



August 19, 2009

FOR IMMEDIATE RELEASE

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Ear Seed Acupuncture **A New Non-Invasive Treatment Offered at Longmont United Hospital**

(Longmont, CO.) Health Center of Integrated Therapies, an affiliate of Longmont United Hospital, is now offering ear seed acupuncture. Ear seed acupuncture is ideal for people who want to try acupuncture. It is based on using the ear as a “micro system” of the human body. Specific acupuncture points on the ear are used to treat ailments the body’s organs, structures, or functions are experiencing.

Each ear seed, a small, hard vaccaria seed, is placed on your ear for up to a week, the usual interval between treatments. Ear seeds are a non-invasive treatment that does not penetrate the skin. During the intervals, applying gentle pressure on the seeds will enhance the treatment. Ear seeds may help health concerns by:

- Reducing chronic pain, headaches, depression, anxiety and stress
- Improving sleep
- Supporting weight reduction and control
- Reducing cravings and withdrawal symptoms from smoking, medication and drug use
- Enhancing sense of happiness

Ear Acupuncture sessions are available Tuesdays, 11:30 a.m. - 1:00 p.m. and Saturdays, 10:00 a.m. - 11:30 a.m. Call Health Center of Integrated Therapies at 303.651.5188 to schedule an appointment.

About Health Center of Integrated Therapies

In 1994, Health Center of Integrated Therapies (HCIT) expanded healthcare in the community with new treatments from around the world, complementing innovative practices offered by western medicine. Our multidisciplinary team is comprised of qualified:

Acupuncturists
Massage therapists
Class instructors

HCIT works with physician advisors for physical and psychology consults. The center has one consultation room, seven treatment rooms, library, and other programs also available at the hospital including: yoga, tai chi and educational programs.

Services:

Massage Therapy Services

- * CranioSacral Therapy
- * Deep Tissue Massage Therapy
- * Healing Touch
- * Integrative Massage
- * LaStone and Hot Rock Massage
- * Maya Abdominal Massage

- * Myofascial Release
- * Neuromuscular Therapy
- * Oncology Massage Therapy
- * Pregnancy and Postpartum Massage Therapy
- * Reflexology
- * Reiki
- * Shiatsu (Acupressure)
- * Sports/Orthopedic Massage

Acupuncture and Asian Therapies

- * De-Stressing Acupuncture Clinics
- * Ear Seed Acupuncture
- * Five Element Acupuncture
- * Traditional Chinese Medicine (TCM) Acupuncture
- * Medical Qi Gong

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