

# Point of Health Acupuncture



Specializing in chronic conditions, pain and orthopedic disorders, fertility and menstrual disorders, complementary oncology and stress related complaints such as fatigue, anxiety, insomnia and smoking addiction.

*In Chicago at...*

3717 N. Ravenswood Ave., Suite 220E  
Chicago, IL 60613  
312.286.6069

*In the Suburbs at...*

1007 Curtiss Street, Suite 1  
Downers Grove, IL 60515  
630.915.1451

*For more information about  
Point of Health Acupuncture  
please visit us on the web at...*

[www.mypointofhealth.com](http://www.mypointofhealth.com)

# Mental Health and Wellness

In Traditional Chinese Medicine, or TCM, a healthy person encompasses a healthy mind, body and spirit. Acupuncture and other TCM techniques balance mind and body to provide effective treatment for a wide variety of stress-related ailments and psycho-emotional issues.

At Point of Health Acupuncture, we use a variety of TCM techniques including acupuncture, herbal medicine, exercise and massage to support emotional health and wellness.

## **Common related conditions:**

- Addiction/Smoking
- Anxiety
- Depression
- Difficulty concentrating
- Excessive dreaming
- Fatigue
- Foggy-headedness
- Grief
- Indecisiveness
- Insomnia
- Irritability
- Mood swings
- Over-thinking
- Night terrors
- Pain
- Panic disorder
- Post traumatic stress disorder (PTSD)
- Stress/tension

Our practitioners are certified by the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM). Trained at Midwest College of Oriental Medicine, with extensive clinical practice and experience since 2004, our practitioners are your partners for health and wellness.

**Visit us at one of our two locations.**  
*Call for your appointment today...*

**Chicago: 312.286.6069**

**Suburbs: 630.915.1451**

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