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About Acupuncture & Chinese Herbs,  
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Contact/Directions

**Pages in Red ~ ideas in Purple ~ content in black ~**

\*\*photos in attached folder

Note: pics 01,07-10 are to be used at your artistic discretion. I thought it would be cool to use the fibonacci photos as a recurring theme throughout the site. I purchased pics 05-10 at istockphoto.

## Page 1: [Home]

Wellness comes from within. And within each of us lies a tremendous self-healing capacity that is enhanced with acupuncture.

At Well Within, the goal is to help you attain optimum health and a high quality of life.

Personalized treatments are crafted to address the underlying cause of disease and imbalance to achieve lasting results.

***I take my commitment to you very sincerely.*** I invite you to come and experience the healing benefits of acupuncture and Chinese medicine.

*-Daniel DeSurra L.Ac (include portrait- small size)*

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## Page 2: [About Acupuncture & Chinese herbs]

### **What is Acupuncture/ Chinese medicine?**

Acupuncture is an ancient healing technique that stimulates the body's natural healing process. It is an essential part of Chinese medicine, a comprehensive system of health care with over 3000 years of continuous clinical history. Chinese medicine includes acupuncture, Chinese herbology and massage, dietary therapy and exercise based on traditional Chinese medicine principles.

This system of healthcare is currently used by one-quarter of the world's population, in over 25 countries. In the history of humankind, more people have been treated with acupuncture than all other health-care modalities combined!

### **How does it work?**

Researchers are still trying to figure out just how acupuncture works. All we know is that it does work, which is why acupuncture is currently the fastest growing form of alternative medicine in the U.S. However, we do have some explanations.

*(include pic 04)*

The classical Chinese explanation is that within our bodies lies an intricate network of pathways called meridians that carry vital life energy. Similar to a network of rivers, these meridians assist in the distribution of energy and nutrients that are needed to nourish every cell, tissue and organ system in our bodies. When there is an obstruction in the flow of this vital energy - like a log jam

in a river - everything downstream that is dependent on that energy is compromised, which can lead to a state of imbalance, pain or disease.

There are 15 major meridians in the body and over 350 acupuncture points located along these pathways. Each meridian acts as a conductor of energy, and each acu-point, when stimulated, has a unique effect on the energy that passes through that meridian. Thin needles can be inserted into some of these points to stimulate the body's natural healing process by promoting the circulation of its vital energy and blood. By releasing the obstructions in the flow of this vital, bio-electric energy, the body is able to return to a state of balance, free from pain, tension and disease. (include pic 03 - if it works)

Western science confirmed in 1978 that there are measurable pathways of higher conductivity along the surface of the skin that correlate with traditional meridian pathways. They also discovered that the electrical conductivity of the skin at the classical acupuncture points was significantly higher than at the non-acupuncture points. More recent experiments have shown that acupuncture can release pain-blocking endorphins, reduce inflammation, and appears to adjust many physiological processes of the body including rhythm and stroke volume of the heart, peripheral microcirculation, gastrointestinal peristalsis, secretion of hydrochloric acid and the production of red and white blood cells.

Acupuncture is most widely employed to alleviate both acute and chronic pain, which may be explained by its ability to promote blood circulation and reduce inflammation.

Acupuncture also appears to release chronic holding patterns and trigger points, and restore muscle imbalances by resetting muscle fiber tonicity, breaking up adhesion formation and reducing inflammation, thus helping to restore functional integrity and balance.

### **Is Acupuncture painful?**

Acupuncture needles are extremely thin and flexible - about the size of a human hair - and can be inserted without pain. They bear no resemblance to those used for injections. Most find acupuncture treatments very relaxing and often fall asleep. Only disposable, single-use needles are used.

**Chinese Herbs** (include pics 05 and 06) Based on thousands of years of observation and clinical experience, Chinese medical literature has systematically documented more than 5,000 medicinal herbs. These substances are normally prepared from the whole or part of a plant in natural forms: seeds, berries, roots, leaves, bark, minerals, or flowers. An herb can contain a huge complex of organic and inorganic compounds that, as a whole, make up its unique medicinal profile. Although a single herb can be administered, typical Chinese herbal formulas contain from 2-15 different herbs. Most of these classical formulas have been in use for thousands of years. The formulas can be cooked and served as tea, or prepared in the form of capsules or granules.

Chinese herbal medicines function as a whole food rather than as an extracted single ingredient. Modern research has revealed that many Chinese herbs act through one or more pharmacological mechanism. As with acupuncture, a prescribed herbal formula is specifically tailored to the individual's needs. For example, a classical Chinese formula that is commonly used for patients with low back pain can be individualized with the addition of specific herbs for the patient's low energy, irritability, and insomnia. When administered by an educated and experienced practitioner, Chinese herbs have shown little or no adverse side effects.

**It is advisable to seek a licensed and experienced practitioner when choosing herbal medications.** Remember, every body has a unique makeup, so something you read in a magazine, or that works for a friend, may not be the best option for your body.

We provide high-quality Chinese herbs and avoid any herbal products that contain endangered or threatened plant and animal products, heavy metals, contaminants or adulterations.

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## Page 3: [Conditions treated]

### What Can Acupuncture Treat?

**Pain - Acute or Chronic:** Back pain, neck pain, joint pain, headaches, rheumatoid and osteoarthritis, myofascial/TMJ pain, carpal tunnel, sciatica, sports injury, frozen shoulder, tennis elbow, muscle aches, spasms and cramps

**Respiratory:** Allergies/hay fever, asthma, sinusitis, colds, flu, bronchitis

**Neurological:** Numbness, dizziness, migraines, peripheral neuropathy, seizures, post-stroke rehab

**Gynecology:** PMS, menstrual irregularities, menopausal complaints, pain, infertility, bladder infections

**Emotional:** Stress reduction, depression, anxiety, insomnia, emotional imbalance, PTSD, ADHD

**Digestive:** Constipation, diarrhea, bloating, gas, acid reflux, abdominal pain, indigestion, irritable bowel

**Men's health:** Prostate challenges, erectile dysfunction, infertility, low libido

**Other benefits:** Cancer treatment support, quit smoking support, improves energy and immune function.

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## Page 4: [About Daniel](Portrait photo)

**Daniel DeSurra**, Licensed Acupuncturist, received his Masters in Acupuncture and Traditional Chinese Medicine from Oregon College of Oriental Medicine in Portland. Daniel comes from a diverse background in holistic natural healing. As a graduate of Body Therapy Institute in 1996, he integrates his extensive experience in massage therapy, foot reflexology and dietary guidance into your healing process. Daniel holds national certification in both acupuncture and Chinese herbal medicine (NCCAOM) and is licensed by the Oregon Board of Medical Examiners #AC00826. He shares clinic space with physical therapist, Mirian Zomerschoe, in the Oregon Coast Medical Park in Coos Bay. Daniel left his busy Portland practice in 2008 and happily moved to Langlois with his fiancée, Zoë, who farms with her family on Floras Creek.

*My passion is supporting people in their healing journey.*

*It's an honor and a privilege to help you achieve better health.*

*-Daniel DeSurra L.Ac.*

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## Page 5: [Testimonials]

*- After seven years of treatment for chronic pain with virtually no relief from multiple surgeries, drugs, therapies, etc., I finally turned to acupuncture where I am finally getting results. It has*

*been a miracle for me. Daniel came highly recommended to me by my sleep medicine doctor and I could not more highly recommend him to you.*

*Sincerely, Becky Watters*

*- I called Daniel DeSurra after completing almost half of a prescribed chemotherapy regime. I felt there had to be something I could do to make the bad days after treatment better. As a busy mother and law student who previously enjoyed a highly active lifestyle, chemo treatment left me feeling railroaded and sidelined. Though admittedly, I came to Well Within a skeptic, I quickly began to see a difference in my overall well being.*

*Off the bat, Daniel put me at ease with his warm and compassionate mannerisms. I felt like he knew exactly what to do to help me cope with the rigors of treatment. Although, I cannot explain how it works, I can only attest that acupuncture does work. After two treatments, my blood returned to almost pre-treatment levels. Although there have been fluctuations, as expected, I am enjoying a fantastic amount of energy in between treatments. I feel my overall well being has improved, the pain has decreased, and the tears don't flow so easily anymore. I can say with honesty, the last half of treatment has been easier than the first.*

*Daniel is a highly perceptive and compassionate professional who genuinely cares about the well being of his clients. I look forward to my appointments at Well Within which is not something I can say about any other aspects of my health care. His office is clean and relaxing, I have never had to wait and I've never felt rushed or hurried in his care.*

*I have recommended Daniel to countless family members, friends and other health care professionals. I imagine I will continue taking care of myself with acupuncture even after chemotherapy is no longer needed.*

*-Hala*

*- I had tennis elbow and suffered pain off and on for a couple of years. For some reason, my left arm started hurting most of the time. The pain was so bad I could hardly lift anything with that arm or work out at the gym without having intense pain. My primary care physician prescribed Advil and told me to take it easy. This didn't help much. I went to Daniel and after my first treatment there was significant improvement-about 70% better. After my second treatment, my elbow didn't hurt at all. I was shocked at how quickly I got results. I'd really recommend Daniel.*

*-Mike S.*

*- Dear Daniel, with your help, I know I can return to good health and be pain free. You are a tremendous healer. I'm so glad to have met you! Thank you for all that you do. I'm forever grateful.*

*- Kristen J.*

*- Dan, Thank you for helping Greg! Your knowledge and talent are treasured.*

*-Jessica L.*

*- I just wanted to thank you for your gentle, encouraging spirit! When I came in, I was riding those big waves on this card. Now, the waves are still there, but I'm on the peaceful little island, thanks to your help.*

*-Kathy O*

**How can I write a testimonial?**

By writing a testimonial, you are not only helping others make an informed decision about acupuncture, but you are also helping us improve our treatments and services. If you wish to remain anonymous, we will not reveal your full name on our website. If you have written a testimonial, you may bring it to our clinic or email it to us at [daniel@wellwithinacupuncture.com](mailto:daniel@wellwithinacupuncture.com). We appreciate it!

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## Page 6: [Contact/Directions page]

(Include pic 02)

Contact:  
Daniel DeSurra L.Ac, M.Ac.O.M.  
Well Within Acupuncture and Herbal Clinic  
(logo ?)

Call with questions or to make an appointment: 541-266-0750

Address:

1957 Thompson Rd.  
Coos Bay, OR 97420  
Located in the Oregon Coast Medical Park, next to the hospital.  
[Get Directions/Get Map \(hyperlinked\)](#)

E-mail me: [daniel@wellwithinacupuncture.com](mailto:daniel@wellwithinacupuncture.com)

Most insurance plans are accepted.