



## **Dr. Lisa Swanson from Dharma Acupuncture Offers Functional Medicine in Scottsdale**

*May 31, 2023*

May 31, 2023 - PRESSADVANTAGE -

Dr. Lisa Swanson DAIM, L.Ac., from Dharma Acupuncture, which is based in Scottsdale, AZ, offers functional medicine in Scottsdale. Functional medicine considers the patient's entire medical, environmental, and social history, and diagnosis is attained by detailed and specific laboratory testing. With the information gathered, Dr. Swanson can create a program that works for each particular patient that may include the use of supplements, exercise, diet modification, herbs, yoga, breath work, and/or meditation.

Dr. Swanson emphasizes that functional medicine requires a lot of research, coordination with the laboratories, and proper follow up care. She only works with just a few patients at any given time in order to make sure she is able to deliver the care that is required for the patients to attain their health goals. On the part of patients, they have 48 hours to reschedule their appointment without getting charged for the original schedule. Patients are requested to be an active partner and participant in the process because functional medicine is participatory.

Dr. Swanson says, "You must follow the guidance I give you to obtain results, and report your outcomes honestly. If we do testing for you, you will likely have to undergo re-testing at some point in the future, usually

3 - 6 - 9 months later to evaluate how your physical body is responding to the designed treatments.?

Dr. Swanson also wants to clarify that she will always give preference to Traditional Chinese Medicine (TCM) because that is her background. She says, "Chinese medicine is my background and I look to find something natural, yet effective over invasive measures such as synthetic hormones, western medications and surgery. Sometimes those things are very much needed, and I will refer you to other medical professionals when my experience dictates the need to do so."

She points out that Chinese medicine tends to always focus on balance because everything has an element of yin and yang. According to TCM, everything has yin and yang elements, and that includes every organ, every food, every chemical in the body, every emotion, every season, etc. Furthermore, there are other principles used in TCM to come up with a diagnosis, such as cold, heat, wind, damp, dryness, deficiency, excess, exterior, and interior. All of these influences are considered in coming with a particular diagnosis for a patient and what are needed for healing, providing the body, life and spirit that kind of balance that has to be attained.

Dr. Swanson employs complete blood analysis tools as instructed by Dr. Wicken Weatherby to provide a thorough evaluation. They will examine everything, including the patient's medical history, blood test, organic acids test, GI stool test, and tests for micronutrients, hormones, etc. Dr. Swanson says, "It is an illuminating process that will gear you towards actual health care and not the disease care model we are subjected to under traditional western medicine."

Dharma Acupuncture is headed by Dr. Lisa Swanson, DAIM, L.Ac., who practices mostly Esoteric Acupuncture, which strives for prevention, regular wellness treatments, and the finer tuning of energy within the chakra systems. Dr. Swanson has been practicing both herbal formulation and acupuncture since 2007. She is also certified in functional medicine via The Institute for Functional Medicine. She earned her Doctorate and Masters of Science degrees in Acupuncture and Integrative Medicine at the Acupuncture Integrative Medicine College in Berkeley, CA.

Dr. Swanson herself had personally experienced the healing provided by esoteric acupuncture and the other methods she practices. She says, "I started my healing journey at the young age of 20 when I first experienced esoteric acupuncture, and began a meditation practice. I sought out treatment in an effort to alleviate migraines, which not only eradicated my headaches, but also changed the way I felt in body and the way I saw the world."

Those who would like to learn more about functional medicine in Scottsdale can visit the Dharma

Acupuncture website or contact them on the phone or through email.

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For more information about Dharma Acupuncture, contact the company here: Dharma Acupuncture Dr. Lisa Swanson, DAIM, L.Ac. 480.530.1912 dharmaacupuncture@gmail.com 10051 E Dynamite Blvd., G-105 Scottsdale, AZ 85262

## **Dharma Acupuncture**

*A 15 year integrative medicine practitioner, Dr. Lisa Swanson, DAIM, L.Ac. is the founder of Dharma Acupuncture in Scottsdale. Certified in Functional Medicine and as a Kundalini Yoga instructor. Private sessions, workshops and events.*

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