

Dr. Jaime Lubelczyk, D.C., L.Ac.,
Dipl. O.M. (NCCAOM),
a board certified chiropractor and
acupuncturist, licensed in the State of
Massachusetts, has been in the health care
field since 1998. She attended the
distinguished **New York Chiropractic
College**, where she completed her
Doctorate in Chiropractic as well as a
**Master's of Science in Acupuncture and
Oriental Medicine**. In addition to these
degrees, Dr. Lubelczyk is **certified in
Applied Kinesiology**, and is a member of the
**International College of Applied
Kinesiology**.

Dedicated to providing the best possible
care to her patients, Dr. Lubelczyk is
constantly integrating all her studies so she
can better help each individual optimize their
health and well being. Dr. Lubelczyk is
excited to join *all about you* in a united
effort to develop whole person medicine as a
preventative, as well as a corrective, option.

“Whatever the body has
created it can cure.”

Traditional Chinese Medicine treats
the following body systems:

- Skin (acne, psoriasis, eczema...)
- Musculo-Skeletal (sprain, numbness,
pain, headaches, arthritis...)
- Nervous (stress, depression...)
- Ears, Eyes, Nose, Throat
- Cardiovascular (high blood pressure,
poor circulation, angina)
- Immune /Lymphatic (allergies, colds,
fibromyalgia)
- Respiratory (asthma...)
- Digestive (IBS, constipation,
indigestion...)
- Reproductive (infertility, painful
periods, endometriosis, PMS,
premature menopause...)

And can help

- Sleep Disorders
- Stop Addictions

Fee Schedule:

First visit (1 hour): \$75

Follow-up visits: \$50

Sliding scale available.

Please ask provider for details.

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Commonly Asked Questions

Is there a way to experience acupuncture without using needles?

A non-needle treatment option is the use of small magnets, which are placed on acupuncture points.

What is Ear acupuncture /Auricular Therapy?

Using needles on the ears can treat any part of the body. Auricular therapy is often used with excellent results for treatment of addictions.

How many treatments will I need, and how often?

Because every person's complaint and response to treatment will be unique, the number of treatments and frequency may also be different. Commonly, patients begin by coming once per week. Treatments build upon each other and within six weeks it is usually clear what progress is being made. As treatment progresses and you feel more balanced and healthy, treatments can be spread out to every other week, monthly, or even longer, as a form of preventative care and maintenance.

What is Traditional Chinese Medicine?

Chinese Medicine had been in use for over 3000 years. It teaches that there are five branches to a healthy life: Acupuncture, Chinese Medicinals, Chi Gong /Tai Chi, Diet, and Lifestyle. All five are used to keep your body's energy (Qi) flowing smoothly and maintain health. When your qi becomes blocked you may feel stress, discomfort, or pain. The areas beyond the blockage may experience a deficiency of qi resulting in a decrease in bodily functions. The areas in front of the blockage will build up with qi (kind of like a dam blocking water) causing hyper function of body systems.

Acupuncture

Using pre-packaged sterilized, disposable needles, which are similar in diameter to human hair, acupuncture both keeps qi flowing smoothly and can remove blockages.

Chinese Medicinals

Sometimes a person's qi has become depleted or so stuck that acupuncture alone cannot rebuild or move it. Medicinals are used to boost, nourish, and/ or move stubborn blockages to assist the return to balance more quickly.

Chi Gong /Tai Chi

Chi Gong and Tai Chi are gentle exercises, which move the qi in your body while developing inner awareness.

Diet and Lifestyle

Sometimes, on the path to health, doing for yourself can be the most challenging part, diet and lifestyle are two examples. This is one area where both Eastern and Western medicine share agreement.

What should I expect when I come in for treatment?

Chinese Medicine is different from your regular doctor visits. When you come in you will be asked a series of questions about how you are feeling and your chief complaint. Your pulse will be felt and then you will be asked to stick your tongue out for inspection.

The pulse and the tongue are used in Chinese medicine to help make a diagnosis.

All the information gathered will be taken into account and a treatment plan will be established.

Because acupuncture works with your body's energy, it is possible that you will find more benefits than just relief from your condition. You may find that your stress abates, you sleep better, your mind is clearer, or you feel more energized.