



Dr. Reena Pathak

Dr. Reena is a licensed Doctor of Chiropractic (DC), a Certified in Graston® technique), Cox® Technic and trained in Acupuncture. She is an honours graduate of National University of Health Sciences where she obtained her Doctor of Chiropractic degree. Dr. Reena Pathak also graduated from University of Windsor and St. Clair College of Applied Arts & Technology and earned a Bachelor's of Science degree, Bachelor's of Education and a Diploma in Health Sciences in Medical.

Dr. Reena is dedicated to helping all her patients achieve their optimal state of health and well-being. She provides a thorough assessment of her patients and firmly believes in the importance of patient education. She encourages her patients to become active participants in their healthcare, and is a strong advocate of preventative medicine.

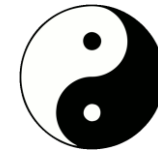


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Acupuncture



Dr. Reena Pathak
Chiropractic Physician



What is Acupuncture?

Acupuncture is a Chinese therapy that dates back thousands of years. The basic premise lies in maintaining the free flow of “Qi” throughout the body. Qi is the body’s “vital energy” that flows through the meridians or channels. Any obstruction to the flow of Qi disturbs the state of harmony or balance in the body, producing pain and disease states.

Chinese medicine is also concerned with maintaining a balance between Yin and Yang. Yin and Yang are opposite yet complementary qualities whose properties describe various patterns in the body. An excess or deficiency of either Yin or Yang, promotes disharmony and disease.

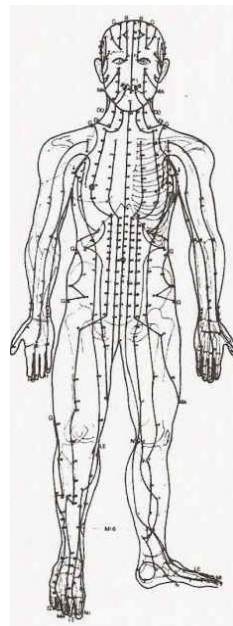
Acupuncture utilizes the insertion of needles at specific points on the body to ensure the free flow of Qi, and balance between Yin and Yang.



The Organs & Meridians

Each of the major organs are classified as either Yin or Yang. The Yin organs represent structure and are paired with a corresponding Yang organ, which represents function:

- | <u>YIN</u> | <u>YANG</u> |
|-------------|-------------------|
| Heart | - Small Intestine |
| Pericardium | - Triple Warmer |
| Spleen | - Stomach |
| Lung | - Large Intestine |
| Kidney | - Bladder |
| Liver | - Gall Bladder |



These organs correspond to a particular channel or “meridian” in the body that contain specific points where energy is regulated (the “Acupoints”).

Each of the organ pairs are related to a particular tissue in the body, sense organ, season, climate, and time of day. By recognizing patterns of organ

dysfunction it is possible to use the Acupoints to dispel disease.



Conditions

Acupuncture can be used to treat almost all types of patients and is beneficial for a wide variety of conditions, including:

- Neck Pain
- Back Pain
- Headaches
- Fibromyalgia
- Shoulder Conditions
- Knee Conditions
- Neurological Conditions

For more information about Acupuncture and Chinese Medicine, please refer to *The Web That Has No Weaver*, by Ted J. Kaptchuk, O.M.D.

