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Healing River Acupuncture Centre

Healing River Acupuncture, located in Richmond BC, offers personalized, holistic treatments rooted in Traditional Chinese Medicine (TCM) and acupuncture, designed to promote balance, reduce pain, and enhance overall well-being.

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