

Chuck Graham, M.Ac.

is a licensed acupuncturist in the state of Maryland. He holds the degree of Master of Acupuncture (M.Ac.) and a certificate in Chinese Herbal Studies from the Academy for Five Element Acupuncture in Gainesville, FL where he is also the Academic Dean. He is nationally certified by the National Council of Colleges of Acupuncture and Oriental Medicine (NCCAOM) as a Diplomat in Acupuncture (Dipl. Ac.) and a member of the Maryland Acupuncture Society. Chuck has a Bachelor of Arts Degree from Loyola College in Maryland. He also teaches aerobics and enjoys performing on stage.

Acupuncture is a medical system that respects and utilizes the singular qualities of each individual. The traditional Five Element acupuncturist must understand each client as a whole being with unique aspects. It is this inherent dimension of caring that brought Chuck to Traditional Five Element Acupuncture.

I invite you to schedule an initial visit and begin treatment. If you have questions about what acupuncture may have to offer you, or you would like to schedule a public talk, please contact me.

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Licensed Acupuncturist



Chinese Herbal Medicine

Classical Five
Element Acupuncture

健康 舒心
Wellness

What is Acupuncture?

Acupuncture is a healing art that originated in China and has been proven effective over the course of more than 3000 years. It works by harmonizing and balancing qi. Qi (pronounced chee) is best translated as “vital energy” or “life force.” Qi moves in pathways, or meridians, within the body. When there is a lack of smooth flow or balance, symptoms of pain and disease result. Everyday stresses can, over time, build up and create blocks of energy, which then lead to symptoms, pain and disease. Five Element Acupuncture treats the underlying imbalance rather than just the symptom. The goal of acupuncture is to restore the smooth flow of qi within the person—body, mind and spirit—in order for healing to begin.

Athletes and performers use acupuncture to achieve optimum performance levels. Cancer patients are treated for the side effects of chemotherapy and to enhance their quality of life. It is also used as a means for personal and spiritual growth, as well as for health maintenance and preventive care. Treatment strategies are custom tailored for each person. Therefore, regardless of similarities in symptoms, no two individuals receive the same treatment. Five Element Acupuncture provides an in-depth, personal system of medicine, which recognizes a person’s unique body, mind and spirit.

What’s the Relationship between Acupuncture and Western Medicine?

Although acupuncture is sometimes called “alternative” medicine, it is actually more of a compliment to Western medicine. You don’t need to choose between a doctor and an acupuncturist. People who are under a doctor’s care should continue to see their doctor as long as they and their doctor feel it is necessary.



What about Needles?

Only sterile, disposable needles are used. They are extremely fine—approximately the width of two hairs. Generally, very few needles are used (two to six). An herb called “moxa” is sometimes used.

What conditions does Acupuncture most effectively treat?

The World Health Organization and the National Institutes of Health endorse acupuncture as beneficial for many conditions.

- ~ Pain
- ~ Fatigue
- ~ Nausea
- ~ PMS & other Menstrual Disorders
- ~ Headaches
- ~ Depression
- ~ Hypertension
- ~ Digestive Complaints
- ~ Fibromyalgia
- ~ Anxiety
- ~ Respiratory Illness

The medical effectiveness of acupuncture has gained considerable attention and respect in western countries over the past 25 years. Ongoing research is continually verifying the effectiveness of this Ancient Eastern Healing Art in treating Modern Western Diseases.

What do I do on the Day of Treatment?

It is a good idea to avoid alcohol, excessive coffee, strenuous exercise or heavy meals on the day of treatment. You should continue to take medication that has been prescribed by your physician. Plan your activities in order that after a treatment you can take time to let your body gain the maximum benefit. It is best to have some quiet time after a treatment, if possible.

What is the Process?

The initial diagnostic session and treatment will require approximately two hours. A complete medical history will be taken as well as a short physical exam. After the initial appointment, each treatment usually lasts about one hour.

Generally, a person will come once a week for a period of six to ten treatments—more or less as necessary. Once a person’s energy begins to stabilize, they come every three to four weeks. Optimally, a person in good health will choose to come seasonally, as a tune-up.

How do I Pay?

Payment is due at the time of treatment. If you have health insurance, you may want to contact your company to determine if acupuncture treatments are covered.

KNOWING OTHERS IS INTELLIGENCE;
KNOWING YOURSELF IS TRUE WISDOM.
MASTERING OTHERS IS STRENGTH;
MASTERING YOURSELF IS TRUE POWER.