Double Lotus Acupuncture in Grass Valley CA Offers Biofeedback Therapy and More

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Double Lotus Acupuncture, an acupuncture and integrative medicine practice in Grass Valley, CA, is pleased to announce that they are offering Indigo biofeedback therapy services, including various healing modalities like polychromatic light therapy, quantum biofeedback, functional nutrition and medicine, and more.

Quantum biofeedback is a non-invasive therapeutic technology that energetically scans and then harmonizes the body?s imbalances and stresses. This is a scientifically proven therapy for decreasing stress in the body. These stressors include bacteria, allergens, viruses, pains, and emotional stressors. The patient wears a head band, wrist straps, and ankle straps. The biofeedback machine measures the electrical reactions of the body and then suggests stress reduction programs that are appropriately suited to the specific need of the patient.

Acupuncture is a natural, safe, and effective method for treating any kind of pain, whether it is chronic, acute, neurological, orthopedic, etc. Acupuncture works by activating the secretion of endorphins and other chemicals, which are the natural pain killers of the body. Treatment outcome is that the pain sensations are blocked and inflammation is decreased, without having to suffer from the side effects of medications. Depending on the cause, duration, and history of the pain, the acupuncture treatment plans may range from three to six weeks, with treatment sessions held once or twice a week.

Acupuncture has been found to be successful in treating various conditions, such as: acute pain caused by injury or accident, ankle sprain/foot pain, arthritis/joint pain, bulging or herniated discs, carpal tunnel syndrome, elbow pain, fibromyalgia, frozen shoulder, headaches, migraines, hip pain, jaw pain, knee pain, low back pain, neck pain, neuralgias/neuropathy, plantar fasciitis, post herpetic neuralgia, post-surgical pain, pulled hamstring muscle, rotator cuff tendonitis, RSI extremity pain, sciatica, shingles pain, shoulder pain, trigeminal neuralgia, and wrist pain. Acupuncture and Chinese herbs have also been shown to be helpful for treating digestive imbalances and issues, like irritable bowel syndrome and inflammatory bowel disease.

They also offer frequency specific microcurrent, which is a method of relieving pain by applying very low

levels of electrical current. This particular treatment can be applied on certain tissues in the body to help with the pain due to medical conditions or injuries. During this treatment, different frequencies can be used to help repair tissue, decrease swelling or inflammation, and decrease pain.

The electrical current applied is extremely small, which is around one millionth of an ampere. This is safe for the body and interestingly, the human body itself creates its own current within every cell. Depending on the tissue, certain frequencies will be chosen to stimulate the natural healing of the body and to decrease the pain. There are specific frequencies for nearly every kind of tissue in the body.

One of the ways in which frequency specific microcurrent works is by boosting the production of adenosine triphosphate (ATP) that is present in injured tissues. ATP is the primary source of energy for all cellular reactions and the frequency specific microcurrent method can increase the quantity of ATP in the injured cells by as much as 500 percent. This treatment may soften or loosen the muscles, which can assist in relieving pain or stiffness.

Double Lotus Acupuncture is owned and operated by Dr. Abbie Crimm, DACM, L.Ac., a licensed acupuncturist and herbalist, certified massage therapist and health coach. She graduated with honors from Acupuncture and Integrative Medicine College in Berkeley and she earned her doctorate degree in acupuncture and Chinese medicine from the Pacific College of Health and Science. Her interest in both the ancient wisdom traditions and the modern healing technologies enables her to offer a broad range of healing modalities, including frequency specific microcurrent, polychromatic light therapy, quantum biofeedback, and functional medicine and nutrition. This enables her to offer a well-balanced approach to healing.

Those who are interested in learning more about the acupuncture and integrated medicine practice of Double Lotus Acupuncture can check out their website or contact them through the telephone or via email.

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For more information about Double Lotus Acupuncture, contact the company here:Double Lotus AcupunctureDr. Abigail Crimm, DACM, LAc(530) 648-4192Abi@DoubleLotusAcu.com152 Mill St. Ste GGrass Valley, CA 95945

Double Lotus Acupuncture

Double Lotus Acupuncture located in the downtown historic district of Grass Valley offers a variety of natural healing therapies. Dr. Abigail Crimm, DAOM, L.Ac. has been working in complementary medicine for decades and is highly skilled.

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