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choose
YOUR HEALING

SLEEP

WATER

FIBER

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MEDITATION

BREATH WORK

DISCIPLINE

REST

UNITY IN MIND, BODY & SPIRIT



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TRADITIONAL CHINESE MEDICINE (TCM)

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)
- *Manual therapy (Tuina)

An Medi-Zen

Changing how you see Medicine.

An Medi-Zen

is a safe healing environment that was created with the idea that everyone deserves access to quality healthcare. The services offered include Traditional Chinese Medicine with access to Integrated Health & Medicine Services in one place.



Acupuncture
Cupping
Gua Sha
Herbal Medicine
TCM Food Therapy

Cosmetic Acupuncture
Ear Seeds
Meditation
Massage/Tuina
Yoga



Dr. Sharon Johnson-Eby
Licensed Acupuncturist

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, depression, pain, fertility issues and much more.

TCM Food Therapy & Chinese Herbal Medicine/Prescriptions (RX) are both safe and effective in restoring balance within the body. In TCM, food is viewed as medicine and vice versa.

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



Acupuncture & Cupping



Peristeam Therapy



TCM Food Therapy



Sound Therapy



Chinese Herbal Rx



Meditation



Cosmetic Acupuncture



Yoga & Qigong

Ān Medi-Zen

MISSION: Cultivation of an all-inclusive safe healing and wellness environment for everyone, welcoming to all demographics, with a special emphasis for providing optimal integrated and holistic healthcare services.

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

INTEGRATIVE HEALTH & MEDICINE

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, Tuina, moxibustion, and Yoga & Qigong, Meditation, Sound Therapy and Peri-steaming Treatments. These services are designed to optimize energy within the mind, body and spirit and improve and maintain health & wellness, and ultimately improve longevity.

Ān Medi-Zen Unity in Mind, Body, & Spirit



DR. SHARON JOHNSON-EBY
CYT, PFC, LAC., DCM

LICENSED ACUPUNCTURIST
DOCTOR OF CHINESE MEDICINE



Mobile 952-261-3542

Office 952-855-7535

ĀN MEDI-ZEN

9354 Ensign Ave. S.

Bloomington, MN 55438

www.anmedi-zen.com

eby@anmedi-zen.com