

Linda Raford is a nationally certified acupuncturist registered in the state of Colorado.

She is a 1999 graduate from the T'ai Institute of Oriental Medicine and completed additional advanced 4 months clinical training in China at the Zhejiang College of Traditional Chinese Medicine in Hangzhou, China.

Linda also studied Shonishin, a Japanese style of acupuncture using special non-invasive tools for children while doing an obstetric and pediatric internship at the renowned birthing center Bumhi Sehat in Bali, Indonesia.

Linda has been a Registered Nurse for over 30 years. During the last 25 she has specialized in women's health with an advanced practitioners degree as a Certified Nurse-Midwife.

Her understanding of both Western and Traditional Chinese therapies promotes a unique blend of healing that provides her clients with the best of both worlds.



Linda Raford, CNM, Lac
BalancePoint Integrative Medicine
8015 W. Alameda, Suite 110 C
Lakewood, CO 80226

E-mail: lindaraford@att.net
www.balancepointmedicine.com
Phone: 303-250-0684
Fax: 303-233-1084

Linda Raford *CNM, Lac*

Licensed Acupuncturist
Certified Nurse-Midwife

303 • 250 • 0684

lindaraford@att.net

BalancePointMedicine.com

8015 W Alameda #110-C • Lakewood, CO 80226

Acupuncture • Acute & Chronic Pain
Women's Health • Herbal Formulas
Internal Medicine • Pediatrics

BalancePoint Integrative Medicine
Phone: 303-250-0684
E-mail: lindaraford@att.net
www.balancepointmedicine.com



BalancePoint

Integrating Western &
Chinese Medicine

Healing • Relief

∞ **Acupuncture** ∞
for
∞ **Pregnancy** ∞
∞ **Pediatrics** ∞
∞ **Women's Health** ∞

Pregnancy

After years of working as a Certified Nurse-Midwife and Licensed Acupuncturist, I have come to realize that the majority of pregnancy “ailments” can be treated successfully with acupuncture. Yet, many of these common problems are considered hard to alleviate by conventional medicine. Pregnant women are understandably reluctant to take drugs unless absolutely necessary. Many are eager to seek safe alternatives.

ACUPUNCTURE FOR PREGNANT WOMEN can be used on a monthly basis to help ensure healthy moms and robust fetal development.

ACUPUNCTURE IN PREPARATION FOR LABOR AND DELIVERY is optimal for the expectant mother. weekly during the last month.

PREGNANCY RELATED CONDITIONS which can be positively affected by acupuncture are stress, worry, anxiety, fear, morning sickness, fatigue, heart burn, low back pain, sciatica, constipation, hemorrhoids, insomnia, breech presentation, colds, flu, sinusitis

INDUCTION FOR POSTDATES

POSTPARTUM fatigue, depression, insufficient lactation, post op healing



Women's Health



More and more women of all ages are exploring Traditional Chinese Medicine (TCM) as an alternative path to health and well being. TCM, which includes acupuncture and Chinese herbs, treats women's health very differently from conventional Western medicine. The aim of acupuncture is to treat the whole person and to restore the balance between the physical, emotional and spiritual aspects of the individual.

MENSTRUAL RELATED SYMPTOMS

PMS, headache, bloating, breakthrough bleeding & cramping, irregular cycle, breast tenderness, irritability, depression, and cravings.

GENERAL GYNECOLOGICAL ISSUES

vaginitis, yeast infections, uterine fibroids and infertility.

MENOPAUSAL ISSUES joint pain, insomnia, depression, irritability, and hot flashes.

HEALTH MAINTENANCE: seasonal body balancing, internal medicine, respiratory , GI issues such as irritable bowel and acid reflux.

ACUTE AND CHRONIC PAIN: migraines, chronic fatigue, fibromyalgia, low back pain, joint pain, sciatica

Pediatrics

Pediatric acupuncture, called Shonishin, is a Japanese style of acupuncture, specifically designed for the treatment of children that does not penetrate the skin. It is generally used from newborn to ten years of age.

This treatment works wonders for common respiratory and digestive ailments, as well as night crying, sleep problems, aggression and irritability. It can enhance circulation and relaxation, thereby improving all around health .

Shonishin is a form of bodywork that makes use of small metal tools designed to bring qi to the surface, helps it move by "spreading" it along the channels and stimulates specific acupuncture points. None of the tools in the shonishin kit penetrate the skin. A shonishin treatment can be performed in 10 to 20 minutes depending on the age of the child and the severity of the condition.



Linda Raford, CNM. Lac
BalancePoint Integrative Medicine
8015 W. Alameda, Suite 110 C
Lakewood , CO 80226

E-mail: lindaraford@att.net
www.balancepointmedicine.com