

A Health Sanctuary

We designed the Healing Ground facilities to be a sanctuary for balance and to promote good health. Conveniently located in downtown Highland Park, this calm, beautiful facility inspires relaxation and well-being.

In addition to acupuncture and TCM professionals, Healing Ground provides treatment facilities to other bodywork practitioners, such as therapeutic massage, shiatsu, yoga and more.

Healing Ground practitioners often work with physicians and other health care professionals to offer a customized approach to holistic health.

What We Treat

The World Health Organization recognizes acupuncture and traditional Chinese medicine's ability to treat more than 43 general disorders, such as...

- allergies, asthma, sinusitis and other respiratory ailments;
- ulcers, gastritis and other gastrointestinal disorders;
- menstruation or fertility problems, as well as other gynecological disorders;
- arthritis, neuralgia and other joint pain;
- migraines, insomnia, dizziness and other nervous system disorders;
- back, neck and shoulder pain;
- depression, anxiety, addictions and other emotional or psychological issues.

From Our Founder

"When I first experienced acupuncture, I knew very little about it. But the experience changed my life. I had never felt such overwhelming peace and calmness in my body before. I gained a new perspective on how a person should feel on a day-to-day basis: balanced."

"After becoming a practitioner, I wanted to bring this remarkable system of medicine to more people. I founded Healing Ground to help people in my community heal and thrive and to establish a trusted network of fellow professionals."

Founder Julie Segall treats the whole individual in her private practice and specializes in obstetrics and gynecology. She is a licensed Acupuncturist (Lic. Ac.) and has received a Diplomate in Chinese Herbology (Dipl. C.H.) from the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM).

Call 847.433.1400 today.

A Healing Ground practitioner will set up a personal appointment for you right away.

Healing Ground

Center for Acupuncture and
Traditional Chinese Medicine

806 Central Ave., Suite 203
Highland Park, IL 60035
847.433.1400, info@healinggroundtcm.com

www.healinggroundtcm.com



**Does your body
have a gripe?**

**Find health and
harmony at
Healing Ground.**

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Come to Healing Ground

Re-establish your natural health and harmony with acupuncture and traditional Chinese medicine (TCM).

At Healing Ground, you get personalized attention and practical results from a licensed professional.

Personal

In one-on-one sessions with your practitioner in a comfortable, private environment, you will find someone who listens closely to you and takes time to explain recommended treatments carefully.

Practical

Safe and effective, acupuncture and TCM treatments are painless and often relaxing. Whether used independently or in concert with Western medicine, this approach brings health and well-being to millions of people every day.

Professional

Nationally certified, our practitioners are recognized by the State of Illinois as qualified health care professionals. To become a licensed practitioner in acupuncture and traditional Chinese medicine, graduates must complete thousands of hours of training.

Each Healing Ground practitioner has completed their training and clinical internships and is fully licensed. Some are generalists, while others specialize in areas such as obstetrics and gynecology. They combine the benefits of ancient techniques with the rigorous training modern society demands.

What is Acupuncture?

Originating in China over 2,000 years ago, acupuncture refers to the stimulation of anatomical points on the body by a variety of techniques. Acupuncture is one of the key components of the system of traditional Chinese medicine (TCM), which also includes herbal supplements, tui na (a form of bodywork) and diet therapy.

Any symptom is a sign of an imbalance. Disease is due to an internal imbalance in the flow of qi (pronounced "chee" meaning vital energy) along pathways known as meridians. **Health is achieved by maintaining the body in a "balanced state".**

Essentially, your practitioner uses acupuncture to address imbalances externally and Chinese herbal medicine to restore balance internally.

What to Expect

When you come to Healing Ground, your practitioner will begin by looking for a relationship between symptoms before determining the optimum pathway for health.

Diagnosis starts with a detailed pulse and tongue analysis, medical history and assessments of your lifestyle and health. From this diagnosis, **your practitioner develops an individualized treatment strategy** that may incorporate one or many of the TCM methods to return your body to its natural, healthy state.

Acupuncture is the insertion of very thin needles into specific points along the meridians of the body. These hair-like, stainless steel needles are sterile and disposable. It is common to feel a sense of heaviness when a needle is inserted and little to no discomfort. Many patients fall asleep or deeply relax during treatments.

**EXCLUSIVE PROGRAM
AVAILABLE ONLY THROUGH
HEALING GROUND**

Fertile Options

Preparing Couples for Conception

The unique Fertile Options program was designed for couples experiencing fertility problems. **Fertile Options works beautifully to balance the work of Western medicine, optimizing your chances for conception.**

The 8-week process incorporates three modalities of complimentary therapies: traditional Chinese medicine (including acupuncture), shiatsu and yoga/breath work. Your highly-personalized treatment program helps to...

- **Promote optimal levels for fertility** by restoring balance for you and your partner.
- Get your bodies to their greatest possible strength and **improve your chances of getting pregnant.**
- Prepare you when you are **just starting to try and get pregnant, or if you are undergoing fertility treatments** of any kind, including IVF, insemination, etc.

For a free consultation about this all-inclusive, fully customized program, call Program Director Julie Segall at 847.604.1480.



www.fertileacupuncture.com