

Humboldt Acupuncture

Chelsea Colby LAc. &
Jeffrey Haloff LAc.

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humboldtacupuncture.com

517 3rd St., Suite 18,
Old Town Eureka, CA
Also in Fortuna at 1730 Main St.



HUMBOLDT ACUPUNCTURE operates on the principle that our natural state of health is one of balance. Life's stress and trauma causes imbalance which affects us each in unique ways. Oriental Medicine helps to vitalize and refresh our body/mind/spirit in order to restore our natural ability to heal. Experiencing acupuncture, people often report less pain, less anxiety and more relaxation of body and mind. Based on the balance of the cycles and elements of Nature, Oriental Medicine has been used for more than 3,000 years as the primary health care system in China. This medicine has flourished for all these years due to its effectiveness in treating many medical problems. In modern times, the National Institute of Health recognizes Acupuncture as effective in treating over 50 health concerns.

Chelsea and Jeffrey operate **HUMBOLDT ACUPUNCTURE** in the heart of Eureka's Old Town, in the newly refurbished Carson Building. They also see patients in Fortuna. They studied and met at the Oregon College of Oriental Medicine in Portland, OR. Upon graduation, they opened a clinic in Portland, and got married. As a Humboldt resident, it was Chelsea's dream to bring this beneficial healing practice to this area. Jeffrey also received massage training at Heartwood Institute (Garberville). He is co-founder of **Humboldt Veterans Acupuncture Project- part of a nationwide program helping veterans with symptoms of post-traumatic stress.** Chelsea and Jeffrey are very happy to be here, serving the community.

They use a gentle acupuncture approach as well as herbal medicine and nutritional supplements to treat a wide variety of common and uncommon health problems. Chelsea is trained in a Japanese acupuncture style, effective for a variety of conditions, including: women's health issues, stress management, acute and chronic illness, emotional balancing, and pain management. Jeffrey helps with anxiety disorders, PTSD, insomnia, sports medicine, injury, etc. They both help people with HEADACHE, muscular-skeletal problems, pain reduction, digestive disorders, detox, carpal-tunnel, lung/immune system and any common, or uncommon ailment. Call them with questions!

HUMBOLDT ACUPUNCTURE provides:
Acupuncture, Chinese Herbal Therapy,
Moxabustion (heat therapy), Cupping and GuaSha,
Tuina (Chinese Massage) and Acupressure,
Nutritional Counseling & Feng Shui