

# Community Style Acupuncture

Comming June 1st to BreakThru

## Chinese & Korean Acupuncture, Eastern Nutrition, Bodywork, Herbal remedies



**Mark Gutkin L.Ac.,MS**

Is a graduate of Pacific College of Oriental Medicine (NYC).

He practices traditional Chinese, Korean and 5 Element acupuncture incorporating herbal medicine dietary and lifestyle counseling to treat a wide variety of health conditions. He believes that recovery only begins in the treatment room.

He encourages patients to take responsibility for their own health and provides them with mtools to aid in their continued recovery.

Mark currently practices at Respiratory associates with Dr. Igal Staw in Norwalk, CT and is affiliated with Stamford Hospital and Tully Center providing preoperative acupuncture to the patients of Cardiac institute.

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BreakThru Fitness  
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*The ancient Chinese believed there is a universal life energy called Chi or Qi (pronounced 'chee') present in every living creature. This energy is said to circulate throughout the body along specific pathways called meridians. As long as this energy flows freely throughout the meridians, health is maintained, but once the flow of energy is blocked, the system is disrupted and pain and illness occur. Acupuncture works to "re-program" and restore normal function by inserting fine needles to stimulate certain points on the meridians to free up the flow of energy.*

### Is acupuncture safe?

If performed by a qualified Licensed practitioner, yes. The instruments used to penetrate the skin are disposable after a single use.

### Does acupuncture hurt?

In most cases, acupuncture is painless. Acupuncture needles are very fine and flexible-about the diameter of a thick hair. Many people report a sense of relaxation and wellbeing during and after treatments.

### What happens during an acupuncture session?

In the first session you will complete a patient history and discuss your health concern with the acupuncturist. He also may check your tongue and pulse to gain further insight into your health. This information will help him develop an individualized treatment plan. Treatments generally last approximately 45-60 minutes.

### What can acupuncture treat?

The World Health Organization recognizes acupuncture's ability to treat over 200 clinical disorders. They include:

- *Disorders of muscles, joints, bones and nervous system* such as arthritis, neuralgia, migraine headaches, insomnia, dizziness, sciatica and back, neck and shoulder pain.
- *Gastrointestinal disorders* such as food allergies, peptic ulcer, constipation, chronic diarrhea, indigestion, anorexia, gastritis and irritable bowel syndrome.
- *Urogenital disorders* such as irregular, heavy or painful menstruation, infertility and premenstrual syndrome (PMS).
- *Respiratory disorders* such as cough, sinusitis, asthma, allergies and bronchitis.
- *Psychological disorders* such as depression and anxiety.
- *Addictions* to alcohol, nicotine and drugs.
- *Chronic pain disorders.*
- *Stress-related disorders* such as overeating, nervous tension and pain-related problems exacerbated by stress.

**Community Style Acupuncture** is performed in a group settings on lounge chairs. Both private treatments and community room treatments are available. **Flat Fee** \$35. Private sessions on \$75 in Norwalk office. Herbs extra. Please refer to our website for the list of services.

### Course of treatment

Many health conditions can be alleviated after one to four treatments. However, conditions that have been present for a number of years require slow, steady progress. These more challenging situations may require five to 10 treatments.

*"There are three of us here – You, I and the illness, whichever side you choose that side is going to win."*

~Avicenna

