



IRIT D. WEIR has a Master of Science degree from the American College of Traditional Chinese Medicine in San

Francisco. She conducted an intensive internship at the Guangzhou (Canton) Hospital in the People's Republic of China, integrating Eastern and Western medicine.

On her return to the United States, she opened the Acupuncture Clinic of Napa in 1987. Since then she has served Napa and surrounding communities with preventive and holistic care for the entire family. She specializes in women's health, pediatrics and pain management with an emphasis on **prevention**.

In the last 18 years, Irit has continually refined her medical skills while disseminating information about traditional Chinese medical techniques. She teaches in hospitals and at various events on a regular basis. Irit sees her role as trying to build cultural bridges and understanding between East and West. She is committed to working towards peace in the world and devotes a portion of her time and energy to that work. Irit lives in Napa with her husband and three children.



Specializing in

Cancer

- Integrated support
- Pain management
- Treatment of side effects
- Evaluation of choices

Fertility

- Supporting couples
- Balancing hormones
- Using acupuncture and herbal treatments to enhance conception

Acupuncture Can Treat

Abdominal Pain	Influenza
Acne	Insomnia
Acute Sinusitis	Irregular Menstrual Cycle
Addiction, Nicotine	Lumbago
Allergic Rhinitis	Lymphadenitis
Amenorrhea	Menopausal Syndrome
Anemia	Metrorrhagia
Anxiety-Depression	Migraine
Arthritis	Multiple Sclerosis
Asthma	Muscle Cramp
Auto Accident Injuries	Muscle Strain/Sprain
Backache	Neck Pain
Bronchitis	Nervousness
Bursitis	Neuralgia/Neuritis
Cancer adjunct treatments	Obesity
Carpal Tunnel Syndrome	Oligomenorrhea
Chest Pain	Osteoporosis
Colitis	Ovulation Bleeding
Common Cold	Pain Management
Conjunctivitis	Palpitation
Constipation	PID
Chronic Fatigue	Polymenorrhea
Cystitis	Post-Op Pain
Diarrhea/Colitis	Premenstrual Tension Syndrome
Disc Disorders	Psoriasis
Dizziness and Giddiness	Ring of Ears
Dysmenorrhea	Sexual Dysfunction
Ear Pain	Sciatica
Eczema/Dermatitis	Scoliosis
Endometriosis	Sprain/Strain
Fatigue	Stress Reaction
Fibrocystic Disease	TMJ Syndrome
Fibromyalgia	Tendonitis
Frozen Shoulder	Tennis Elbow
Gall Bladder Disorders	Toothache
Hay Fever	Urinary Tract Infection
Headache	Urticaria
Hemorrhoids	Uterine Leiomyoma
Hepatitis	Vaginitis/Vulvo-Vaginitis
Hypertension	Viral Syndrome
Hypoglycemia	Whiplash Syndrome
Infertility *Women's Health	



Photography by Brett Ascarelli

The Acupuncture Clinic of Napa

Founded in 1987, the clinic has had as its intention the creation of a safe, nurturing, and inviting environment for individuals to be supported in their process of healing and unfolding. The clinic offers a multiple modality approach to health, and includes an extensive herbal, homeopathic and supplement pharmacy. Patients are able to relax in our waiting room with a large library, soothing colors, music, and freshly brewed herbal tea.

Our loyal staff has been with the Clinic for many years and are happy to assist with any questions or concerns patients might have.

Therapeutic Massage

To complete the journey into holistic health treatments, the clinic offers a complete therapeutic/medical massage menu. This includes deep tissue massage, lymphatic drainage, energy balancing, dry brushing, feldenkrais® method or a "head to toe" treatment for full body relaxation. You may also add a signature aromatherapy blend to any of our massage treatments.

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Acupuncture Clinic of Napa

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ACUPUNCTURIST
AND HERBALIST

Irit D. Weir
Founder, Director

Services Offered

- Acupuncture treatment for adults and children, disposable needles used.
- Herbal prescriptions, Chinese & Western
- Nutritional medicine
- Complete evaluation of lifestyle and emotional health
- Fertility and women's health
- Cancer-integrated support and adjunct to traditional treatments
- Allergy treatments
- Biological decoding
- Hormonal & saliva testing
- Therapeutic/medical massage
- Worker's compensation, personal injury
- Neurofeedback
- Classes

Holistic Approach to Health.

Questions and Answers About Acupuncture

What Is Acupuncture:

Acupuncture is a primary health care modality that has flourished in China for over 2,500 years. Its use is widespread throughout Asia and Europe. Ironically, considering its longevity, it is considered one of the newest health care techniques in America. The use of acupuncture has spread as medical practitioners from all backgrounds and training have tried it, discovered its efficacy, and integrated it into their health care delivery systems.

Far more than a technique of inserting tiny threadlike needles along meridian lines of the body, acupuncture's complex system of diagnostic corollaries take into consideration the person as a whole, not just isolated symptoms. Acupuncture is practiced based on discerning a "pattern of disharmony" and treating accordingly. Modern acupuncturists may employ a range of modalities to treat patients: physical therapy and equipment, herbal medicine, moxibustion and nutrition.

Acupuncture treats to strengthen the physical body, prevent disease, control pain, and achieve longevity. You will find the aim practiced in oriental medicine, generally is not limited to eliminating or alleviating symptoms. The larger picture, rather, is to increase both the ability to function and the quality of life.

Licensing

In California, the practice of Acupuncture is regulated by State Agencies. All acupuncturists are licensed by the state after meeting strict training and examination requirements.

How Does Acupuncture Work?

Acupuncture is a therapy which uses natural laws and energetics with the application of needles and pressure to specific "points" on the body. These points are grouped along specific pathways or meridians that cross the body. As long as the energy flows freely through these pathways, health

is maintained. When the flow of energy is either absent, deficient, interrupted, excessive or blocked in an area, health is disrupted, resulting in illness or pain. By stimulating appropriate acupuncture points along these meridians, the energy is released and regulated, and health is restored.

Studies indicate that acupuncture influences the central and peripheral nervous system. Evidence shows it releases endorphins from the brain which make acupuncture particularly effective in pain control. Among a host of factors, acupuncture affects sugar, cholesterol, and triglyceride levels in the blood, the functioning of the gastrointestinal system and the activity of the endocrine system. Acupuncture works *with* the body, harmonizing and balancing energy. It improves circulation and allows the body to heal itself more quickly and more completely.

Herbal Therapy

After diagnosing a pattern of disharmony and giving acupuncture treatment, a doctor of TCM often chooses a prescription from over a thousand common herbal formulas or from more effective traditional family prescriptions. Herbal medicine has a long history in the Orient. The first Chinese Materia Medica, the Shen-Nung Herbal Classic, was begun during the Stone Age and completed in the late part of the 5th century B.C., from which some important prescriptions originated.

In this herbal classic, herbs were categorized into three groups. The first group was called "food herbs" which were eaten as part of one's diet for general fortification, prevention and maintenance. The other two groups were called "medicinal herbs" which are dispensed to each patient in an individual formula based on one's constitution, environment and medical condition.

These herbal formulas work to unblock the energy and to nourish and repair the organs in order to eliminate the root cause of the illness. They also work to straighten the immune system and help fortify and balance the whole body.

What Should You Expect During Treatment?

Most patients find the treatment very relaxing, which brings on a feeling of well-being. Most are surprised at how comfortable they are during treatment and how easily the needles are placed. Some people even go to sleep during treatment. A patient may feel a slight sensation upon entry and then pressure or a "dull" or "surging" reaction when the needle reaches the "chi" or correct point. The tiny thin needles are specifically designed to be virtually painless. Rest assured, the needles are far different from the hypodermic needles given in injections.

Nutrition / Exercise

TCM nutrition is a complete system of dietary principles based on Traditional Chinese Medicine. Its emphasis is on maintaining a balanced, flexible diet rather than following rigid dietary rules. For the past five thousand years, food and eating habits have provided the basis for maintaining health and treating disease in the day to day life of the Chinese people, and dietary therapy has proven to be the least expensive and technologically demanding method for dealing with many chronic and disabling ailments.

Traditional Chinese Medicine, in its long history, has always offered energy enhancement exercises such as T'ai Chi Movement, Chi Gong (Chi Kung), and meditation. These are mild exercises which take little time and can be practiced daily as a balancing or preventative health measure. Their goal is to integrate the physical and spiritual aspects of the individual.

When the body's energy is balanced, the body can begin to heal itself. That is why TCM is called a natural healing method: it facilitates the body's own self healing process.

Is Acupuncture Safe?

One of the great advantages to acupuncture is the absence of serious side effects. Needles generally cause no bleeding on entry or removal,

and are one time disposable kind. There is minimal risk of organ or blood vessel penetration.

What If You Absolutely Hate Needles?

We will use one of several other methods that do not require use of needles, especially in the treatment of children.

How Many Treatments Are Necessary?

Each person is unique with an individualized treatment plan. No two conditions or people respond exactly the same. The length of treatment depends on the type, severity and duration of the condition, and the physical state at the time of treatment. Both examination and your response can give us an idea. In short or lengthy cases, I do an evaluation with you to assess your progress. In order to get the best therapeutic results, it is important to follow the treatment plan and recommendations carefully. It is also vital to complete the course of therapy to restore health.

Our further programs for health maintenance are designed and aimed to prevent and promote health, longevity, as well as vitality to the body.

If You Have Any Questions

...About whether or not acupuncture is for you or about any of our programs, I am available for a courtesy consultation in person, or by phone as time permits.

...About your response to care: If you have any problems, concerns, questions, or emergencies, please call me. If my machine responds to your call, please leave a message. I call in for messages or they are relayed to me. Your call will be returned.

*We are here to
serve you and give you
the very best of care.*