

Holistic Clinic Offers Acupuncture for Pain Relief and More in Beverly Hills

April 06, 2023

Beverly Hills, California - April 06, 2023 -
Jochen Chiropractic & Wellness Center, a holistic pain-free clinic in Beverly Hills, CA, is offering acupuncture to provide pain relief in Beverly Hills and neighboring areas. In acupuncture, very thin needles are inserted in the skin at certain points of the body. This is typically used for treating pain but it is increasingly being applied for stress management and overall wellness.

At Jochen Chiropractic & Wellness Center, licensed acupuncturist Jainen Shin will insert the sterilized needles at the appropriate depth at certain points of the body. Each needle is inserted into a particular meridian point, which is a point on the body where the energy gathers and disperses. The insertion of the needles will ensure that the flow of energy in the body is placed into proper balance.

Various health issues may be treated with acupuncture, including joint and low back pain, allergies, headaches, sciatica, depression, arthritis, and other ailments. The wellness practitioners at Jochen Chiropractic may also use other methods, such as cupping, which may be used to help relieve tension.

Just like acupuncture, cupping therapy is also a traditional Chinese medicine (TCM) method. Cupping helps with promoting circulation within the body through the power of the suction that is produced by the heated cups. Physical activity or an injury can result into muscular tension, which can be relieved by the cups positioned on particular meridian lines. Jainen Lin will strategically position the cups and instruct the patient to remain still for approximately 20 minutes to allow the cupping to perform its job. Cupping therapy may also help with coughs and colds; headaches, including migraines; arthritis; and stress. It may also help boost the immune system, promote relaxation, and boost the natural detox process of the body.

As a holistic chiropractor Beverly Hills residents can go to, Jochen Chiropractic & Wellness Center employs a three-step approach to healing. First, they will always apply pain-free treatment alternatives. They will typically employ a combination of treatments, such as: chiropractic manipulations to achieve optimal spinal alignment; physical therapy; and soft tissue massage therapy. Second, they will provide the patient with the tools required to correct the root cause of the pain. They will teach the patient a series of exercises that include spinal mobilization correction. These exercises will serve to: strengthen the body; provide the body with enhanced stabilization; and stretch the muscles for improved flexibility and less pain. Third, they will provide the patient with a maintenance program to maintain wellness and prevent health issues. This program will be made up of regular chiropractic adjustments, exercises, and other treatments.

They can also provide chiropractic massage that can be used for lower back pain, neck pain, sports injuries, headaches, or a chronic pain condition such as fibromyalgia. By applying certain methods such as trigger point therapy, deep tissue massage, and other intensive soft tissue massage techniques, they will customize the massage provided for the patient to meet specific requirements for healing and will complement the chiropractic care provided.

Launched in 1994, Jochen Chiropractic & Wellness Center has set as their mission to assist patients in attaining their wellness goals by applying their skills and expertise for the comprehensive wellness spectrum, including acupuncture, massage therapy, chiropractic care, cupping therapy, and more. Dr. Stephen Jochen, D.C. leads the team of holistic wellness professionals. Together, they will craft a customized holistic path for each patient to achieve a a pain-free lifestyle without having to take prescription drugs or having to undergo invasive surgical procedures. With more than 20 years of experience, Dr. Jochen and his team can offer therapy for a wide range of health problems, such as neck pain, carpal tunnel syndrome, lower back pain, and more.

When searching for the best chiropractor in Beverly Hills residents can visit the Jochen Chiropractic & Wellness Center website or contact them through the telephone or via email. They are open from 8:00 am to

7:00pm on 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.

Website: https://www.jochenchiropractic.com/

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