

## SERVICE'S OFFERED AT AAOM WELLNESS CENTER

### ❖ ACUPUNCTURE

- COSMETIC ACUPUNCTURE & FACIAL REJUVENATION
- ELECTRO ACUPUNCTURE
- AURICULAR ACUPUNCTURE
- NON INVASIVE ACUPUNCTURE

### ❖ HERBAL MEDICINE

### ❖ YOGA THERAPY

### ❖ DIET & NUTRITION

### ❖ MOVEMENT THERAPY/SOTAI

### ❖ ACUPRESSURE

### ❖ MASSAGE THERAPY/TUINA

### ❖ CUPPING THERAPY

### ❖ HEAT THERAPY

### ❖ MOXIBUSTION

### ❖ SEED THERAPY

### ❖ TELE-MEDICINE



## FOUNDER & PRACTITIONER

### **Dr. Anand Sanghavi**

(Licensed Acupuncturist, Herbalist, Yoga Therapist)

L.Ac, MAOM., (USA), MSc (Yoga)., D.P.Y.E.D., Dip.Phil., YIC.,

(India).



Anand Sanghavi is a highly qualified licensed Acupuncturist, Herbalist and Yoga Therapist. He received his masters in Acupuncture Oriental Medicine, Chinese Herbal Medicine & Japanese Styles from very prestigious university New England School of Acupuncture- Massachusetts College of Pharmacy and Health Science and MSc in Yoga from very reputed university SVYASA, Bangalore. He has more than 10 years of combined clinical experience he specialises in

- Pain Management, Orthopaedics and Sports injury,
- Paediatrics and Family medicine,
- Post care Oncology and Infectious disease,
- Women's health: Acupuncture for IVF, Infertility, PCOS,
- Cosmetic Acupuncture and Facial rejuvenation.

He is one of the leading expert in less invasive Japanese style acupuncture and non insertion system of healing. He has interned at some of the most reputed hospitals in the world including Boston Medical Centre and Massachusetts General Hospital, USA. Anand Sanghavi has worked at EBOM Clinic Sioux Falls as a lead Acupuncturist seeing hundreds of patients every week treating numerous ailments including but not limited to Stress, Anxiety, Depression, PTSD, Sleep issues , Respiratory concerns, Allergies, Genitourinary disorder, Addictions, Gastrointestinal & digestive problems, Obesity, General wellness and health maintenance.



## **AAOM WELLNESS CENTER**

**ANAND'S ACUPUNCTURE AND ORIENTAL MEDICINE**

*Where modern science meets ancient wisdom*



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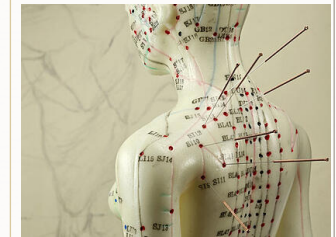


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**Mission of AAOM WELLNESS CENTER is "Service to humanity by facilitating healing with traditional and scientific medical approach, along with Compassion in action and integrity as core pillar".**



**ACUPUNCTURE:** Acupuncture is a form of alternative medicine and a key component of TCM which is believed to have originated in China and is one of the oldest and most commonly used natural traditional medicine in the world -dates back to 100 BCE. Based on TCM & meridian theory, acupuncture is used to stimulate specific points on the body to normalise physiological function, primarily used to relieve pain and modify the perception of pain, also has been used to treat other conditions and disorders of the body. This practice has been tried and tested for thousands of years proving to maintain health, longevity, improvement in fertility and the increase of the overall quality of life. In modern times acupuncture is done with sterile single use needles discarded immediately after use in to a bio hazard container.



**HERBAL MEDICINE:** CLASSICAL HERBAL FORMULAS HAVE BEEN USED EFFECTIVELY AND CONSISTENTLY FOR THOUSANDS OF YEARS. BEFORE PRESCRIBING HERBS, WE PERFORM A THOROUGH REVIEW OF YOUR HEALTH HISTORY, CURRENT MEDICATIONS, AND ALLERGIES. UNLIKE PHARMACEUTICALS, HERBAL FORMULAS HAVE FEW IF ANY SIDE EFFECTS BECAUSE A CUSTOMISED BLEND IS MADE SPECIFIC TO YOUR NEEDS. AS YOUR HEALTH IMPROVES, YOUR FORMULA WILL CHANGE. YOUR BODY IS NOT IN A FIXED STATE. THE STATE THAT CREATES DISEASE CANNOT BE THE SAME STATE THAT ALLOWS FOR HEALING TO OCCUR. THE GOAL IS TO TAKE THE HERBS TO GET YOUR BODY ON TRACK AND EVENTUALLY ONCE BODY HARMONIES AND HEALS, WON'T NEED THEM ANY LONGER. THIS HERBAL FORMULA(S) COULD BE INGESTED IN FORM OF POWDER, CAPSULE, PELLETS, TEA/INFUSION, HERBAL DECOCTION ETC.



**YOGA AND MOVEMENT THERAPY:** HEAL YOURSELF WITH ONE OF THE MOST ANCIENT SCIENCE THAT HAS SPOKEN ABOUT MIND AND ITS PROBLEM .

Yoga therapy for Asthma, Arthritis , Migraine, Back and Neck pain, Diabetes, Gastritis & IBS, Obesity , Hyper/HypoThyroid, Pre natal & Post natal pregnancy, Menstrual Disorder.

Classical Yoga, touch the invisible by learning the traditional way of Asana, Pranayama Mudra, Bandha and Yoga for general health and fitness.

Meditation & Relaxation: Tired with today's competitive world and unbeatable stress! Now it's the right time to unite mind, body and soul into complete harmony with meditation and relaxing technique.



**INCREASE**  
 ENERGY  
 CIRCULATION  
 IMMUNE FUNCTION  
 RELAXATION & WELLBEING

**DECREASE**  
 PAIN  
 FATIGUE  
 INFLAMMATION  
 STRESS & ANXIETY

**No X-RAY, MRI'S, BLOOD REPORTS OR ANY OTHER LAB WORK PRESCRIBED \***

**NO SIDE EFFECTS**

**PAIN FREE**

**CHEMICAL FREE**

**ALL NATURAL SOURCES**

**\* unless absolutely necessary**