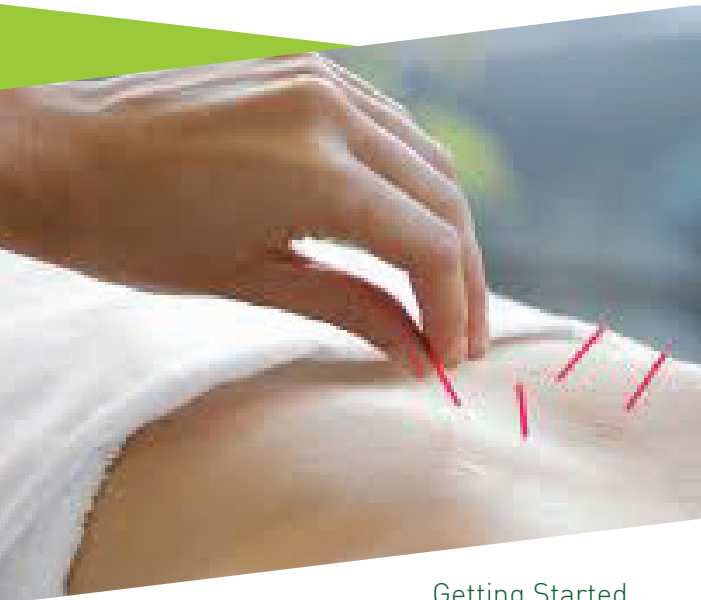


# ROGUE VALLEY COMMUNITY ACUPUNCTURE

## WHAT IS ACUPUNCTURE?

ACUPUNCTURE is a safe, effective chemical-free way to relieve pain and to promote the body's remarkable self-healing abilities. Acupuncture treatment is performed by inserting and manipulating tiny, flexible, hair-like needles at specific points. Patients often express how gentle and painless treatments are—so much so, they feel deeply relaxed both physically and mentally.



### Getting Started...

Initial consultations are scheduled before sessions begin where a treatment plan is determined based on an assessment of symptoms. Acupuncture treatments vary from 20 minutes to one hour or more, depending upon your program. As your body rebalances itself, painful physical conditions like sciatica, arthritis, back, knee, or injuries respond and improve, as do cognitive conditions like migraines, or trauma like PTSD.



Chinese Medicine teaches that negative sensations evolve from various organs that become weak due to congestion or other causes. Once acupuncture brings organs back into balance, sensations settle, and the body and mind start to self-regulate. Acupuncture is safe, effective, and an increasingly clinically proven medical treatment for many diseases and health complaints involving physical and cognitive symptoms.



ROGUE VALLEY COMMUNITY ACUPUNCTURE

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**KRIS KOKAY L.Ac.**

**BRINGING TOGETHER PHYSICAL  
AND COGNITIVE HEALING**

**541-324-6128**



## CHI THE KEY TO HEALTH AND WELLNESS

Western medical science is now taking a serious look at ancient Far Eastern traditions that focus on Chi, the life force energy which flows through our body pathways (known as meridians and chakras) maintaining our health and wellness--mentally, physically, emotionally and spiritually. Chi is not only at the foundation of Acupuncture, but also many health and sensitivity practices and techniques like Yoga, Martial Arts, Feng Shui, Breathing, EFT and Tapping. Besides diet and lifestyle, there are many reasons for Chi to become stagnant, imbalanced or depleted, creating pain, stiffness, anxiety or lowered immunity. Physical and psychological traumas can also cause pain and discomfort that can be improved with acupuncture.

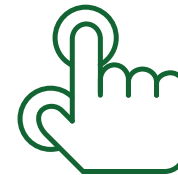


## COGNITIVE HEALTH, STRESS AND EMOTIONS

After 15 years of providing Acupuncture, Kris has experienced excellent results not only with physical conditions, he's also been promoting awareness for the importance of cognitive health. The key to optimal health and well-being is in a healthy flow of energy throughout the body—and mind. Stress and emotional healthfulness can be helped with acupuncture and/or sensitivity practices for those who deal with suppressed emotions like worry, grief, or fearfulness that can create disharmony—a key factor in physical symptoms like stress. Although studies emphasize stress as the cause of disease, there's also a positive side to stress. The forceful energy behind it seeks change, and that can be purposeful for effective healing, emotional stability, and personal growth. To bring more awareness to cognitive health, sensitivity practices such as EFT, Meridian Tapping, and Breathing are also available to train energy to flow with stress and create a sense of well-being.



## EFT AND SENSITIVITY PRACTICES



### EFT

Emotional Freedom Technique uses fingertips on acupressure points instead of needles. It's a simple psychological acupressure technique that helps release blocks of energy while stabilizing emotions.

### Meridian Tapping

A single exercise that increases the circulation of blood, energy and awareness throughout the entire body. It relieves pain, discomfort, and helps to rid past emotions.



### Breathing

Different modes of inhalation and exhalation to improve the body's ability to utilize precious oxygen that's available whenever needed. It increases oxygen levels, reduces stress, alters attitudes, resolves worries, and helps focus the mind.

Wednesdays are set aside for those who wish to schedule one or more of the Sensitivity Practices listed above. They are simple, fun and effective, for all ages.