

## Carrie Abair - LAc

**Carrie Abair** is a licensed acupuncturist in the state of Vermont and is certified in acupuncture by the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM).

Carrie began the study of oriental medicine in 2005 at Elements of Healing. She began by studying herbal medicine then went on to study Shiatsu and Amma therapy. In 2007 Carrie began her apprenticeship in acupuncture. She received her acupuncture license in August of 2011.



Carrie also has a background in yoga, kung fu and qi gong, and has had several years experience teaching these physical arts. She enjoys bringing this knowledge of the body to her clients as she helps them regain balance.

***New patient initial consultation and treatment: \$80***  
***Established patient acupuncture treatment: \$60***

### **HOLISTIC EXERCISE PROGRAM** (Contact Carrie for times and locations.)

This gentle exercise class is designed for people who are new to physical disciplines or just returning to exercise after a period of inactivity. It utilizes practices from qi gong, martial arts and yoga to help students reconnect with their bodies in a relaxed and noncompetitive atmosphere. This class is ideal for seniors, people recovering from illness or injury and anyone who wants the benefits of physical exercise without the stress of a hard work out.

## ABAIR ACUPUNCTURE



### **Contact Information:**

***Carrie Abair - LAc***

Tel.: 802-999-9717

Email: [Carrie@AbairAcupuncture.com](mailto:Carrie@AbairAcupuncture.com)

Website: [AbairAcupuncture.com](http://AbairAcupuncture.com)

### **Practicing Locations:**

#### ***Elements of Healing***

21 Essex Way, Suite 109  
Essex Junction, VT 05452

#### ***Milton Chiropractic Center***

PO BOX 125  
165 Route 7 South, Unit 101  
Milton, VT 05468  
Tel.: 802-893-1070 / 800-380-1070

## What is acupuncture?

Acupuncture is a treatment modality of traditional oriental medicine in which fine needles are inserted into the skin and manipulated to regulate the flow of qi (vital energy) in the body. Oriental medicine is a complete healthcare system that incorporates many modalities such as acupuncture, moxibustion, herbs, nutritional counseling and exercise to address all areas of a person's life.

## How does acupuncture work?

The entire body is connected through a network of channels or pathways which carry qi and blood to every part of the body. When qi and blood are flowing harmoniously the body is well nourished and energy is balanced. Disease results when the healthy flow of qi through the channels is disrupted. Acupuncture regulates qi by moving excess qi away from areas where there is too much or bringing more qi to areas where there is not enough.

## What can acupuncture treat?

Acupuncture can help treat any disharmony. By feeling the pulse, palpating the abdomen and looking at the tongue the acupuncturist can assess the nature of the disharmony and determine the appropriate points for treatment.

Some common conditions treated by acupuncture are:

- pain
- arthritis
- migraines
- allergies
- sinus congestion
- stress
- insomnia
- anxiety
- depression
- digestive disorders

## Other Modalities Practiced:

**Cupping** - This involves the use of cups to provide suction to specific areas of the body. Cupping helps to draw out toxins and draws fresh blood into the area to help flush out stagnation from the subcutaneous tissue. Cupping is helpful in treating pain and many lung disorders such as asthma.

**gua sha** - This refers to a scraping technique (gua) which helps to draw out stagnant blood and lymph (sha) from the subcutaneous tissues. Gua sha is often used to treat colds and flues and to treat pain.

**Moxibustion** - This is a type of heat therapy where mugwort is burned on or near the surface of the skin. Moxibustion warms the tissues and channels, invigorates qi and blood and has been shown to promote the production of white blood cells. Moxibustion can be beneficial in treating a wide range of disorders from injury and arthritis to infertility and digestive disorders.

**liniments and oils** - these are herbal preparations that are either oil or alcohol based that help to alleviate pain, aid healing and promote circulation.

**Amma, Shiatsu, Tuina etc.** - these are types of Asian bodywork which involve massage, acupressure, and joint manipulations. These can be helpful in treating a wide range of disorders.

**Nutritional counseling** - This involves using food as medicine. Everything we eat has an effect on the body. By choosing foods with appropriate properties many disorders can be treated.

**Herbal therapy** - The use of herbal substances often in powder, pill or tea form to treat many disorders.