

The role of acupuncture and the therapeutic use of essential oils in treatment of addiction, stress, and pain management

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Abstract

Acupuncture is a form of alternative medicine and it is widely used with other, modalities such as massage therapy. An important treatment strategy that enhances the effectiveness of the session is the therapeutic use of essential oils when addressing

Addiction and its co-occurring disorders. It is important to train in essential oils, although they are safe, simple, and effective both in alleviating such symptoms of pain, and anxiety commonly associated with addiction. The dialogue between the clinician and patient also helps increase self-awareness and transform consciousness for the patient. Olfaction is a common diagnostic method that is used in Chinese Medicine and also considered a powerful sensory modality. Olfactory receptors have been found in nearly every tissue of the body and parts of the CNS relevant to addiction and motivation, and stimulating acupuncture points along these energetic pathways along with the application of Essential oils support and alleviate nervous symptom disorders such as those triggered by addiction i.e. anxiety, sleep problems, pain, depression, and stress.

Biography

Yolanda Vasquez to Acupuncture covers philosophical, psychological, and theological aspects of Oriental Medicine when treating the body-mind-spirit of a patient. This is a tradition known as Classical Chinese medicine, which pertains to various traditions stemming from Taoist roots and ancient texts. He studied under the renowned Dr. Jeffrey Yuen, 88th generation Taoist priest where she acquired a Masters's- Bachelors's degree in Acupuncture. Prior to her Acupuncture studies, she attained a Bachelors's degree from St. John's University followed by an Associate Degree in Massage Therapy from the Swedish Institute. She is dedicated, kind, and compassionate to her patients and finds that her own continuous self-cultivation will help her fully integrate what is physical, psychological, and spiritual in order to help patients attain health and balance in their lives. She works with Essential Oils for their therapeutic effects, and they are anointed for their scent and applied to create healing on the multi-layered body-mind-spirit continuum. She is also a Detoxification specialist- using auricular therapy and essential oils to help reduce symptoms of STRESS and Anxiety as well as reducing cravings from alcohol, drugs, foods, and or smoking cessation.



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