

## Sheridan Richardson, L.Ac



### SPECIALIZING IN

- Allergies
- Pain
- Stress
- Anxiety
- Women's health
- Musculoskeletal issues
- Dermatology issues
- Mei Zen cosmetic acupuncture

**"Your health is your best asset."**

**707-633-4005**

Lotus Acupuncture & Healing Arts  
827 Bayside Rd. Arcata, CA 95521

I practice traditional Chinese medicine, specifically Master Tung's points. I use acupuncture, Chinese herbs, cupping and other techniques to balance bodily systems for optimal health. I practice Mei Zen Cosmetic Acupuncture as well.

Chinese medicine has been used for thousands of years to maintain health and treat illness. Traditional Chinese medicine incorporates acupuncture, massage, herbal medicine, and Qi gong or T'ai Chi. It is based on the theory of yin/yang, where everything is in balance. Chinese medicine focuses on the whole individual and all of the factors that make up one's experience of health. I believe that quality of life is an essential component to health. Every patient has a unique health history that I treat accordingly, and work with them to find a balance that they can maintain. I believe that it is a process to learn and grow with the body's changing needs.

I have lived in the area for over 20 years, including attending HSU for my undergraduate degree. I went on study at the Oregon College of Oriental Medicine in Portland, OR. I have a Master's degree in Traditional Chinese Medicine, with extensive training and clinical experience.

Chinese medicine offers many choices and relief for all phases of life, and offers effective treatment for many, many issues. I truly value our unique community and I enjoy working and raising my family here. I hope to bring my knowledge, experience and vision to help this community thrive with Chinese medicine.

**All are welcome at our relaxing, safe clinic,  
Lotus Acupuncture and Healing Arts,  
in quiet Sunnybrae, Arcata.**