



hemma

hemma - (hem-mah) pronunciation

Hemma means "home" in Swedish.

Home is where we feel safe, supported, encouraged, and loved for being us.

All over the world people yearn for home, both in the spiritual and material sense.

Home is the place we go to where we feel like we belong



Hemma is a community oriented yoga studio and community based acupuncture clinic.

We welcome people of all ages interested in movement, inquiry, healing and connection.

It is the mandate of Hemma to contribute 1% of profits to community based organizations, working to better the lives of all community residents.

To schedule an appointment:

please call:

250-294-0434

or email us at:

info@hemma.ca

for more information please visit our website
www.hemma.ca



the home of yoga
and acupuncture



COMMUNITY
ACUPUNCTURE

1274 May Street

250.294.0434

www.hemma.ca

COMMUNITY ACUPUNCTURE

hemma community acupuncture clinic is about bringing patients and practitioners together to create healthy, mutually beneficial communities.

WHAT MAKES US DIFFERENT?

Most acupuncturists in North America treat patients on tables in individual rooms. This is not traditional in Asia, where most acupuncture usually occurs in a community setting. In our clinic we use recliner chairs, arranged in a large, quiet, soothing space. Treating patients in a community setting has many benefits: it's easy for friends and family members to come in for treatment together; many patients find it comforting; and a collective energetic field becomes established which actually makes individual treatments more powerful.



AFFORDABILITY

Most of us can't afford health services that are not included within our existing health plan. *hemma* community acupuncture strives to make acupuncture affordable for you to come as often and for as long as needed.

Our sliding scale is \$15 - \$40 per treatment*

You decide what you can afford. The purpose of our sliding scale is to separate the issues of money and treatment; we want you to come in often enough to really get better and stay better!

We understand that everyone's situation is different, and our primary goal is to make acupuncture available to you as often as you need it.

Everyone coming for treatment is part of our community and we look forward to making treatment work for you.

* There is a one-time \$10 paperwork charge with the first appointment.



In 1997, a consensus statement released by the National Institutes of Health found that acupuncture is useful to treat:

- addiction
- headaches
- menstrual cramps
- tennis elbow
- fibromyalgia
- myofascial pain
- osteoarthritis
- lower back pain
- carpal tunnel syndrome
- asthma.

WHAT CAN ACUPUNCTURE DO FOR ME?

Acupuncture is one of the oldest, most commonly used systems of healing in the world. Originating in China some 4,000 years ago, only in the last three decades has it become popular in North America.

What Can Acupuncture Treat?

Acupuncture stimulates your body's own healing mechanism, therefore, it can be used to treat a wide variety of conditions. Below is a list of some of the conditions we see in our clinic, grouped into a few broad categories.

PAIN

muscular, back ache, joint pain, neuralgia, neck/shoulder pain, sciatica, knees, migraines, PAIN

WOMEN'S HEALTH

PMS, menopausal transition, infertility, support during pregnancy and childbirth

EMOTIONAL AND PSYCHOLOGICAL

anxiety, depression, insomnia, addictions, trauma

GASTROINTESTINAL

ulcers, IBS, crohn's, colitis, constipation, chronic diarrhea, anorexia, food allergies

RESPIRATORY

asthma, emphysema, sinusitis, allergies, bronchitis, common colds

OTHERS

Stroke recovery, and other neurological disorders, autoimmune diseases, support for cancer patients, high blood pressure, thyroid conditions