

Auto Injury Chiropractor in Beverly Hills Offers Cupping Therapy and More

April 29, 2022

Beverly Hills, California - April 29, 2022 -
Jochen Chiropractic & Wellness Center, a holistic and pain-free clinic based in Beverly Hills, CA that offers chiropractic care for auto injury victims also provides cupping therapy near me Beverly Hills residents can rely on when they have an auto injury. Cupping therapy, which is one of the traditional Chinese medicine (TCM) methods, may help in improving circulation within the body through the suction of the cups after the practitioner heats the inside of the cup. As the air cools inside the cup, a vacuum is created, which pulls the skin and underlying tissues towards the cup. Such is the traditional way of cupping but some modern cupping sets used a hand pump and rubber valve to produce the vacuum.

Because of the lifting of the skin and tissues by cupping, blood flow is improved, including lymph circulation. Better lymph flow means the white blood cells find it easier to clean up cellular waste and bring back the fluid to the blood stream. All of these things can may help with recovery. Furthermore, the lifting up of the skin may also help in loosening up adhesions and muscle tightness. Adhesions occur when there is a build up of scar tissue, such as after an injury. Collagen creates bridges or adhesions in the injured area to stabilize it but these adhesions can seriously inhibit movement and have to be broken down to allow better mobility. To help break down adhesions and scar tissue, massage and ultrasound therapy may also be used in addition to

cupping.

Cupping therapy may also be used to promote a relaxed state through the stimulation of the parasympathetic nervous system. In this condition, the muscles are relaxed and the body?s energy can be focused on repairing and resting. And aside from those who are injured, people may also benefit from the improved circulation. Muscular tension from physical activity may also be relieved through the cups being positioned on certain meridian lines.

At the center, in addition to providing a chiropractor near me Beverly Hills residents can go to, they also offer other health practitioners, such as licensed acupuncturist Jainen Shin who can provide cupping therapy. She will be positioning the cups on the patient?s meridian lines and then instruct the patient to remain still for about 20 minutes. Cupping therapy will be provided to the neck, back, and shoulder to help relieve stiff muscles, decrease swelling and inflammation and provide relief to pressure points within the body. Cupping therapy has been noted to be effective is getting rid of stress and restoring muscular function. It has also been used for: coughs and colds; arthritis; stress; and headaches, including migraines. It may also help the immune system, allow relaxation, and improve the body?s natural detoxification processes.

Established in 1994, Jochen Chiropractic & Wellness Center has set as its goal to help patients achieve their wellness goals by combining the different skills and expertise making up the entire wellness spectrum, from chiropractic care to TCM and more. Dr. Stephen Jochen, D.C., who is committed to applying the holistic approach to chiropractic care, leads the group of health professionals at the wellness center. Together they offer patients a holistic path leading to a pain-free lifestyle, which does not depend on using so many pharmaceutical drugs and invasive procedures. With almost 20 years of experience, Dr. Jochen and his team offer treatment for a variety of conditions from lower back pain to carpal tunnel syndrome, by applying a range of services, including chiropractic care, acupuncture, cupping therapy, and more. The team at Jochen Chiropractic and Wellness Center apply a diversified approach to health and healing. That is why they have created a three-tiered approach to healing: pain-free treatment alternatives; correction and recovery; and prevention and wellness.

Those who are interested in a Beverly Hills chiropractor can visit the Jochen Chiropractic & Wellness Center website, or contact them through the phone or via email. They are open from 8:00 am to 7:00pm for Mondays, Wednesdays and Fridays; from 1:00 pm to 7:00 pm on Tuesdays and Thursdays; and from 9:00 am to 1:00 pm on Saturdays.

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For more information about Jochen Chiropractic & Wellness Center, contact the company here:Jochen Chiropractic & Wellness CenterDr. Stephen Jochen, D.C.310-556-8071jochenmarketing@gmail.com9478 West Olympic Blvd. PenthouseBeverly Hills, California 90212

Jochen Chiropractic & Wellness Center

Located in Beverly Hills, CA, the team of highly trained professionals advocates for a holistic and pain-free lifestyle. From chiropractic care to traditional Chinese medicine, this wellness center offers a variety of services to meet its patients? needs.

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