



Heal Naturally. Live Pain Free. Live Fully.

LOOKING FOR NATURAL SOLUTIONS?

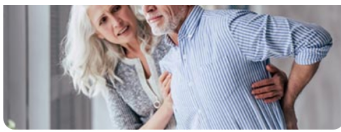
Well, there's a reason you've made your way to our website and it's probably because you want to get back to **LIVING LIFE TO ITS FULLEST**.

At **Heal Natural Acupuncture and Integrative Medicine** we custom tailor your Personalized Health Treatment Plan to ensure that you **HEAL NATURALLY** and get back to **LIVING YOUR BEST LIFE**.

[REQUEST AN APPOINTMENT](#)

WHAT WE TREAT





ACUTE AND CHRONIC PAIN

- Sciatica, Low back pain
- Neck pain
- Fibromyalgia
- TMJ
- Shoulder pain
- Elbow Pain, Tennis Elbow, Golfers Elbow
- Carpal Tunnel Syndrome
- Hip Pain
- Knee Pain
- Heel Pain, Plantar Fasciitis
- Arthritis



IMMUNE & AUTOIMMUNE DISEASES

- Chronic Fatigue Syndrome
- Rheumatoid Arthritis
- Psoriasis
- Celiac Disease
- Irritable Bowel Syndrome
- Crohn's Disease, Colitis
- Multiple Sclerosis
- Hypothyroid, Hashimoto's
- Lupus
- ... and many others



NEUROLOGICAL DISORDERS

- ADD / ADHD (children & adults)
- Bell's Palsy
- Facial Tic
- Post Stroke Recovery
- Shingles, Shingles scarring
- Post-Herpetic Neuralgia
- Peripheral Neuropathy
- Migraines
- Tinnitus
- Meniere's disease, Vertigo
- Trigeminal Neuralgia



WOMEN'S HEALTH

- Infertility
- PCOS
- PID
- Endometriosis
- Menstrual Cramps
- Recurrent Miscarriage
- Post Partum Depression
- Morning Sickness
- Acne
- PMS, Hot Flashes
- Menopause



FIBROMYALGIA

- Muscle Pain and Tenderness
- Widespread Body Pain
- Chronic Pain and Soreness
- Chronic Fatigue
- Anxiety, Depression
- Irritability
- Digestive Issues
- Lack of Concentration



MEN'S HEALTH

- Infertility, Sperm health
- Low libido
- Impotence
- Erectile dysfunction
- Prostate health
- Prostatitis
- Hypertension
- High Cholesterol

TREATMENTS

ACUPUNCTURE

Acupuncture has stood the test of time! It decreases pain and restores healthy body function and physiology. Acupuncture's ability to heal a vast array of illnesses is profound, from acute and chronic pain, too conditions like digestive issues, infertility, allergies, and so much more.



SCHEDULE AN APPOINTMENT



HERBAL MEDICINE

Taking East Asian herbs is like receiving a medical treatment twice daily! This is often the most profound way to affect the body as it allows us to help you in the time between your appointments. Herbal Medicine is based on over 2,000 years of continuous clinical experience. Herbs are a chemical-free method to awaken the bodies healing abilities in an effective yet gentle way.

SCHEDULE AN APPOINTMENT

DRY NEEDLING

Dry Needling is a subtype within the field of Orthopedic Acupuncture, and it's rapidly gaining popularity. It is the precise insertion of acupuncture needles into parts of muscles known as trigger points. Its goal is to reduce pain, inactivate trigger points and restore function. Dry needling can also be called trigger point dry needling, and intramuscular manual therapy.

SCHEDULE AN APPOINTMENT



DIETARY COACHING AND SCIENCE BASED NUTRITION

You are what you eat... is your diet trying to tell you something?

Optimal health starts with nutrition – what you put into your body, how your body responds (positively or negatively), and how those changes impact your health are of utmost importance. Dr. Francis bridges ancient Eastern Dietary wisdom with the latest nutritional science into all consultations and Personalized Health Treatment Plans, in order to meet your goals, such as weight loss, intermittent fasting, burning fat (ketosis) and, most importantly, aiming for longevity.

SCHEDULE AN APPOINTMENT



TESTIMONIALS

Acupuncture Works!

I was hesitant to come in for a chronic back injury I've had for over 3 years due to a car accident. After my first course of acupuncture treatments my back pain was tremendously reduced! I've carried on with more treatments for my IBS and occasional constipation and am healing nicely. I highly recommend Dr. Francis.

K.C.



[READ MORE TESTIMONIALS](#)

NEW PATIENT OFFER

New Patients Receive a \$40 Initial Consultation.
Normally \$240. Save \$200

CALL US NOW TO SCHEDULE YOUR CONSULTATION

[☎ 425-307-1559](tel:425-307-1559)

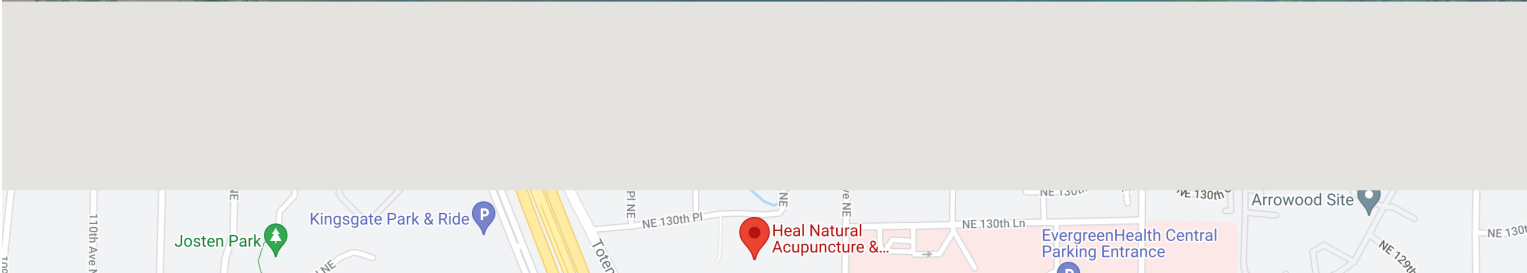
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Name *

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