



Welcome Cheri Naslund, R Ac!

Cheri Naslund is a Registered Acupuncturist and a member of the College of Traditional Chinese Medicine Practitioners of B.C.

Cheri is also a current member of the Registered Nursing Association of BC, and uses her advanced assessment skills to incorporate the best of Eastern and Western medicine theory.

She uses a variety of associated methods of healing, including tuina, shiatsu, therapeutic touch and qi gong

Calm Your Needle Fears

Are you afraid acupuncture will hurt? You are not alone - many people have a fear of needles. This stops them from using some of the beneficial ancient techniques associated with Traditional Chinese Medicine treatment.

Clinical experience has taught me how to assess an individual and use different techniques if they are hesitant about needles. One woman suffering from headaches had this fear of needles.

When I informed her I could offer her acupressure as an alternative she jumped at the chance. Using Tuina (Chinese massage) and holding some of

therapies to incorporate both physical touch and energetic healing modalities.

Cheri completed an internship at the Tsu Chi Institute for Health, caring for clients with cancer, HIV and other serious diseases. Her experience also includes pre & postnatal support and work as a labour coach.

Cheri is available on Fridays in the clinic, and can be reached anytime at cherinaslund@thrivewellness.ca.

the trigger points to release her neck tension, I was able to relax her and relieve her symptoms.

I can also use cupping and laser stimulation to aid in this process for clients that do have a true fear of needles.

Often, an initial fear can be overcome and so I use a gentle style of Japanese needling for fearful clients who truly need acupuncture.

Release **your** fears and experience the benefits of care by a [registered acupuncturist!](#)

Upcoming Office Closures

Canada Day Weekend 2007:

There will be no chiropractic services available Saturday June 30th and Monday July 2nd. Massage therapy and acupuncture will be available as usual.

The clinic will resume normal schedule on Tuesday July 3rd.

In addition, Kurt Jurek will not be available Wednesday June 19th.

Topics in this issue:

- Welcome Cheri Naslund, R Ac.
- Calm your needle fears
- Upcoming office closures

Practitioners:

Dr. Ian Boonstra, DC
Dr. Debbie Wright, DC
Kurt Jurek, R Ac
Cheri Naslund, R Ac
Katrina Smith, RMT
John Yamashita, RMT

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