



**Katie Mik,
MTOM, L.Ac.**

Katie has a Masters of Science in Traditional Oriental Medicine from Pacific College of Oriental Medicine, where she graduated Magna Cum Laude. She is a California

Licensed Acupuncturist and a nationally certified Diplomat in Oriental Medicine.

Katie's specialty is Women's Health Care, with a focus on fertility issues, pregnancy health, and menstrual disorders. She has been mentored by two renowned acupuncturists and fertility specialists. Her passion for life and health creates a nurturing environment for all of her patients.



**Jeremy Linquist,
MTOM, L.Ac.**

Jeremy graduated Summa Cum Laude with a Masters of Science in Traditional Oriental Medicine from the Pacific College of Oriental Medicine, and did

extensive studies at the Chengdu University Hospital in the Sichuan Province of China.

He gained comprehensive and direct experience for 2 years as an assistant to Matt Callison, L.Ac., a world-renowned sports acupuncturist. He also apprenticed with Karen Sulger, L.Ac. for 3 years at the Acupuncture Continuum, focusing on treating orthopedic injuries, acute and chronic pain, male and female infertility, as well as a broad range of internal conditions.



Karen Sulger, L.Ac., Q.M.E., clinic owner

Karen is a California State licensed acupuncturist with over 13 years experience. Karen graduated magna cum laude from Pacific College of Oriental Medicine, earning a Masters in Oriental Medicine. She also holds a national certification in "Acupuncture Orthopedics," providing special acupuncture techniques to treat pain. Karen loves her practice, which includes a full staff and two additional acupuncturists. Together they continue to expand their knowledge to bring new techniques to their clients.

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ACUPUNCTURE CONTINUUM

Acupuncture for
Wellness

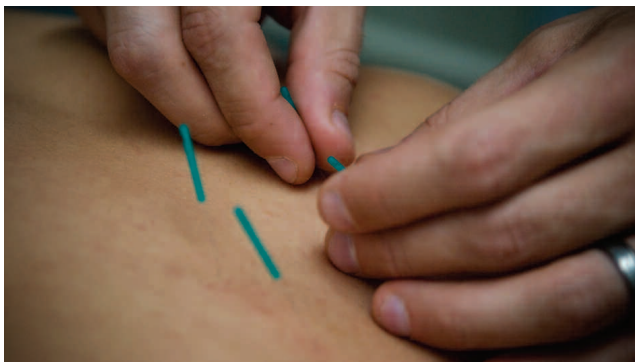


Balancing Health Through
the Body's Own Wisdom

Chinese medicine is a system that treats the entire body, not just the symptoms. The goal is to attain balance between the body's two forces: yin and yang, which allows the body to achieve and maintain optimal health. Chinese medicine has been practiced for over 4,000 years and is used extensively throughout the world.

While acupuncture is the most popular form of Chinese medicine practiced in the West, there are numerous other modalities which included herbal medicine, moxibustion, cupping, qi gong, tui na and nutrition.

Acupuncture is a simple procedure in which needles are gently placed in specific places on the body to balance the body's energy, called "qi" (pronounced "chee"). From a Western standpoint, acupuncture points (or "nodes") are small areas which stimulate blood circulation, nerves, muscles and even the hormonal system.



What Can Acupuncture Treat?

The United Nation's World Health Organization has identified over 40 medical conditions which are effectively treated with acupuncture. Acupuncture is best known for treating pain conditions such as sports injuries, migraines, sciatica, neck pain, lower back pain and indigestion. It also helps treat gynecological problems such as PMS, infertility and menopause. Acupuncture is especially effective in areas where western medicine is not effective, such as viral infections and chronic conditions.

Does Acupuncture Hurt?

Not usually. A very gentle needling technique is used and the sensation experienced from an acupuncture needle is not like that of a hypodermic needle. In fact, acupuncture needles are one-tenth the thickness of a hypodermic needle. Most patients do not mind the needles and enjoy their treatments. The needles are 100% sterile and are disposed of after the first use.



What Should I Expect at My First Treatment?

At your first visit, you will be asked to complete a simple questionnaire providing details about your condition. You will discuss your answers privately with your acupuncturist.

In Chinese medicine, the diagnostic system is different from that of Western medicine. It includes an examination of your tongue, taking your pulses, and a few other simple observations.

After obtaining a complete "picture," a diagnosis will be made which will determine what point prescription and modalities will be used.

How Many Treatments Will I Need?

The number of treatments needed to get results will depend on the severity and duration of your condition. An average course of acupuncture treatments may range from 8 to 15 sessions. Some conditions warrant less treatment, some may require more.

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for additional information