EAST MEETS WEST Center for Holistic Medicine is a healing community at the convergence of the Eastern and Western medical traditions, rooted in the wisdom of Traditional Chinese Medicine. Established to provide an integrative approach to promoting optimal health, preventing disease, and putting you on your path to wellness, we offer the highest quality of unique & holistic care.

**TRADITIONAL CHINESE MEDICINE & ACUPUNCTURE**

Traditional Chinese Medicine is a 5000-year-old medical system that was born out of the theory that “Qi,” (life force or energy) flows along the pathways, which creates an energy web that surrounds our body. It’s responsible for all of the body’s vital functions and consequently its state of health. Acupuncture, the main form of Traditional Chinese Medicine, calls for the insertion of hair-thin needles into specific points along the pathways.

It helps to restore the body’s normal flow of “Qi”, which results in a noticeable improvement or full recovery from your condition. Implemented together with herbs will significantly shorten the recovery stage. Conditions commonly treated:

- addiction
- headaches/migraines
- arthritis
- infertility
- seasonal colds/flus
- depression/anxiety
- pain management
- digestive issues
- weight management
- cancer support
- women’s health

New Patient Consultation/Comprehensive Exam $65-$150
Acupuncture Treatment (45 mins) $90
Micro-Current Needle-Free Acupuncture (30 min) $85

**HERBAL PHARMACY & APOTHECARY**

(Mon-Sat 10am-6pm Thurs 12pm-8pm)
East Meets West conveniently features an on-site herbal pharmacy—offering effective Chinese herbal formulations along with a wide range of prescription-grade vitamins and supplements—to address the varied needs of our patients. We offer 10% off any first-time purchase.

**MASSAGE THERAPY**

From signature therapies to personalized treatments, our massage therapist and Reiki master offers a uniquely rejuvenating experience that will heighten your senses, release the accumulated stress, relax your muscles, and bring tranquility to your mind. Various types of massage are offered. 
Visit price: $85-$140 per hour.
90min and chair massages available

**SKINCARE TREATMENTS**

Featuring the latest in anti-aging products and firming skincare technology, our expert esthetician will advise and design the best protocol for your skin. East Meets West’s Micro-Current Scalpel-Free Face Lift will lift those tired muscles of your face, smooth out your wrinkles, erase the signs of stress, improve the overall condition of your skin, and make you look and feel your best! Visible results seen immediately after the first treatment.
Visit price: $150

**NUTRITIONAL WELLNESS**

“You are what you eat.” At East Meets West we leverage the use of nutrition as an alternative health care practice. Through an in-depth consultation and blood analysis review, our clinical nutritionist will be able to identify the causes of your illness and offer you a treatment plan towards healthier living. We believe that natural whole foods have the power to help you heal and reach your health goal in the least invasive manner.
Visit price: $90-$120

* All treatments can be purchased as part of a discounted series of 5 or 10 sessions.
** Most major insurances are accepted.

For more detailed information on our treatments, please visit emwcenter.com

“It is a true privilege to have helped hundreds of patients on their path to wellness over 2 decades as an alternative medicine provider. With the launch of EMW Center for Holistic Medicine, I am thrilled to lead a team of passionate integrative medicine practitioners who care deeply about the health of each patient they treat.”

—Polina Bowler, President & Head Acupuncturist, East Meets West Center for Holistic Medicine