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Mission

At ONE Acupuncture, we are committed to helping you harness your innate power to heal, and aim to be a guiding force in your journey to restored health and a revitalized spirit.

"Andrea is a miracle worker, she helped me with some knee pain and I would recommend her to anyone."

- Jooz

[Tell a Friend](#)

Healthcare Uniquely Designed for You

Our goal is to help you achieve optimum well-being thru a modern and personalized approach to healthcare. We provide the highest quality of care by utilizing acupuncture, herbs, Traditional Chinese Medicine techniques, and energetic medicine to invigorate, balance, and nourish the body and essence. Our focus is on diagnosing and treating the imbalances that lead to sickness and disease, then providing a realistic approach to healing by working with you one-on-one to create a treatment plan that meets your individual needs and lifestyle.

Our Guiding Principles are Simple

- Always maintain the highest degree of professionalism and integrity
- Communicate clearly, accurately, and kindly
- Deepen and expand specialized therapy through continuing education
- Treat everyone with dignity and respect

A Soothing Environment

ONE Acupuncture is located in the beautiful Viewridge Neighborhood. Nestled between Magnuson Park and the University District, the views of the Cascade Mountains and Lake Washington are spectacular!

Inside, our clinic is an elegant, soothing space with warm colors and an abundance of natural light. Our clients tell us it helps them feel calm, welcome and nourished. We look forward to seeing you!

Insurance or Financial Questions? You'll find the answers [here](#)...

O N E ACUPUNCTURE

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Asian Medicine

In order for you to fully understand what I do, I'd like to give you a little background on Acupuncture and Asian Medicine:

Asian Medicine is a culmination of thousands of years of observation and study. Originating in China over 2500 years ago, it has evolved into a system of medicine that includes several styles and techniques from many nations including China, Japan, and Korea. At the root of this medicine is an extensive herbal pharmacopeia used to treat many diseases and disorders that affect our modern society.

Commonly known in the United States as Acupuncture and Oriental Medicine, this medicine is based upon the theories of Yin and Yang and their complimentary yet opposing traits. Yin is seen as solid matter, it has the property of being cool and dark, and is likened to the moon (darkness) and Earth (solid matter). Yang is seen as active energy, it has the property of being warm and bright, and is likened to the sun or heavens.

It is said that our human existence and experience is based upon the combination of these two forces. That the Yang of heaven comes down and combines with the Yin or solid matter of Earth; where these two energies meet is the perfect culmination of the human experience, half spirit and energy, half matter and form.

The meridians, or energy pathways, mirror this. With the anatomical position being with the hands raised above the head, the yang meridians begin at the top of the body and stretch down to the feet to connect to the yin of the Earth. The yin meridians begin at the bottom of the body, starting at the feet and traveling upwards, moving through the body to connect to the yang energy of the sky or heaven.

The Yin meridians are found on the whiter, softer skin of the body; the chest, belly, underarms, inner legs, and the inside and bottoms of the feet. The yang meridians travel along the darker or tanned portions of your body; the head, back, and tops of the arms, legs and feet. These pathways have associated organs or structures that are accessed through acupuncture points. The energy from the meridians surface at these points and act like routes or channels to the energy and function of both the yin/yang aspect of the body as well as the organ system they are associated with. These points can be activated through the insertion of needles that are manually or electrically stimulated, or with acupressure. Points can also be influence through "puncturing" with sound, light, color, or with universal energy as practiced in Qi Gong.

Asian Medicine includes several other healing modalities other than the practice of Acupuncture, such as:

- **Moxibustion:** A soft woolly mass prepared from ground young leaves, typically in the form of sticks or cones, which are ignited and placed on oclose to the skin or used to heat acupuncture needles or points.
- **Cupping:** Glass cups are placed on the skin with a vacuum created by heat or suction device.
- **Dermal-friction Technique (Gwa-hsa):** Friction is applied topically to the skin using a smooth object to relieve symptoms.
- **Dietary Advice Based on Traditional Chinese Medical Theory:** Suggestions for nutrition and herbal food products.





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Acupuncture

What can acupuncture treat?

How does Acupuncture work?

In Chinese Medicine, Qi- is your vital energy. Balanced Qi is considered good health. When Qi is out of balance, your body will send out distress signals (headaches, body pains-aching, melancholy, inappropriate anger, etc.).

Meridians-are extra-cellular fluids that flow in channels independent of lymph and blood flow. The movement of the meridian, as well as the interaction of the fluid between or with the cells, creates energy.

By inserting thin, sterile, needles into Acupuncture points along Meridians, a current of energy is created that guides fluid and lymphocytes to areas of the body that are in need of healing. Systemically, these same points also stimulate the Central Nervous System (CNS), which then releases your body's own natural chemicals. These chemicals not only reduce pain but also trigger hormones that help regulate the body and bring it back into balance. The mind and spirit, in turn, are soothed and calmed by the re-establishment of normal function and movement.

Should I do anything special to be ready for a visit?

What should I expect?

Will the treatment only include acupuncture?

How many treatments does it take?

How do I make an appointment?

What kind of training do you have?

