

A Look at Natural Healthcare “Achieving Wellness through the use of Personalized Medicine”

By: Robert J. Ott and Edited by JoLee Lyons

My entire life I have always stayed active. I have had a passion for Martial Arts since the age of six years old. I have come to realize how ones own body can have the ability to heal itself when practiced the right way. As some of you are aware I was involved in a tragic accident about nineteen years ago, which left me completely blind. In conjunction with my own personal injury as well my involvement in Martial Arts for so many years, it has slowly taken a toll on my body. I have tried anything and everything you can imagine to help minimize the pain I feel in my body. My main goal was to figure out the root of the problem and not just temporarily mask the pain. I began to research other avenues and looked deeper into natural healthcare. During this search I was referred to an acupuncturist, Dr. Christine Hansen of Watershed Wellness. She is a licensed acupuncturist who is nationally and board certified with a master's degree in acupuncture and oriental medicine as well as a nutritional physical therapist. The more I looked into what she had to offer the more confident I felt that I may have finally found what I had been searching for so long. I began the treatments early last fall, my schedule with her consisted of roughly once a week treatments. After a few treatments I began to see improvement in my overall self. The pain in my sciatic nerve had greatly decreased; it had improved my overall immune system and I was able to finally sleep through the night! Finally, something that works! I thought...

What I have learned and how it works: Oriental Medical Theory explains that pain and disease are caused by an imbalance or a blockage of the energy circulating through our bodies. Acupuncture restores the balance to the flow of energy returning the body to a healthy state. Chinese medical treatments relieve the symptoms while treating the root cause. According to traditional Chinese medicine, there are about 400 different points of the body linked together by a network of “meridians”. These “nerve centers” control the flow of our vital life energy forces called ‘Qi’ (pronounced chee). Health is determined by the flow of Qi and Blood along these meridian pathways beneath the skin in the body. Illness only results when Qi and Blood are out of balance. To rebalance the energy, trained acupuncturists insert disposable hair-thin stainless steel needles at a slight angle to stimulate a new flow of healing energy. Western medicine understands the release of “endorphins” vital to energizing the body’s attempts to protect and restore itself when threatened. Chinese medicine produces results by stimulating the natural defenses of the body with acupuncture and natural herbs. It is a self-healing system that has produced undeniable results for thousands of years without unnecessary surgery or the use of drugs with serious side effects.

Not everyone may be a good candidate for acupuncture or for particular types of acupuncture, but in my own personal experience I have found it to be a positive form of treatment. I am finally beginning to feel rejuvenated and healthy again. I currently still receive treatments occasionally which I feel help maintain my overall balance.

Watershed Wellness provides a slew of other treatments; you may read more about Dr. Christine Hansen and the services she provides at the website below. I encourage anyone who may be dealing with personal conditions of there own to look into natural healthcare; it could be the answer for you.

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