

**John Y. Shay, L. Ac., M.A.O.M.**  
Texas State Board of Acupuncture  
Examiners (TSBAE) Certified  
Licensed Acupuncturist # AC01022



Originally from Taiwan, John went through four years of extensive training, and received his Master of Acupuncture & Oriental Medicine

degree from the American College of Acupuncture & Oriental Medicine in Houston Texas.

John is an insured and licensed acupuncturist certified by the State of Texas Medical Board and the Texas State Board of Acupuncture Examiners.

He is also a Diplomate in Oriental Medicine certified by the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM). John is fluent in both English and Chinese.



**The World Health Organization (WHO) recognizes that acupuncture is effective in treating following conditions:**

- Acute bacillary dysentery
- Adverse reactions to radiotherapy and/or chemotherapy
- Allergic rhinitis
- Arthritis
- Biliary colic
- Depression
- Essential hypertension
- Headache
- Induction of childbirth and correction of the malposition of fetus
- Inflammation of the tissues surrounding the shoulder
- Leukopenia
- Nausea and vomiting including morning sickness
- Pain in the epigastrium, face, neck, tennis elbow, lower back, knee, during dentistry and after operations
- Primary dysmenorrhea
- Primary hypotension
- Renal colic
- Sciatica
- Sprains
- Strokes

**Han Acupuncture, LLC**



**Acupuncture**

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**Herbs**



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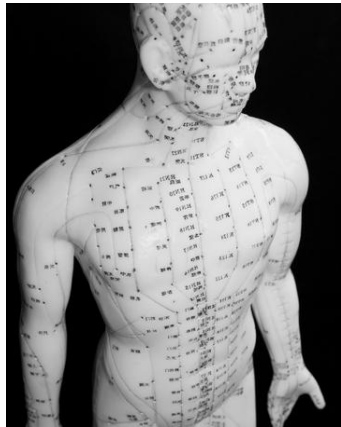
## Services

At Han Acupuncture, we are committed to providing you with the highest quality care to better your health. We take a holistic approach to your health, not just your symptoms, to get to the root of your health concerns.

We believe acupuncture and oriental medicine are not only about healing, but can also help with preventive maintenance for your well-being.

## How Acupuncture Works

According to traditional Chinese Medicine, the vital energy, or Qi (pronounced "chee"), flows through channels in our body and protects us from illness. These channels, called meridians, are like underground rivers, providing nourishment to our body.



When there is a blockage or imbalance in the flow of energy, symptoms associated with illness may appear. To remove the blockages, hair-thin, sterile acupuncture needles are

inserted into specific points on the body to treat imbalances or dysfunctions. This unblocks and restores the natural balance and free flow of energy, which promotes natural healing, and improves overall function and well-being.

## Benefits

- **Pain management:** Migraines and headaches, arthritis, back pain, sciatic pain, neck pain, muscle pain, muscle cramping, fibromyalgia.
- **Women's health:** Infertility, irregular menstruation, menstrual cramps, PMS, menopause, anti-aging, facial rejuvenation, cosmetic acupuncture.



- **Stress management:** Nervousness, anxiety, depression, insomnia, panic attack, post-traumatic stress disorder, mood swings.
- **Fatigue:** Low immunity, tired easily, low energy, chronic fatigue.
- **Neurological disorders:** Bell's palsy, facial paralysis, nerve pain, weakness or paralysis after stroke, post-operative pain.
- **Gastrointestinal disorders:** Acid reflex, indigestion constipation, diarrhea, bloating, abdominal pain.
- **Respiratory disorders:** Asthma, common cold, smoking cessation.

- Activate Qi and Blood to improve circulation in your body
- Helping stimulate immune system
- Strengthen internal organs
- Gives you abundant energy
- Relieves aches and pain
- Relax stiffness, sore muscles and muscle spasm
- Strengthen sinews and tendons
- Improves range of motion

## Testimonials

"I no longer take any pain medication and the pain in my neck and shoulder is gone. I can't express how much better I feel." ~ *Debra I.*

"After my first treatment, on the same day I was able to lift my arm!!! I returned the following week and after treatment I could feel marked improvement in my thumbs and my left hip. Right now my thumbs don't throb at all!!! I am able to walk without that limp and my shoulder is completely painless!!!" ~ *Bettye K.*

"I have little pain walking, standing, sitting or lying. At this stage I couldn't be more pleased. My primary care physician was so surprised and impressed. He asked me to request that you send him some business cards so he might refer his patients to you, should the opportunity arise." ~ *Ron A.*