

Acupuncture & Oriental Medicine

Increase the body's natural healing power to help prevent and control health problems.



Dr. Csilla Veress ND, LAc

Csilla Veress ND, LAc, is primary care doctor at TrueNorth Health Center, in Santa Rosa, CA. Dr. Veress is a graduate from Rutgers University with a degree in Biology, and obtained her medical

degree from Bastyr University, where she also finished her masters in Acupuncture and Oriental Medicine. The focus of her practice and outreach is to educate and inspire individuals to achieve optimal health, through nutrition and lifestyle medicine. She has a regular lecture series at TrueNorth Health Center, and does outreach to the community on the impact of whole food, plant-based nutrition, water fasting and lifestyle modification in preventing and treating chronic illness. She is a contributing writer for NPLEX, helping elevate excellence within the ND board examinations. She is an author of the sleep module component of the lifestyle Medicine Core curriculum offered by The American College of Lifestyle Medicine. Dr. Veress has written several articles for Health Science Magazine, and her work has been featured on a Netflix documentary. She has been a contributing expert in various summits and podcasts, within the whole food, plant-based nutrition communities.

What is acupuncture?

Acupuncture is a 2,000-year-old practice that is used in Traditional Chinese medicine to help invigorate the body's innate ability to heal. It focuses on the fundamental interconnection between mind, body, and soul. When the energy in our body, known as "qi" (pronounced "chi")– is integrated between these three levels within us, we naturally feel more balanced, and experience a greater sense of wellness.

With acupuncture, we use very thin needle to gently penetrate the skin at specific points along the body to stimulate healing, strengthen weakened immune systems, relieve pain, and remove stagnation in our systems that prevent optimum health.

Does it hurt? Because acupuncture involves needles, some people believe that the therapy is painful. The truth is that many people don't even feel the needles because they are so thin and inserted so gently. Some people will feel a slight tingling sensation, which means that the acupuncture point is being activated.

Acupuncture can be used as a complementary treatment to a healthy, whole foods, plant-based lifestyle change, and/or water fasting.

It can be helpful in the management of the following condition:

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- Headaches, low back pain, knee pain, neck pain
- TMJ and jaw pain
- Painful menstrual periods
- Hot flashes
- Anxiety and insomnia
- Chemotherapy-induced nausea and vomiting
- Fibromyalgia
- Constipation, bloating, diarrhea and nausea and vomiting
- High blood pressure
- Urinary issues like incontinence or urgency and frequency
- Addictions to tobacco, food, or alcohol

New Patients \$140
Existing Patients \$105