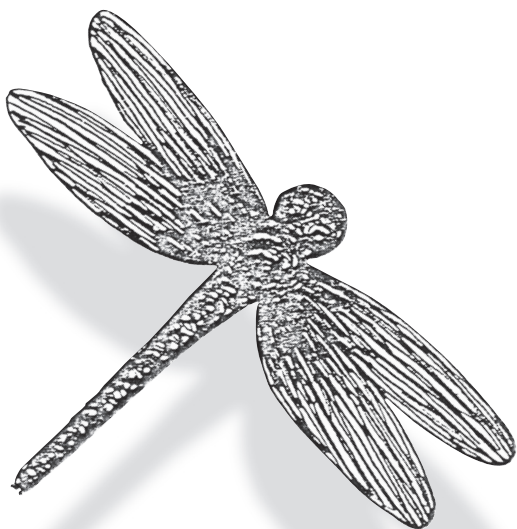


Acupuncture & Oriental Medicine

Holistic approach to
healing & preventive care



Jenny Fairservis, L.Ac.

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About Jenny Fairservis

Jenny Fairservis is licensed to practice Acupuncture in Connecticut by the Department of Public Health. She is certified in Acupuncture by the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM) and has passed the National Clean Needle Technique exam given by the Council of Colleges of Acupuncture and Oriental Medicine.

Jenny attended Vassar College and received her Bachelors degree from Skidmore College. She garnered her Masters degree in Oriental Medicine from the International Institute of Chinese Medicine in Santa Fe, New Mexico.

Jenny currently has a private practice seeing patients, by appointment, in her offices located in Torrington and Salisbury, CT.

The first appointment can take two hours. Follow up appointments take approximately one hour.

For an Appointment
please call

860.459.4833



“Oriental Medicine recognizes that no two people are alike, even if they have the same Western Diagnosis.”

What is Acupuncture?

Acupuncture is an essential part of Traditional Oriental Medicine, a holistic health care system developed in China over 3,000 years ago.

Oriental Medicine includes:

- Acupuncture
- Herbs
- Food therapy
- Bodywork and
- Exercise

Each work with the vital energy in all living things to promote the body's natural ability to heal itself and to reach a balanced state of health.

Oriental Medicine treats each person as a whole. Every little symptom is a part of an individual diagnosis and treatment. Just not feeling like yourself is a legitimate reason to visit an Acupuncturist.

How does Acupuncture Work?

Oriental Medicine is based on an energetic model recognizing the vital energy in all living things, which they called Qi (pronounced Chee). Inserting very thin Acupuncture needles into specific points on energy channels of the body restores the balance and smooths the flow of Qi. Each channel or meridian is associated with a specific organ and physiological system. An imbalance or blockage of energy in the meridians can cause pain and illness.

The biochemical model of Western Medicine works well with the energetic model of Oriental Medicine. Each modality has its strengths in promoting health and healing. If a condition could be treated more effectively by Western Medicine, contacting one's physician would be recommended.

What is a Treatment Like?

In the first treatment a medical history is taken and the current symptoms are discussed. The Acupuncturist then looks at the tongue and checks the pulse. A diagnosis and treatment plan for each individual is determined with this information. Very thin, single-use, sterilized, disposable Acupuncture needles are then inserted into specific points and are left in for 10 to 30 minutes depending upon the patient. If needed, electrical stimulation or heat (moxibustion) may also be used.

Acupuncture needles are not hollow like hypodermic needles and should not be painful. A heaviness, tingling or electrical sensation may be felt at the insertion site.

Treatments are meant to be very relaxing, it is not uncommon for a patient to fall asleep during a treatment. Herbs, vitamins, lifestyle and dietary changes may be suggested.

What can be Expected?

Each patient responds to acupuncture and Oriental Medicine differently. Some conditions may be resolved with just a few treatments, others may need more. It often depends upon the patients constitution as well as the duration of the condition. Patients are encouraged to participate in their own healing process.

A basic course of treatment is four (4) to six (6) once a week treatments. Which can become more spread out as symptoms are resolved. Depending upon the patients constitution, health maintenance appointments are scheduled once a month to every three months.

Internationally Accepted

The World Health Organization recognizes Acupuncture and Traditional Oriental Medicine's ability to treat conditions including:

- Asthma
- Arthritis
- Carpel Tunnel Syndrome
- Post Stroke Syndrome
- Constipation
- Headaches
- Insomnia
- Sciatica
- Stress
- Tendonitis
- TMJ
- Chronic Pain

and as supportive therapy for Cancer and chronic disorders. A more complete list can be found at:

- www.acupuncture.com
- www.acupuncturetoday.com

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A Balanced You

Oriental Medicine recognizes that no two people are alike, even if they have the same western diagnosis. By looking for patterns, Oriental Medicine approaches illness and preventive care in its own way.

By addressing constitutional imbalances from which illness can develop, a balanced whole person will be healthier and able to stay healthy.

For health maintenance or supporting a person with Lyme Disease to Cancer, Oriental Medicine can make a difference in your quality of life.

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