



Balance is symbolized by the the Tai Chi symbol (above). In the West, this image is often called the yin yang symbol. Yin and Yang is a fundamental treatment principle of Chinese Medicine and expresses itself in a dynamic balance that occurs in regular cycles. An imbalance occurs due to a disharmony or illness. Acupuncture, Herbal formulas, Tui Na and Medical Qi Gong are methods used to maintain this balance and health.

Becky Albus is a Doctor of Oriental Medicine /Acupuncture physician. She has been in private practice since 2001. She graduated from Florida Institute of Traditional Chinese Medicine and is NCCAOM Certified. Post graduation she began studying with Craig Frisbie where she learned the Ancient style of Chinese Medicine, Chinese herbal medicine, and Taoist healing arts (Tai Chi, Meditation and Qi Gong). She received her bachelors degree in Pharmacy from Wayne State University in Detroit, Michigan. She has been a Registered Pharmacist since 1982.



services offered:

Acupuncture

Tui Na

Individualized Herbal Formulas

Qi Gong Treatments

Eight Pieces of Brocade

(Qi Gong Therapeutic Exercises)

2911 16th Street North
St. Petersburg, FL 33704
727-895-2474
www.GoldBoar.net



Tui Na (pushing and grasping):

Tui Na is an ancient art of therapeutic manipulation. It is a component of Chinese Medicine that uses hands on techniques of pushing, rolling, kneading and grasping to move and strengthen Qi (Chi). These techniques are used on acupuncture points and meridians to relieve pain, enhance the immune system and can treat acute and chronic conditions without the use of needles.

It is very effective in treating sport injuries, muscle aches, allergies, migraines and fibromyalgia.

Chinese Medicine can treat:

- Allergies
- Asthma
- Arthritis
- Bell's Palsy
- Chronic Fatigue
- Cough/Colds
- Depression
- Diabetes
- Fibromyalgia
- Heart Disease
- Hypertension
- Insomnia
- Migraines
- Muscle Pain/Strain
- Neuropathies
- Pain
- Sport Injuries
- Tremor
- Women's Health



Medical Qi Gong

The Eight pieces of Brocade are a set of Qi Gong therapeutic exercises. These movements improve internal organ energy circulation and improve and maintain health.



Qi Gong classes

Classes for The Eight Pieces of Brocade offered for small groups (2-4 people) or individual by appointment.

For more information on class times or to schedule an appointment call 727-895-2474.