

Common Q&A

Is acupuncture safe?

Extremely safe, if practiced by an accredited practitioner such as Dr. Kim. Needles are sterile and used only once.

Will it hurt?

Acupuncture needles are much finer than those used for injections and so rarely hurt. They are also used only at a superficial depth. Some people say they don't feel it at all, and often fall asleep during treatment.

Are there side effects?

Side effects are rare. Most side effects are minor and may include occasional dizziness, usually after the first treatment, and slight bleeding after the needles are withdrawn.

Where will I get the acupuncture needles?

That will depend on your individual condition and what meridian point on the body will need to be treated. Patients are normally treated lying down on their back or on their stomach.

Does acupuncture just treat sore backs?

No, acupuncture can be beneficial to all body systems including respiration, digestion, circulation and the immune system.

How many treatments will I need?

Each patient is different depending upon their case. Often noticeable improvement is made within 3-4 weeks of the first treatment. Dr. Kim will help you decide whether adequate progress has been made with your condition or if further sessions would be beneficial, and if follow-ups after several weeks would help maintain the improved condition.

How should I prepare for a session?

Come to the center wearing loose comfortable clothing. Don't come overly hungry, or overly full.

Does acupuncture interfere with medication?

No. And, depending on your condition, you may find you do not need to continue with certain medication.

How will I feel after a treatment?

Everyone responds differently. Some are very relaxed or drowsy, while others are energized. Returning to normal activity afterwards should not be a problem. Any feelings out of the ordinary should be brought up to Dr. Kim.

Is acupuncture covered by health insurance?

Some companies do cover it. You are advised to contact your particular insurance carrier, or Dr. Kim's assistant would be happy to verify coverage for you.



Dr. Jin H. Kim, DOM, Ph.D

Sage Acupuncture & Herbs

Dr. Kim, D.O.M. PhD is proud to be a doctor of oriental medicine because it has been a part of his family for generations in South Korea. He received his Bachelor Degree from Texas A&M University - Kingsville, Texas. To earn his Master Degree in Oriental Medicine, he entered SAMRA University of Oriental Medicine, California. Also, he achieved his PhD in Oriental Medicine at American Liberty University, California. Over the years, his personal interest in meditation, and self awareness has given him a different, more balanced perspective on the true meaning of health. He has a deep interest in his patients' well-being and in providing a healing environment for them.

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**Ph.D in Oriental Medicine
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Free Consultation

A \$40.00 Dollar Value

With initial treatment

ACUPUNCTURE & HERBS

Dr. Jin H. Kim, D.O.M,
Ph.D in Oriental Medicine



How It Feels

As acupuncture is performed, there is often a brief "needle prick" sensation as the needle passes through the skin. Then, as the needle begins to work and the energy effect occurs, the patient may feel numbness, heat, dull aching or tingling where the needle is located. Some people are surprised to find treatments are actually quite relaxing—the result of the natural pain relieving endorphins. Acupuncture needles are left in place usually for about 15 to 20 minutes. They may be rotated by the doctor or sometimes stimulated electrically.

Treatment Duration

The length and frequency of acupuncture treatment will vary for each individual and will be determined by Dr. Kim according to the nature of a patient's condition and progress. Lasting relief will be built over several appointments, and as one improves, fewer visits may be required. Some people benefit from regular treatments to maintain general health by coming every 6 to 8 weeks. Acupuncture is a gentle therapy that encourages the body's natural healing process, and usually leaves patients feeling rejuvenated.

Call (407)-539-3950

To Schedule an appointment
Korean & Spanish Available

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What Other Treatments Dr. Kim Offers Other Than Acupuncture?

Herbal Prescriptions / Natural Grains

Here at Sage Wellness Center, we customize our Herb prescriptions according to each individual's own personal condition. Dr. Kim is a firm believer in focusing on the root cause of your symptoms rather than just the symptoms themselves. (It's easier to nip any potential problems in the bud before they start to manifest themselves in more obvious ways). In doing this Dr. Kim has the ability to help speed up the healing process.

Cupping (Vasopneumatic Devices) Treatment

Cupping is a 3,000 year old technique of applying a cup to the skin surface to draw blood and energy to the surface point where it is applied. In Chinese medicine, where there is stagnation of blood or Qi (energy), there is pain. Cups are attached by creating a partial vacuum, usually by heat, which are then applied to the skin to draw up the underlying tissues. These cups pull stagnation from within the body and bring it to the surface where it can dissipate. Cupping is used primarily for the treatment of muscular and joint pain, as in the case of arthritis or low back pain.

Manual Therapy

Manual therapy uses hands-on techniques to improve range of motion in restricted joints. It is also used to stimulate the function of muscles, nerves, joints, and ligaments. It may be used for a wide range of problems, including low back pain; neck pain and injuries; hip, knee, ankle and foot problems; post-surgical conditions; hand, wrist, elbow and shoulder problems; and injuries caused by accidents.

Acupuncture Injections

Point injection therapy utilizes the injection of liquid medicine into acupuncture points to prevent or treat diseases. It is one of the more integrated treatment strategies available to us in the 21st century. It combines the actions of acupuncture with the pharmacological effect of Chinese medicinal herbs or biomedical pharmaceuticals. It uses hypodermic needle techniques at acupuncture point locations so as to produce successful clinical outcomes. This therapy may be used for all diseases which are suitable for acupuncture treatment. Point injection is indicated specifically in syndromes of pain in the lower back and leg, pain in the joints, and some chronic diseases

Conditions Treated

Dr. Kim uses acupuncture to treat a variety of disorders including:

- Headaches
- Sciatica
- Neck and back pain
- Arthritis
- Shoulder pain
- Myofascial pain syndrome
- Weight loss
- Smoking cessation
- Anxiety/panic disorders
- Carpel tunnel syndrome
- Fibromyalgia



How Acupuncture Is Done

The practice of acupuncture involves Dr. Kim making a diagnosis based on the review of a patient's symptoms, personal characteristics and a physical examination. Patients under the care of another physician should remain so, and continue medications as prescribed by them. Acupuncture is done with extremely fine, hair-thin, flexible needles made of silver and steel alloy. There is nothing special about the needle, it is merely a tool to correct the energy imbalance in the body. The needles used by Dr. Kim are single use disposable needles to keep with the center's strict hygiene practices.



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