

CONFIDENTIAL

Dr. Tracy Ng, L.Ac.
Doctor of Oriental Medicine
Licensed Acupuncturist
2510 Main Street, #209
Santa Monica, CA 90405
Tel 310.393.3012 Fax 310.745.0659
Email: tracy.ng@mac.com

WELCOME TO OUR OFFICE
Plan to be in the office 90-120 minutes

Please bring the following to your first visit:

1. Completed Health History Form
2. Bottles of your current Vitamins, Herbal & Homeopathic Supplements
3. Any laboratory, radiology (x-rays, MRI, scans) or diagnostic reports and medical records that may be of value in accessing your needs. (You may request your physician to fax these records directly to our office at 310.745.0659)

The acupuncturist will spend approximately one and a half hours with you, reviewing your health history and current concerns. Your first visit will also include an acupuncture treatment.

Directions: We are located on the west side of Main Street, half a block north of Ocean Park Blvd., and south of Pico Blvd.

Parking: There are parking meters on the street. There is also a parking lot in the back of the building. The fee is \$1.00 per hour. The entrance to the parking lot is on Hollister Avenue, which is north of Ocean Park Blvd. When you pull into the parking lot, please park in the far southern end of the lot. This is closest to the entry of the building. Walk through the covered parking garage entitled "2510" to access the front of the building.

Please remember to pay for parking at the pay machine. Please allow 2 hours.

Payment: We ask for payment at the time of each visit for all services rendered as well as any nutritional or herbal supplements supplied to you. All patients submit their own insurance claims. A superbill will be provided to you for insurance submission. We accept cash, checks, Visa, MasterCard, Discover & American Express.

If you need to reschedule your appointment, kindly give us 24 hours advance notice so that we may give your time to another patient.

If we can be of further assistance to you prior to your initial visit, please do not hesitate to contact our office.

We look forward to providing you with service and care!

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***Optimal Mind, Spirit, and Body Health
Complementary and Alternative Medicine***

Tracy Ng is a Board Certified Acupuncturist and Chinese Herbalist in the state of California. She is also a Doctor of Oriental Medicine. In her practice, Ms. Ng incorporates her knowledge of western medicine with alternative healing modalities. Her goal is to aid in bringing a patient to a state of optimal health.

Health is more than the absence of disease. Health is conscious living focused on wellness of the mind, spirit, and body.

Each treatment session will be filled with a high level of compassionate listening and healing. Health history, medical records, nutrition, exercise, and life risk factors will be reviewed extensively and an individualized treatment plan will be created. *The objective will be to find the root cause of the disease, pain, or illness, so long-term relief can be achieved.*

As a knowledgeable and compassionate healer, Ms. Ng gives her utmost dedication to patient healing and education, to empower individuals to strive for optimal health.

Services Offered

Acupuncture

Acupressure

Moxibustion

Cupping

Diet and Nutritional Therapy

Nutritional Supplements

Frequently Asked Questions

What is Acupuncture?

Acupuncture is an ancient Chinese medical system that has been used to effectively diagnose and treat illness for thousands of years. A bioenergy called Chi circulates via pathways to all parts of the body. When the flow of Chi is impeded or disturbed, pain or illness occurs. The painless insertion of flexible hair-thin needles into precise points on the body helps restore the smooth flow of Chi, which balances and harmonizes body systems.

Are the needles painful?

Many patients fear needles due to previous unpleasant experiences with medical injections or inoculations. While medical hypodermic needles are stiff and hollow to allow the injection or extraction of a fluid, acupuncture needles are extremely fine and flexible. Each needle is no larger than a human hair and the insertion often produces no pain or only a slight sensation. The needles used are always prepackaged, sterilized, and disposable.

What can I expect from a treatment?

The patient is asked to lay on a massage table usually either face up or face down. Typically eight to ten acupuncture points are chosen, depending on the individual diagnosis. Needles are inserted into muscle, not into veins, arteries, or nerves. Upon insertion of a needle, the patient may feel a slight pinch or no sensation at all. The needles are retained for approximately 20-30 minutes, during which the patient enters a deeply relaxed and peaceful meditative state.

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Why patients seek care

Interest in integrating western and eastern medicine to alleviate acute and chronic pain
Concern about the side effects of long-term prescription drug use
Desire for optimal mental, spiritual, and physical health

- **Addictions**
Alcohol, Drug, Food, Nicotine Addiction
- **Autoimmune Conditions, Chronic Inflammation**
Hashimoto's Thyroiditis, Rheumatoid Arthritis, Chronic Inflammation
- **Back Pain, Sciatica**
- **Cardiovascular Health**
Cholesterol Concerns, Heart Attack, Hypertension, Stroke, Varicose Veins, Prevention of Cardiovascular Problems
- **Chronic Fatigue Syndrome, Fibromyalgia, Maintaining Optimal Energy Levels**
- **Gastrointestinal Conditions**
Dysfunctions of the Liver, Gallbladder, Stomach and Intestines, Constipation, Diarrhea, Gas and Bloating, Heartburn, Indigestion, Hemorrhoids, Inflammatory Bowel Disease, Nausea, Vomiting, Parasites,
- **Headaches, Dizziness**
- **Hormonal and Endocrine Conditions**
Adrenal function, Diabetes, Thyroid imbalance
- **Men's Health**
Prostate Care, Impotence, Libido, Sexual Dysfunction
- **Musculoskeletal Conditions**
Arthritis, Carpal Tunnel Syndrome, Chronic Pain, Disc Problems, Muscle Cramps, Numbness or Tingling, Tendonitis, Physical Trauma, Sports Injuries, Strains, Sprains
- **Neurological Disorders**
Bell's Palsy, Aphasia
- **Preparation for and Recovery from Surgical Operations, Radiation or Chemotherapy**
- **Respiratory Conditions**
Asthma, Allergies, Chronic Cough, Colds, Flus, Hay Fever, Sinus Infections
- **Skin Conditions**
Acne, Eczema, Rashes
- **Sleep Disorders, Mood Disorders, Emotional Conditions, Depression, Anxiety,**
- **Women's Health**
Premenstrual Syndrome, Menstruation, Menopause, Fertility, Pregnancy, Breasts, Ovaries, Uterine, Vaginal Health, Hormone Imbalance, Libido
- **Weight Control**
- **Urological Conditions**
Bladder Infections, Kidney Conditions, Urinary Tract Conditions
- **Preventative Health**
Anti-Aging, Seasonal Attunement, Stress Management, Enhancing Immune System Functions, Nutritional Support, Enhancing Mental Function