

## CAROLINAS HEALTHCARE SYSTEM INTEGRATIVE HEALTH

Integrative health is a type of care that seeks to address the full range of physical, emotional, mental, social, spiritual and environmental factors that influence a person's health and well-being. It also focuses on prevention, encouraging the development of healthy lifestyle behaviors that benefit each person's unique conditions and circumstances.

### SERVICES

- **Acupuncture:** Acupuncture is the gentle insertion of very fine, disposable, and sterile needles at specific points on the body. Commonly used for symptom and pain relief, it is believed that acupuncture helps to regulate the nervous system and affects brain chemistry through the release of neurotransmitters and neurohormones. Our licensed acupuncturists treat both adults and children.
- **Tui Na Massage:** Often used in combination with acupuncture, Tui Na is a hands-on body treatment used to bring the body into a balanced state.
- Carolinas HealthCare System Integrative Health partners with Levine Cancer Institute to provide acupuncture to patients through group and individual appointments. Acupuncture has been proven effective at treating the symptoms associated with chemotherapy including neuropathy, nausea, pain, stress and anxiety.

### COMMON SYMPTOMS TREATED

- |                                   |                                       |
|-----------------------------------|---------------------------------------|
| • Allergies and asthma            | • Insomnia                            |
| • Arthritis /Rheumatoid arthritis | • Joint pain                          |
| • Back Pain                       | • Male & female infertility           |
| • Depression                      | • Migraines                           |
| • Fibromyalgia                    | • Nausea (including morning sickness) |
| • GERD                            | • Side effects of Crohn's disease     |
| • Hypertension                    |                                       |

Visit [CarolinasHealthCare.org/Integrative-Health](https://CarolinasHealthCare.org/Integrative-Health) for a complete list of treated symptoms.



OUR PROVIDERS



**Wenhui Li, LAc**

Licensed Acupuncturist

**Medical School:** Heilongjiang University of Traditional Chinese Medicine

**Residency:** Heilongjiang Eastern and Western Medicine Hospital

**Board Certification:** Wenhui is a fellow of the American Board of Oriental Reproductive Medicine (ABORM), which certifies him as a specialist in the treatment of male and female infertility and women's health issues.



**Jonathan Polsky, LAc**

Licensed Acupuncturist

**Undergraduate School:** Washington University in St. Louis

**Clinical Education:** Tri-State College of Acupuncture



Carolinan HealthCare System

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[CarolinanHealthCare.org/Integrative-Health](https://www.CarolinanHealthCare.org/Integrative-Health)