

針灸 **Acupuncture:** An ancient healing art that restores the smooth flow of qí (vital body energy) & promotes the circulation of blood, that creates systemic balance, reduces pain, and prevents illness.

推拿 **Tuina:** the oldest system of bodywork that originated in ancient China. It is often used for conditions and injuries related to the musculoskeletal and nervous systems.

艾灸 **Neoclassical Pulse Diagnosis:** thousands of years old art to obtain more information from the body that is "unseen" by modern machines, to uncover the underlying root causes of pain and illness.

仁神術 **Hands-on diagnosis:** 90% of those who suffer from chronic pain never discover the root cause. MRI, CT, X-ray scans help, however, with its limits to see everything, there is a necessity to have an integrated Eastern & Western hands-on diagnosis, to identify the underlying root causes of the pain by palpating the body.

Jin Shin Jyutsu: an ancient healing art that works similar to acupuncture, but without needles. It removes qi/energy blockage by using hands-on flow patterns, to release pain and illness, resulting in deep relaxation and restored energy.

Prevention is better than cure

Did you realize that most of health-care is sick-care? Why don't we take care of ourselves to avoid getting sick? That's where preventative-care comes in.

Preventative-care: receiving acupuncture, Jin Shin Jyutsu (JSJ), taking Chinese herbs, and practicing Tai Chi on a regular basis prevents sickness before it starts. If you are afraid of needles, no problem, you can receive JSJ. We can also teach you JSJ self-help, so you can take care of yourself and your loved ones. By doing preventative-care consistently, you can save time and money.



Dr. Aaron Nickamin
Doctor of Acupuncture & Oriental Medicine
DAOM, AP, L.Ac, LMT, JSJP, JSJAP, CAA, KSTP

拔罐

EAST MEETS WEST Preventative Medicine

診脈

Dr. Nickamin is a federally recognized DAOM. (Doctor of Acupuncture & Oriental Medicine), an Acupuncture Physician (AP.) in FL., a Licensed Acupuncturist (L.Ac.) in CO. and MI., a Licensed Massage Therapist in FL. and CO., and a certified Jin Shin Jyutsu practitioner.

He is known for his expertise in treating chronic pain and illness. His unique approach of diagnosing and identifying the root cause is grounded in thousands of years old Oriental medicine, including acupuncture, Tuina, Chinese herbs, Neoclassical pulse diagnosis, hands-on diagnosis, Jin Shin Jyutsu, and acupoint injection therapies...

Dr. Nickamin has a Bachelor of Science in Health Sciences, a Master of Traditional Oriental Medicine, and a clinical doctorate in Acupuncture and Oriental Medicine. He is also a Gracie Jiu-Jitsu University Certified Instructor, and is a black belt in Traditional Tae Kwon Do.

Why Oriental Medicine? Our body is in a form of Qi/energy. Qi moves blood and flows in certain patterns, like a river. Blood nourishes Qi. When Qi is blocked, blood will stagnate, and as a result, our body will manifest with all kinds of illness and pain (symptoms). Oriental Medicine works on the unmanifested (root cause) circulations of qi/energy and blood, supporting the body to heal on its own. Oriental Medicine also benefits life style changes, such as the best time for sleeping, eating and exercising...

970.309.0849 emwpm.com

中藥
推拿



疼痛
治療

Preventative Medicine

Dr. Aaron Nickamin

Doctor of Acupuncture &
Oriental Medicine

DAOM, AP, L.Ac, LMT, JSJP, JSJAP, CAA, KSTP

Leilong said:

"I hope to know how one can be a superior physician?"

The Yellow Emperor said:
"When a superior physician palpates, he emphasizes on examining the pulses, ..."

中醫

針灸

Ling Shu, Yellow Emperor's Classic

SERVICES

PAIN RELIEF

- Arthritis / Tendonitis
 - Sciatica / Back / Hip
 - Knee / Ankle / Foot / Toe
 - Shoulder / Neck / Arm
 - Wrist / Hand / Finger
-
- Headache / Migraine
 - Weight loss / Gain
 - Balance / Dizziness
 - Gas / Bloating / Constipation
 - Anxiety / Depression
 - Common cold / Chills / Fever / Sore Throat

KOREN SPECIFIC TECHNIQUE (KST)

A biomechanical correction to the body, that is gentle but powerfully effective.

ANIMAL SESSIONS:

Acupuncture & Jin Shin Jyutsu (certified)

PRIVATE INSTRUCTION

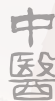
- Tai Chi, Qi Gong, Self-defense
- Gracie Jiu-Jitsu University Certified Instructor
 - Gracie Combatives (for everyone)
 - Women Empowered (for women)
 - Gracie Bullyproof (for kids)

ACUPOINT INJECTION THERAPIES (AIT)

(Available in the States of FL. & CO.)



Acupoint Injection Therapies (AIT) are used when regular acupuncture fails to provide the desired results or is deemed to be ineffective for the specific problem. AIT means the injection of herbs, homeopathics, and other nutritional supplements in the form of sterile substances into acupuncture points/ original site of the pain caused by acute or chronic injury or inflammation, to promote, maintain, and restore health and to prevent disease.



PROLOTHERAPY

A ligament holds bone to bone forming a joint. A tendon connects a muscle to a bone. Together, they allow us to move. Due to emotional stress, sports injuries, accidents and overuse of the body, ligaments and tendons become loose or damaged, resulting in joint instability, causing pain.

Ligaments also have many nerve endings. Damaged ligaments are the problems of chronic nerve pain. All pain has a nerve component. **Are you aware** that joint instability and ligament injury are the missing diagnoses to chronic pain?

Prolotherapy proves to be an effective solution for chronic pain and it is a non-surgical treatment. The essential technique is thousands of years old and was invented in China. Modern day prolotherapy innovation originated in the early 1930's.

Prolotherapy injects dextrose into ligaments and tendons initiating the **body's natural healing** response that strengthens ligaments and tendons,

enhancing joint stability and relieving pain.

We have 900 ligaments to support our 360 joints. Patients who follow prolotherapy protocols and directions have the greatest success.



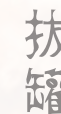
PRP (PLASMA RICH PROTEIN)

Also used for chronic pain, and for more severe lesions in tendons and ligaments. The part of the blood which contains specific cells called platelets, which have two jobs: help the body form blood clots when bleeding and release growth factors to assist the autologous cells to regenerate tissue.



PERINEURAL INJECTION

An effective injection into the layer between skin and muscles that nourishes superficial nerves to reduce inflammation and relieve pain.



NEURAL THERAPY

Used for physical or emotional trauma, surgery, illness, disease, accidents and scars of the autonomic nervous system (ANS), that create blockages, in which, a person may feel stuck in a flight or fight response, causing fatigue, pain, burn-out, inflammation and the inability to heal.

VITAMIN INJECTIONS

Injection of sterile vitamins, like B12, into acupoints to support the body and its systems.



CHINESE HERBAL INJECTION

Acupoint injection of Chinese herbs for acute and chronic disease, imbalance and fatigue (eg. common cold, sore throat).

"I was told my knee pain and disability to walk is part of getting old. It was Dr. Aaron who physically examined and diagnosed me with knee and ankle joint instability, which the CT & MRI did not show. He gave me pin pointed prolotherapy, which addressed the root of my pain. After injection, he gave me acupuncture and Jin Shin Jyutsu based on pulse diagnosis that helped me heal more quickly. Now, I can walk and enjoy my retirement."

Changmei Lu
72 years old, China

TESTIMONIALS

"The Prolotherapy that I received from Dr. Nickamin changed my life. I had sciatica and had been thru all of the western medicine techniques to help relieve my pain. After several rounds of Prolotherapy I was pain free. It has been several months and I am still pain free. I would highly recommend this treatment. Dr. Nickamin is excellent at all of his procedures. He is a gifted healer."

Donna N. Bradenton, Florida

"Dr. Nickamin completely restored my health via a combination of prolotherapy, acupuncture and herbs. When I saw him for the first time, I was in pain from a pinched nerve in the neck, not able to use my right arm or perform most of my daily activities. I saw multiple top orthopedic surgeons and pain management specialists in top clinics, and was ready to undergo a cervical disk surgery. Within 5 minutes of seeing me, Dr. Nickamin was able to diagnose the root cause of my problem – an injured ligament in the shoulder. He recommended prolotherapy, and after two procedures and follow up treatments, the problem was gone."

Michael Y. Sarasota, Florida