



Acupuncture, Anyone?

Improving Wellness Takes On Many Forms At Local Healing Centers

By Richard Mayer
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If there's anyone in physical pain or looking to have a baby but not by the traditional Western Philosophy style, there are a couple places that might be of interest: The Wahl's of Wellness in Arlington Heights and Healing Spring Acupuncture Center in Glenview.

At the Wahl's of Wellness, Ian and Beverly Wahl do not differentiate between the mind, body, and spirit. Their treatments follow the ancient strategies of Acupuncture and Oriental Medicine integrated with Chiropractic, modern Healthcare technology and healing practices. Each treatment integrates the physical, emotional and spiritual conditions of the whole person.

Beverly Wahl graduated from Suffolk College in New York. She is an ordained minister and a spiritual intuitive. She focuses on the communication between the spirit of the unborn babies and their parents. She teaches couples to open the lines of communication in order to remove any spiritual blocks that are causing fertility problems for the parents.

The purpose of acupuncture is to return flow of energy and blood back to normal and to reinstate optimal organ function. This will encourage restored function to the affected area and the body will begin to heal itself. If detected early enough, organ malfunction and blood and/or energy stagnation may respond well to Oriental Medicine with an excellent chance for a complete and painless recovery.

At the Wahls of Wellness, treatments are incorporated with the major branches of Oriental Medicine, Acupuncture, Chinese Herbal Medicine, Diet and Eating Habits, Massage, Meditation and Feng Shui Lifestyle are some examples. A whole different part of their clinic that is offered consists of fertilization. They try to help as many couples as possible realize that parenthood is a possibility even if told it isn't prior. They believe acupuncture and natural healthcare is the answer to the fertility problems that many face.

The clinic also offers retreats, which take place from Friday to Sunday for women only. The clinic incorporates a missing link to help each individual discover their FertileSpirit. This enables a reconnection with the human spirit, a woman, and the mother they wish to be. A connection to the "spirit baby" that was meant for someone to have also takes place. Removing blocks and obstacles to the lines of communication with the baby is also applied. The next retreat is scheduled for May 4-6.

Andrea Friedman Ishikawa is a licensed acupuncturist based in Glenview. She received her Masters degree from the University of Illinois in Champaign and also from Columbia College. She emphasizes the integration of the body and the mind as seen in the fields of psychology and of movement therapy.

Ishikawa is currently the co-owner of Healing Spring Acupuncture Center where she has been working with her friend Mitzi for the last four years. Her mission is to serve as a catalyst to help others find balance in their lives and connect to their innate source of healing.

One specialization that has been rewarding to her is Nambudripad's Allergy Elimination Techniques (NAET), an innovative, natural solution for allergies and allergy related conditions. In NAET, allergies are viewed from a holistic perspective based on Oriental Medical principles and defined in terms of the effect an allergic substance has on the energy flow of the body.

The NAET treatment stimulates pressure points along the spine from the neck to the sacrum while the patient is holding an allergen. After the treatment, a strong Muscle Response Testing (MRT) indicates that the allergy has been removed. Acupuncture needles may be inserted for 20 minutes to stabilize the treatment. She works with stress, fertility and facial acupuncture.