

Milton Chiropractic Center

Staff Acupuncturist

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: \$75

Established patient acupuncture treatment: \$50



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Acupuncture Service



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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 used by acupuncturists:

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.