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1. Who We Are

At **Reproductive Wellness & Acupuncture San Diego**, we specialize in addressing various reproductive health conditions using all-natural methods including *Fertility Acupuncture, Traditional Chinese Medicine, Herbal Medicine, Nutrition and Counseling* to take you one step closer to your goal.

At Reproductive Wellness & Acupuncture San Diego, *we go right to the root of the problem*, rather than dulling the symptoms with harmful drugs and unnecessary surgery.

Conditions treated:

Women's Health

- ✓ Natural fertility
- ✓ Male infertility
- ✓ Poor ovarian reserve
- ✓ Advanced maternal age
- ✓ IVF support
- ✓ IUI enhancement
- ✓ Menstrual disorders
- ✓ PCOS
- ✓ Endometriosis
- ✓ Fibroid tumors
- ✓ Decreased libido

General

- ✓ Sexual dysfunction
- ✓ Insomnia
- ✓ Fatigue & low energy
- ✓ Anxiety
- ✓ Depression
- ✓ Back & neck pain
- ✓ Digestive disorders
- ✓ Immunity support
- ✓ Allergies
- ✓ Asthma
- ✓ Headaches & migraines

Pregnancy & postpartum

- ✓ Arthritis
- ✓ Miscarriage prevention
- ✓ Breech presentation
- ✓ Labor induction
- ✓ Nausea & sickness
- ✓ Post pregnancy recovery
- ✓ Hormone imbalance
- ✓ Metabolic & thyroid disorders
- ✓ Weight loss
- ✓ Breastfeeding

Men's Health

- ✓ Erectile dysfunction
- ✓ Sexual dysfunction
- ✓ Sperm disorders
- ✓ Prostate disorders
- ✓ Unexplained infertility
- ✓ Hypothalamus pituitary gonadal axis

Services provided:

Acupuncture & Botanical herbs

Hundreds of research studies have shown the effectiveness of Acupuncture and Oriental Medicine in recent years for various conditions and diseases. With more research coming out weekly.

Annually hundreds of research studies are published showing the negative effects of stress on the body. It is fact, through current research, that stress is causing adverse reactions and diseases in our population. We also know that current research on acupuncture shows how well it works for managing stress, regulating the nervous system, and reducing the stress response in patients. If this was the only thing that acupuncture could do, and it's not, then this would be sufficient enough evidence or reason to warrant its use in most medical conditions.

(Summary = Stimulates: Vascular, Lymphatic and Nervous systems)

Biomedically, the acupuncture points can be thought of as insertion or nodal sites that have local and systemic effects on the vascular system, lymphatic system, and neural networks (nervous system).

By correctly inserting ultra fine filaments (NOT needles) just below the skin, this process **stimulates the lymphatic, vascular and neural pathways in the body, which in turn causes a chemical signal to be sent to the midbrain.** Specifically for pain, the midbrain then sends a signal to the body to release pain-modulating substances (**endorphins, enkephalins, prostaglandins**) signaling the body to fill the receptor sites at the location of the pain initiating the natural healing process.

A simplistic but clinically effective model is that if we signal the body to focus on improving blood flow to targeted areas, the body responds by sending blood to the affected location, which then helps the body restore homeostatic balance.

Chiropractic services

Chiropractic is an outstanding health care profession that focuses on disorders of the musculoskeletal system and the nervous system, and the effects of these disorders on general health. Chiropractic care is used most often to treat neuromusculoskeletal complaints, including back pain, neck pain, pain in the joints, headaches and more.

Doctors of Chiropractic practice a drug-free, hands-on approach to health care that includes patient examination, diagnosis and treatment. Chiropractors have broad diagnostic skills and are also trained to recommend therapeutic and rehabilitative exercises, as well as to provide nutritional, dietary and lifestyle counseling.

Webster technique

The Webster protocol is a specific chiropractic analysis and diversified adjustment of the sacrum and pelvic girdle. The goal of the adjustment is to reduce the effects of sacral subluxation/pelvic joint dysfunction, thus improving neuro-biomechanical function in the pelvis.

It is essential for the mother to have normal physiological function of the sacrum and pelvis to improve her comfort throughout pregnancy in preparation for a safer, easier birth.

In women who presented with the baby in breech (or non optimal positioning) the results of the adjustment appeared to normalize pelvic neuro biomechanics and facilitate optimal fetal positioning.

Sacral misalignment could potentially create tightening and torsion of specific pelvic muscles and ligaments. These tense muscles and ligaments and their abnormal effect on the uterus may prevent the baby from comfortably assuming the best possible position for birth.

Pregnant mothers have a greater chance of sacral subluxation and neuro biomechanical imbalance than the general population due to the increase of hormones, weight gain and postural adaptations associated with pregnancy.

Maya Abdominal Massage (ATMAT)

The Arvigo Techniques of Maya Abdominal Therapy™ is a modern adaptation of ancient Mayan healing techniques that adds modern knowledge of anatomy, physiology and herbology.

It is a noninvasive massage technique that gently manipulates the muscles and connective tissue that hold the organs in place. The intention is to guide organs to their proper position, releasing physical and emotional congestion and blockages.

When organs such as a tilted uterus are in proper position, they are open to receiving all the nutrient rich/oxygen blood available, while increasing detoxifying lymphatic flow, nerve impulses and chi.

ATMAT focuses on:

- Encouraging proper position of internal organs
- Releasing physical and emotional congestion and blockages
- Breaking down harmful adhesions in the abdominal and pelvic region
- Detoxifying, toning, and improving the function of the internal organs

Benefits for women:

- Increases blood flow to the reproductive organs
- Nourishes follicles with fresh blood supply and oxygen
- Helps to break down scar tissue and adhesions
- Helps cysts to dissolve
- Helps to resolve blockages in the fallopian tubes
- Re-aligns uterus, as in the case of a prolapsed or “tilted” uterus
- Relieves stress and anxiety, releasing emotional blockages
- Improves digestion and absorption of nutrients
- Helps to regulate the menstrual cycle (addresses cramps, heavy bleeding, irregular cycles, reduces clotting)
- Restores healthy menstrual flow in amenorrhea
- Improves, tones and cleanses the uterine lining
- Helps to prepare body to carry a healthy pregnancy, a key ingredient in the case of frequent miscarriage

Benefits for Men:

- Increases blood flow to the reproductive organs
- Regulates enlarged prostate
- Improves sperm (count, motility and morphology)
- Improves digestion and absorption of nutrients

Massage

Massage is generally considered part of complementary and alternative medicine. It's increasingly being offered along with standard treatment for a wide range of medical conditions and situations. Massage might be found helpful for:

- ✓ Stress relief
- ✓ Managing anxiety and depression
- ✓ Pain
- ✓ Stiffness
- ✓ Blood pressure control
- ✓ Infant growth
- ✓ Sports related injuries
- ✓ Boosting immunity
- ✓ Cancer treatment
- ✓ Pregnancy

Detoxification

Many cultures around the world have long believed that toxins (poisons) accumulate in the body and can be an underlying cause of health decline. Water, air, food and drugs (including over the counter drugs, prescription drugs, alcohol, tobacco, coffee...) can cause toxicity.

We are exposed to increasing level of toxins in our industrialized world, and these toxins build up in fat, joints, the brain and other organs and tissues. It is important for your good health and vitality to remove these toxins on a regular basis.

FLT/Therapeutic Lifestyle Educator

First Line Therapy and Therapeutic Lifestyle Education address the factors that lead to disease through functional medicine. This personalized program supports and guides the patient through a course of action which empowers them to greater health and overall wellbeing. Tools that are addressed include; detoxification, vitalization, nutritional weight management, supplementation for improved function of body systems, and stress reduction

Life Coaching

The benefits of coaching are far reaching regarding happiness and fulfillment. A coach allows you to see your blind spots, learn from your emotions and remove self-limiting behavior, which allows you a greater vision for your Life. Our thoughts about an event color our experience of it. When you change your thoughts, you change your experience of reality. Brian's life experience and extensive training in Spiritual Psychology and Energy Medicine enable him to track a person's belief, and change it, which is what empower or disempower a person. Coaching gets you to your goal faster and more efficiently by removing false or limiting beliefs. Coaching can free you to live the best life you imagine. What would you attempt if you knew you would succeed?

Life Success Map/The Passion Test (for new parents & parents to be)

The top 100 most successful people in America, when surveyed all said in some way they *had totally fulfilled the things which they felt were most necessary for their “ideal life.”* The first step, then, would be to identify your “ideal life”.

Brian will take you through The Passion Test process which will guide you to identify your Ideal Life, what lights you up most, and give you the tools to literally draw it effortlessly into your Life!

This is a roadmap to YOUR most fulfilling, successful, graceful, experience of parenting! Specifically this tool will be used to guide you to your ideal vision of yourself as a parent, and give you a road map to making the ideal CHOICE, in a moment’s notice. Included are modules on handling emotions and beliefs. Multi-millionaire author Jack Canfield, of *Chicken Soup for the Soul* and *Success Principles*, has taken the test twice with positive Life changing results both times!



2. *Our team*

Marc Sklar, Licensed Acupuncturist



Marc Sklar is the founding owner of Reproductive Wellness in San Diego, California. He has extensive experience and expertise in treating and resolving the causes of infertility and recurrent pregnancy loss with classical Acupuncture and Chinese Medicines. He also specializes treating chronic pain, neuropathies, arthritis and sciatica, sleep disorders, diabetes and other metabolic disorders.

To assist his patients in taking positive steps toward optimum health, Sklar uses a multidisciplinary approach including acupuncture, herbology, biomedicine, nutrition and lifestyle recommendations.

Marc also specializes in gender-specific disorders such as infertility (male and female), gynecology, men's health, women's health, metabolic and endocrine disorders such as thyroid disease, pain, and neurological disorders.

Katie Beskin, Licensed Acupuncturist



Kathleen grew up in a small town in Rochester, New York where her passion and curiosity for optimal health began at a young age. While there she had an amazing opportunity to apprentice in a naturopathic setting which heightened her knowledge of natural medicine and the healing process. She then began studying Qi Gong and was instantly fascinated with Chinese Medicine, allowing her to view the human body and the world in a new way. Her passion for knowledge led her to the Pacific College of Oriental Medicine, where she earned a Master in Oriental Medicine and Acupuncture.

Kathleen deepened her studies in China, treating patients at Chengdu University Hospital of Traditional Chinese Medicine. She also obtained a Bachelor of Science in Nutrition and Chemistry at The University of Arizona. Kathleen integrates her knowledge of Chinese Medicine with nutrition, acupuncture, herbal medicine, supplements, Qi Gong, and meditation.

Kathleen has a gentle touch that focuses on harmonizing and balancing the mind, body, and spirit. You will find a passionate, nurturing professional, who brings sensitivity and compassion to all her patients. Her experience, blended with her knowledge of nutrition and herbal medicine, has allowed Kathleen to treat her patients with an integrative style that yields effective and fast results.

Tamara Roe, Licensed Acupuncturist



Tamara Roe, MSTOM, L.Ac., has been practicing acupuncture and Chinese medicine since 2004. She attended the Pacific College of Oriental Medicine, in both New York and San Diego, and following her graduation from PCOM, Tamara focused much of her practice on women's health care, specifically fertility and Assisted Reproductive Technologies (ART). She has always valued the integration of Eastern and Western medical modalities, and this integration afforded her the unique privilege of working alongside leading reproductive endocrinologists and embryologists at the University of California- San Diego Reproductive Partners, San Diego Fertility Specialists, UCSF Women's Clinic, and Laurel Fertility Center. This focus has provided her with a comprehensive understanding of integrative medical strategies related to women's reproductive health and fertility.

Over the years, she has become specialized in a range of other medical conditions including: sports medicine and orthopedic disorders, chronic muscle pain, motor-point therapy, psycho-emotional disorders, respiratory conditions, arthritis, allergies, and complementary chemotherapy and radiation care. Tamara's focus is providing dedicated, warm, personalized care. Helping her patients achieve their own unique treatment goals is her passion.

Bonnie Fischer, Doctor in Chiropractic



Dr. Fischer earned her Bachelor of Science degree in Microbiology from the University of Florida. After working for a few years in the Bio tech field, she realized that her true passion was to help people enjoy optimal health through the holistic approach offered by alternative medicine. Thus she began her journey down the road of chiropractic study.

Dr. Fischer earned her Doctor of Chiropractic from Southern California University of Health Sciences, graduating Magna Cum Laude. She has had an opportunity to work with numerous other practitioners to witness the various approaches to chiropractic treatment. Her philosophy that the human body is a self healing entity and that regular chiropractic care helps restore function and balance is sure to benefit her patients in a way that promotes overall well being and a healthy lifestyle.

Joanna Yvez, Licensed Massage Therapist



As a Licensed Massage Therapist and a practitioner of the Arvigo Techniques of **Maya Abdominal Therapy™** (ATMAT) she will be helping our patients feeling better and being healthier

She has advanced training in **Pre-Conception Support, Prenatal, and Post Partum Massage**. Also trained in Manual Lymphatic Drainage, Reflexology, Parasympathetic Massage, and Guided Meditation.

Brian Miller



Brian Miller has been acting as a coach since his early twenties when he realized his intuitive and non-judgmental approach was very helpful to friends. In 2002 he graduated from the renowned University of Santa Monica with a certification in Spiritual Psychology. Brian has been a professional Life Coach since 2002 successfully guiding clients to their objectives. He is also the founder of an innovative wellness program leveraging self-appreciation and time in Nature as a means to greater investment in one's health. After experiencing some challenges as a result of prolonged stress in 2008, Brian became diligently invested in optimal nutrition and was certified in Functional Medicine through Metagenics as a Firstline Therapy / Therapeutic Lifestyle Educator in 2010. He is dedicated to bringing greater health, joy and vitality to everyone he meets.

Johnna DaLuz



Johnna brings to the Front Desk team a diverse background with an emphasis in accounting and customer service. Johnna received her BA in legal studies from National University in 1999. She is a San Diego Native and proud grandmother of a beautiful little girl.

Her mission here at Reproductive Wellness is to make your journey with us a pleasant and hassle free experience. Whether it is booking your appointment, assisting you with any concerns you may have or just being there to greet you with a smile and a good day.

Melisa Bautista



Melisa is the other half of our Front Desk staff. She is the youngest member of the Reproductive Wellness team. In 2010, Melisa received her Associate's Degree in Medical Assisting. She moved to San Diego from Oregon in search of sunshine and beautiful weather.

Melisa enjoys helping others and takes pride in the care of our patients. She has found that functional medicine is the perfect match for her.

Anayansi Garcia



Anayansi is our Community Outreach and patient educator. She is in charge of the Public Relations and Marketing department. With a background on Business and Advertising, she decided to move to San Diego from Spain to start a new professional career. She is amazed with what Chinese Medicine can do after experiencing the benefits herself.

If you want to know about promotions or in office workshops, feel like making a testimonial for us, would like to have information about the clinic to share with somebody, if you would like to learn about something in particular within our blog or newsletter or if you would like to have one of our practitioners talk for a group, let her know.

3. *Practical information*

What is a Treatment plan?

After we have begun your assessment and have seen how you respond to your first few treatments, you will be presented with a report of findings and a treatment plan. This is a plan created specifically for you by your practitioner.

Your treatment plan will give set goals and a timeline of how long it might take to get to those goals. Each person is unique and therefore each treatment plan is unique. Some individuals might be advised to come in more often at the beginning, some might be told they don't need to come in very often, and others might get referrals for other things that would be beneficial to help reach their health goals.

Your practitioner will discuss their recommendations and any questions that you may have.

What is a Re-Evaluation?

“20 years ago when I began acupuncture treatment my acupuncturist at the time never bothered to check in with me to tell me how I was doing or to lay out a plan and prognosis. Consequently, I went to see her weekly for 3 years. Its not that I did not enjoy it, but after three years I would have expected that someone would have told me I was doing better and I did not need to come in weekly.

As a result of this I did not want this to occur in our practice. Roughly every 12 visits we evaluate our patients for several reasons:

- 1 - we want to make sure that we are achieving the goals we all set out to achieve when you began with us. This keeps us in check and allows you to see where you were when you began and how far you have come.
- 2 - this also allows us to create a new plan on how to move forward. We expect that our patients will improve and due to this we should not have to continue to see you as frequently as we have.” – *Marc Sklar, LAc and Clinical Director*

What is a Wellness Exam?

During our regular acupuncture treatments we do not have time to address all the other aspects of a patient's life. The Wellness Evaluation is our opportunity to do this. During this time we will go over the following areas:

- 1 - Labwork
- 2 - Nutrition and proper diet for you goals and condition
- 3 - Lifestyle: what exercise is appropriate and how frequent
- 4 - Sleep
- 5 - Supplements and herbs
- 6 - Detoxification

During this visit please bring with you any supplements or herbs you are currently taking and please **write down 3 days worth of everything you eat and drink**. Don't eat better during these three days than you normally would. We want to see what things are really like. Please include one weekend day in your diary.

How does insurance work?

At Reproductive Wellness, we accept most insurance plans. You should be aware that not all insurance policies cover acupuncture or massage, but we would be happy to research your coverage for you.

Simply contact the front desk staff and ask if they can verify your insurance benefits for all our services. They will take a copy of your insurance card and take care of the rest!

Which kind of discounts do we have?

Our first priority is your health. We don't want finances to get in the way of your care, and so we are willing to work with you to find something that you can afford.

Because some insurance plans don't cover our services, we offer discounts to help the financial cost. Here is a sample of some of those discounts. If any of these apply to you, please let us know when you come in for your next visit!

Keep in mind that any pre-paid packages (of treatments of 10 or more) are eligible for a 10% off our regular cash rate for acupuncture.

Kaiser Insurance Discount:

Kaiser normally doesn't cover acupuncture, so we offer 25% off our regular cash rate for acupuncture.

Military Discount:

All active duty or retired service members and their immediate family are eligible for a 25% off our regular cash rate for acupuncture.

Stroller Strides:

Any parents who attends Stroller Strides are eligible for 10% off our regular cash rate for acupuncture.

Birthday Discount:

During the month of your birthday you are eligible for 25% off a massage. Just let us know when you come in!

Lastly, throughout the year we often are running promotions or specials. If you are interested, simply ask us the next time you come in.

If you know of anybody that one of these discounts would apply to, please let us know if you would like us to contact them for you. We would be happy to.

None of these discounts can be combined, and some will require proof of eligibility.

Workshops and Support Groups

We have put together different educational workshops that can be recommended as part of your treatment.

During these classes you will learn techniques, tips and what to do at home to see results faster and to learn how to be able to keep feeling 100% without depending on our care.

These classes will be held at both locations, Mission Valley and Sorrento Valley, and are usually from 7pm to 8pm.

We will contact you to inform you about the workshops 2 weeks prior the class, in case your practitioner considers it beneficial as part of your treatment.

Talks

We are passionate about what we do. And we love to talk.

Chinese medicine and functional health are not well known for the majority of people in America. That is why we are developing Workshops and informative talks about health as a community service. We want to inform the public about other ways to be healthy and to take care of your body.

If you know a group of people, an organization, community, school that could benefit from a workshop about how to improve their nutrition, allergies, fertility, pain, hormones. Let us know! We would love to talk with them.

Word of Mouth

We primarily grow through word of mouth referrals. If you enjoy your treatment and feel that it has benefited you, we would love to help your family & friends who might be struggling with their health. Most people aren't aware of the vast scope of conditions that we can effectively treat at Reproductive Wellness. You can see some examples on the "Conditions treated" list on page 1.

Let them know about us, it means the world to us! If you are happy tell others, if you are not, tell us!

If you would like to share your experience at Reproductive Wellness and Acupuncture San Diego you can do so at our Google+ page, Yelp profile or Facebook Fan page.

Monthly newsletter & blog

Once you begin coming in regularly we will add you to our monthly newsletter mailing list! This is an in-house electronic publication that we tailor for our patients with information and updates that pertain specifically to them. It will also include recipes, special deals and discounts, tips and tricks of the trade, and fun information about staff members. We get a lot of positive feedback about our newsletter, and we hope that you will like it as well.

4. *The End*

But it is NOT the end.

We hope that this is the beginning of a prosperous time for you. We believe strongly in the health and wisdom that comes from our services. Each one of the staff here has experienced firsthand results and a healthier life from the very medicine that we now specialize in. We will be happy to tell you our own stories as you continue along with yours. When it comes to acupuncture, there isn't a question that is too strange or awkward.

Most of our practitioners have heard it all at this point. So please don't hesitate to consider this your home away from home and each staff member as your friend as you journey along towards optimum health.

We thank you for your interest in what we have to offer, and we are honored that you have chosen to turn to us with your concerns. We know that your health is a precious thing, and we treasure your confidence in us. We are very pleased to continue to get to know you.

Thank you,

Reproductive Wellness & Acupuncture San Diego Staff