

## We're Committed to YOU

The Muscle Therapy & Acupuncture Center is committed to promoting health and well being through safe, non-invasive procedures that support the body's natural healing abilities. Invest in a healthier you, call us today.

### For more information about our services

- Visit [www.mtakupuncture.com](http://www.mtakupuncture.com)
- Follow us on  [www.facebook.com/mtakupuncture](http://www.facebook.com/mtakupuncture)
- Call 269-483-7251



## MUSCLE THERAPY & ACUPUNCTURE CENTER

The Muscle Therapy & Acupuncture Center was established in 1985 by Tina Schumacher, Licensed Acupuncturist. Schumacher started as a Certified Sports Massage Therapist who worked with Olympians at the 1988 Winter Games in Calgary and at the 1996 Summer Games in Atlanta. Schumacher explored other areas of complementary medicine, and became a Nationally Board Certified Acupuncturist in 1998. Striving to offer the best in patient care, Schumacher has grown the Center to include a full staff of Certified, Licensed Acupuncturists and Massage Therapists offering treatment for many different services. Certified by the BBB Better Business Bureau, The Center has been bringing quality healthcare to southwestern Michigan for over 30 years.

16648 U.S. 12 • White Pigeon, MI 49099

# Invest in a Healthier YOU



## A Natural Approach to Health



## MUSCLE THERAPY & ACUPUNCTURE CENTER

# Health Services We Offer

*A Natural Approach to Health*

## Acupuncture

Acupuncture is one of the fastest growing alternative health care practices in the U.S. It is an effective healing complement to traditional medicine.

### Disorders We Treat at the Center

- Pain – neck and back (sciatic)
- Arthritis
- Allergies – sinus, inflammation, BioSET
- Quit smoking
- Fibromyalgia
- Facial rejuvenation

### Benefits of Acupuncture

- Decreases inflammation
- Relieves pain
- Increases circulation, which aids in the healing process
- Relieves stress and anxiety
- Boosts the immune system
- Decreases inflammation

### Treatment Duration

- Based on procedure

## Massage Therapy

A massage is an accepted way to maintain a fit and healthy body, especially when used on a regular basis.

### Types of Massage Treatments

- Therapeutic – full-body massage
- Stress relief
- Deep and light pressure
- Pregnancy

### Benefits of Massage Therapy

- Strengthens immune system
- Improves posture
- Increases joint flexibility and range of motion
- Lowers blood pressure
- Improves energy and alertness
- Aids recovery in strained muscles or ligaments
- Eases the stress of childbearing – edema, backaches, and exhaustion
- Relieves repetitive motion injuries
- Reduces pain
- Compensates for lack of exercise in the disabled or injured

### Treatment Lengths

- 50 minutes
- 75 minutes

## Cranial Sacral Therapy

A specialized technique for individuals with sensory, motor or neurological difficulties.

### Disorders We Treat at the Center

- Migraine/headaches
- TMJ
- Sinus
- Relaxation
- Concussion
- Whiplash

### Treatment Lengths

- 45 minutes

Invest in a healthier you! Call us today.