

About Cindy Albon, LAc, MSOM

The personalized and compassionate care, which is at the core of **WellStream Acupuncture's** vision, is inspired by **Cindy Albon's** own story. She achieved complete remission from Stage IV Breast Cancer with the combined use of both Eastern and Western Medicine. Now over 10 years in remission, she personally knows the powerful benefits of Traditional Asian Medicine, Acupuncture and Herbs.



Cindy's journey of self-discovery through cancer led her to uncover her life's purpose – to pass on her knowledge and healing abilities to others. Her healing experience guided her to focus her practice in chronic and difficult conditions. She specializes in *Integrative Cancer Support* to provide comprehensive care for patients with cancer. Her commitment is to assist all patients in their own healing and journey to wellness.

LICENSES, BOARD CERTIFICATIONS & ADDITIONAL STUDIES

Cindy Albon holds a Masters of Science degree in Oriental Medicine from *Samra University of Oriental Medicine*, graduating Summa Cum Laude. She is Licensed and Board Certified in Traditional Chinese Medicine and Acupuncture. She is certified in Clean Needle Technique.

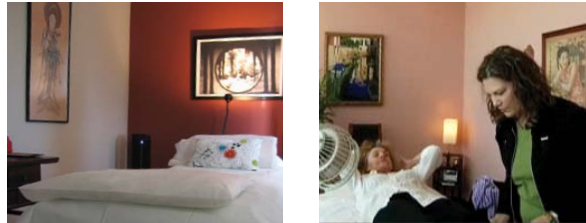
In 2005, she completed an Advanced Studies Program at China Beijing International Acupuncture Training Center, as well as a Visiting Fellowship with various specialists in their respective fields.



"I believe that complete healing is achieved by treating not only the physical body, but the emotional, mental and spiritual bodies as well. Chronic conditions respond best to treatment when Body, Mind & Spirit are all addressed."



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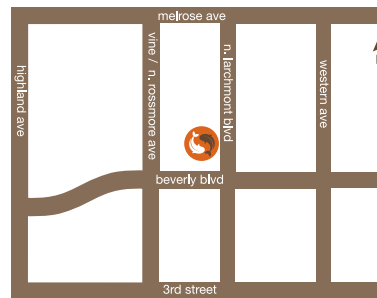


At **WellStream Acupuncture** we focus on achieving each patient's optimal health & well-being through Traditional Asian Medicine, Acupuncture and Herbs. Our practice aims to restore each individual to a natural state of health. Through comprehensive consultations, quality treatments and compassionate care, we help patients resolve health problems, be pain free, and enjoy renewed vitality for life.

Our calming, Feng-Shui designed clinic is located in beautiful Larchmont Village in the *Larchmont Medical Building* – with an amazing view from downtown Los Angeles to the Westside. Ample street and building parking is available.

Clinic Hours:

Monday, Tuesday & Thursday > 9:30am - 6:30pm
 Saturday & Sunday > 1:00pm - 5:00pm



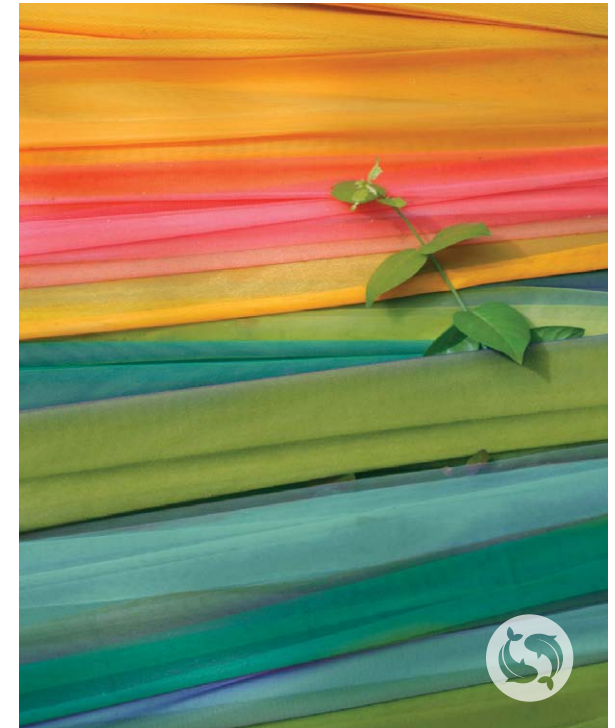
321 N Larchmont Blvd | Suite 909 | Los Angeles CA 90004

health & wellness
 stress & pain relief
 integrative cancer support
 facial rejuvenation

www.wellstreamacupuncture.com



Feel like yourself again!



How can **Acupuncture** help me?

Supportive **care** for **cancer**
 and **chronic** conditions.



Feel like yourself again!

Did you know **Acupuncture** treats **more** than just pain?



Acupuncture's use in cancer patients has been recommended by the *American Cancer Society (ACS)* for the treatment of cancer and conventional treatment-related symptoms. It helps to manage or prevent symptoms, can reduce or eliminate the need for additional pharmaceuticals, and provides an overall sense of well-being. **Acupuncture** is proven effective as supportive care for cancer patients to treat or prevent the side effects from chemotherapy and radiation such as:

- Nausea & Vomiting
- Constipation
- Diarrhea
- Fatigue, Breathlessness
- Pain
- Hot Flashes
- Insomnia
- Neuropathy
- Dry Mouth
- Low White Blood Cells
- Emotional Stress
- Anxiety & Depression

Acupuncture is a safe, effective treatment to:

- Boost your Immune System
- Stimulate Natural Killer Cells
- Strengthen your Digestive System
- Regulate your Intestines
- Relieve Pain
- Promote an Overall Sense of Well-being
- Restore Energy and Improve Quality of Life

We also work successfully with HIV patients and other immune compromised conditions.

Our Specialties: **Cancer & Chronic Conditions**

For cancer patients, **WellStream Acupuncture** provides supportive care with comprehensive treatments. **Cindy Albon** treats patients from the viewpoint of Traditional Asian Medicine and integrates Eastern and Western Medicines together by reviewing lab work and imaging reports to monitor patient progress. Thus in our practice, the wisdom of over 4000 years of ancient healing meets the modern discipline of Western sciences for blended patient care.

In addition, **Cindy Albon** is an avid proponent of patient education and self-help. Through her personal experiences as a cancer survivor, **Dr. Albon's** goal is to inform patients about the process of cancer treatments and what to expect.



"I believe patients should be pro-active in their own healthcare, should be educated about their illness, be informed about treatment options, and communicate their concerns or desires regarding their healthcare to each of their physicians. I believe an informed patient can replace fears of the unknown with confidence in their health choices. Knowledge is empowering!"



AN ANCIENT HEALING IN MODERN TIMES: WHAT IS ACUPUNCTURE AND HOW CAN IT HELP ME?

Acupuncture is the stimulation of specific acupoints located along energetic pathways. These pathways travel all over our bodies and connect energy along the pathway, to the organs and to each other. Fine sterile needles are placed gently in acupoints to promote the movement of Qi and rebalance energy in the body's organ systems.

We are animated by a life force – in Asian Medicine this energy is called **Qi (vital energy)**. Emotional stress, environmental toxins, poor diet and lack of exercise disrupt the free flow of Qi along the pathways. When this energy is blocked, the body gets out of balance, and afflictions can result. Acupuncture restores the flow of Qi. Points are selected to both relieve symptoms and correct the root cause of conditions. Treatment is virtually painless.

Patients should continue conventional Western treatment under the supervision of their regular physician. Acupuncture is used to support optimal health and healing – it is a complementary treatment used in conjunction with Western Medicine.



WHAT ADDITIONAL TREATMENT METHODS MAY BE USED?

Herbal Supplements stimulate the body's own restorative processes. We prescribe standard processed, certified safe herbal capsules based on your individual diagnosis. Herbal formulas generally are not used during chemotherapy or radiation.



Auriculotherapy (Ear Acupressure) is the application of *Herbal (Vaccaria Seeds)* or magnets onto specific points of the ear. The ear is a microsystem of the entire body with each point corresponding to an organ or body part. This complimentary self-treatment is effective to continue benefits of acupuncture between treatments.



Aromatherapy is the use of essential oils from medicinal plants to restore emotional harmony and promote healing.



Sound Therapy is a healing method based on the *Chinese Five Elements Theory* which influences emotional well-being. The vibration of music promotes healing in the five corresponding organ systems. Each organ has a tonal scale associated with it, that brings balance to that organ system. You don't really have to understand it. Just Enjoy!