

## Energize and Heal with Our Holistic Wellness Services!

### Introduction:

Welcome to An Medi-Zen, where ancient wisdom meets modern wellness. The founder and owner, Dr. Sharon is a skilled acupuncturist, and is passionate about restoring balance, relieving stress, and promoting overall health through the art of Chinese Medicine and Integrative Health.

Whether you're seeking relief from pain, stress reduction, or simply a rejuvenating experience, we've got you covered.

### Why Choose Us?

**Holistic Approach:** We believe in treating the whole person, not just symptoms. Our holistic approach considers physical, emotional, and energetic aspects to create personalized treatment plans.

TCM takes a holistic approach to health and prioritizes prevention of imbalances & disease.

The five main branches of TCM are:

- \*Acupuncture
- \*Chinese herbal medicine
- \*Chinese dietary/food therapy
- \*Movement (Qigong and Tai Chi)
- \*Tui Na/Acupressure & Bodywork

## UNITY IN MIND, BODY & SPIRIT



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An Medi-Zen delivers optimal Whole Health services with a patient-centered approach that is safe, natural and effective for providing relief from many common health conditions. Dr. Sharon's specialties include: addressing and managing chronic pain, anxiety, stress, depression, and PTSD, addictions, weight loss, smoking cessation, natural facial rejuvenation, Respiratory, Skin Health, Mental Wellness, Women's Health and Preventative Medicine.

## SERVICES



## TRADITIONAL CHINESE MEDICINE (TCM)

TCM takes a holistic approach to health and prioritizes prevention of imbalances & disease.

Benefits of our offerings are:

- \*Evidence-Based Results: Safe and effective for various health conditions.
- \*Stress Management: Let us help you find your inner zen.
- \*Curated Treatments: No two bodies are alike. We customize treatments based on your unique needs, ensuring optimal results.
- \*Restores energy flow, alleviates pain, increases immunity, and enhances vitality.
- \*Promotes circulation, relieves muscle tension, detoxifies and much more.

# An Medi-Zen

Changing how you see Medicine.

An Medi-Zen is a health and wellness studio that was created with the idea that everyone deserves access to optimal holistic healthcare services.

The services include patient-centered:

- \*Traditional Chinese Medicine
- \*Integrative Health & Medicine



CHINESE MEDICINE  
&  
INTEGRATIVE HEALTH



Visit the Website

[www.anmedi-zen.com](http://www.anmedi-zen.com)

## TRADITIONAL CHINESE MEDICINE

Traditional Chinese Medicine (TCM) has been used for thousands of years by the ancient Chinese to treat a wide variety of health issues.

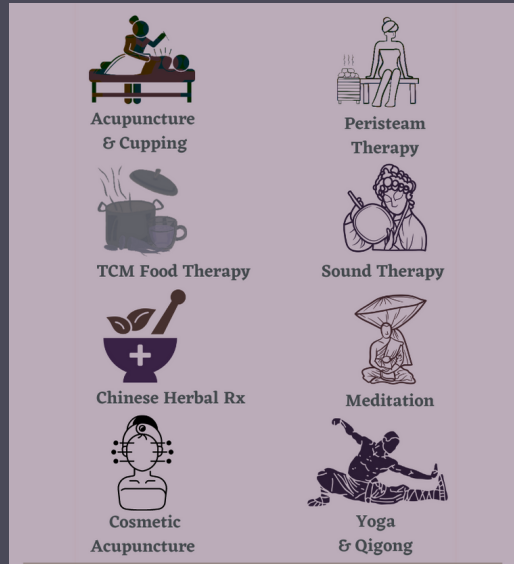
**Acupuncture & cupping** can effectively treat & manage anxiety, stress, pain, depression, fertility issues and much more.

**Chinese Food Therapy** is safe and effective in restoring balance within the body. In TCM, food is viewed as medicine, and can assist in rejuvenating optimal functioning of the mind, body & spirit.

**Chinese Herbal Medicine** is an all-natural way to restore balance and maintain harmony within the body, however it is prescribed to treat the individual and is not utilized as a one size fits all system.

**Cosmetic Acupuncture** can be used instead of Botox injections and surgical facelifts. The benefits include the following and more: treat acne, reduce wrinkles, diminish fine lines, remove age spots, and lift droopy eyelids. Most courses of cosmetic acupuncture treatment involve 10 or more sessions, as well as additional sessions for maintenance of results.

## SERVICES



## Ān Medi-Zen

Escorts & Elevates You  
Towards Amazing Health



**DR. SHARON JOHNSON-EBY**  
RRT, LAc., DCM, FAIHM

REGISTERED RESPIRATORY THERAPIST  
LICENSED ACUPUNCTURIST  
DOCTOR OF CHINESE MEDICINE  
FELLOW ACADEMY OF  
INTERGRATIVE HEALTH & MEDICINE

## Ān Medi-Zen

**MISSION:** Provide quality TCM and Integrative Health & Wellness services by utilizing the best medical practices in order to effectively care for the whole person, and restore and unite the mind, body & spirit. Traditional Chinese Medicine (TCM) uses a holistic approach to treating a person's mental and physical problems.

**VISION:** Provide quality TCM/Integrative Health & Wellness services by utilizing the best medical practices in order to effectively care for the whole person.

## CHINESE MEDICINE & INTEGRATIVE HEALTH

An Medi-Zen is an Integrative Health & Medicine Clinic, which intentionally utilizes both Eastern and Western Medicine to develop the best health & wellness care plans. Some of The services include: TCM herbal medicine and food therapy, Acupuncture, cupping, Gua Sha, Tui Na, moxibustion, and Yoga & Qigong, Meditation, Sound Therapy and Peri-steaming sessions. These services are designed to optimize and balance energy within the mind, body and spirit and improve and maintain health & wellness, and ultimately improve longevity.



By Appointment Only  
Scan to  
**Book Some ZEN.**



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