

### Acupuncture

Acupuncture is among the oldest healing practices in the world originating in China more than 2,000 years ago. As part of traditional Chinese medicine (TCM), acupuncture aims to restore and maintain health through the stimulation of specific points on the body. Acupuncture is the practice of inserting thin needles into specific body points to improve health and well-being.

Research has shown that acupuncture reduces nausea and vomiting after surgery and chemotherapy. It can also relieve pain, headaches, tendonitis, and infertility among others.

### Auriculotherapy

Auriculotherapy is a painless technique that involves the use of electrical stimulation of acupuncture points in the ear. Most common use of this technique is for smoking cessation however it can be used for pain, nausea, relaxation and other conditions as well.

### Chiropractic

Chiropractic is a form of medicine that emphasizes diagnosis, treatment, and prevention of mechanical disorders of the musculoskeletal system, especially the spine, under the hypothesis that these disorders affect general health via the nervous system. Chiropractic can be beneficial for back and neck pain, many soft tissue injuries, whiplash, headaches and many other conditions.

### Guided Imagery

Imagery is the natural language of the unconscious, and it can be used to support the healing process. Guided imagery puts you in touch with your internal imagery and teaches you to interact with it in a meaningful way. Imagery tapes also are available.

#### **Mercy Integrative Medicine and Therapy Services Clayton/Clarkson**

15945 Clayton Road  
Suite 230C  
Ballwin, MO. 63011  
**636-256-5200**

*Services: Acupuncture, Auriculotherapy, Chiropractic, Guided Imagery, Healing Touch, Massage Therapy, Nutritional Counseling, Physical Therapy (manual and traditional) and Reflexology*

#### **Mercy Integrative Medicine - Tesson**

12348 Old Tesson Ferry  
Suite 120  
St. Louis, MO. 63128

#### **314-467-3860 Option 2**

*Services: Acupuncture, Auriculotherapy, Chiropractic, and Massage Therapy*

#### **Mercy Integrative Medicine and Therapy Services Cancer Center**

607 South New Ballas Road  
Suite 2210  
St. Louis, MO 63141

#### **314-251-6571 Option 1**

*Services: Acupuncture, Auriculotherapy, Guided Imagery, Healing Touch, Massage Therapy, Lymphedema, Physical Therapy and Reflexology*

#### **Mercy Integrative Medicine - Olive**

12680 Olive Blvd  
Suite 20  
St. Louis, MO. 63141

#### **314-251-8910**

*Services: Acupuncture and Chiropractic*



## Integrative Therapies

*For your whole health*





### **Healing Touch**

Healing touch enhances the body's energy field to help support its natural ability to heal. It can be beneficial in reducing stress, calming anxiety, decreasing pain, strengthening the immune system, enhancing recovery from surgery, deepening spiritual connections, supporting care and easing acute or chronic conditions.

### **Lymphedema Therapy**

Lymphedema involves manual therapy, compression bandaging, exercise and patient education to help control edema - a condition that can result from surgical removal of the lymph nodes, trauma, radiation or scarring. Services are provided by licensed physical therapists certified in lymphedema.

### **Massage Therapy**

Massage therapy is the practice of using touch to manipulate the soft-tissue muscles of the body. It is performed for a variety of reasons, including

treating painful ailments, decompressing tired and overworked muscles, reducing stress, rehabilitating sports injuries, and promoting general health. Clients often seek massage for its medical benefit and for relaxation purposes, and there is a wide range of massage treatments available. Licensed therapists are trained in a variety of techniques.

### **Nutritional Counseling**

Registered dietitians provide nutrition education and counseling for a variety of needs, such as diabetes management, heart-healthy diets, weight management or management of eating disorders. The latest findings in nutrition research are combined with individualized care.

### **Physical Therapy**

Physical therapy can be used for pain management, increasing range of motion and improving overall functional ability. Services are provided by licensed physical therapists and physical therapy assistants.

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### **Reflexology**

Integrative Reflexology is based on reflex areas in the feet that correspond to every part of the body including organs and glands. These reflex points stimulate nerves, which in turn send information to the brain which stimulates the organ or body part indicted in the foot. The benefits of stimulating the areas on the feet for healing purposes were known by our ancestors all over the world. The areas can be affected by stimulating the appropriate reflex point with finger or thumb compression.

Reflexology is used to alleviate stress and tension, enhance deep relaxation, aid in digestion, increased lymphatic, nerve and blood circulation among many others conditions.

### **Wellness Classes**

Mercy offers a variety of holistic health and fitness classes and other programs throughout the year. For more information, please visit [mercy.net](http://mercy.net) or call **636-256-5202**.

### **Whole Food Nutrition**

Mercy offers patients appointments with a chiropractor who is certified in whole food nutrition. Patients are able to meet and discuss current health issues and the impact of whole food diets. Both foods and whole food supplements are suggested to patients for optimal health.