

Acupuncturist opens clinic downtown

By Jeff Ramage [jrumage@conleynet.com](mailto:jrumage@conleynet.com)

Downtown Oconomowoc is home to a variety of restaurants and retailers, but last week, acupuncturist Aimee Brown introduced Eastern medicine to the mix. Brown has opened her doors at **Natural Health Center for Acupuncture** at 132 N. Main St., the former site of the Haute Couture clothing store. She has remodeled the building to create private rooms for treatment. A licensed acupuncturist, Brown holds a master of science degree in Oriental medicine and has worked in the field for seven years. In addition to her Oconomowoc office, Brown also works as an independent acupuncturist at Angel Light in Elm Grove. Before that, she ran her own acupuncture business in Greenfield. She also treats low-income individuals on a sliding fee scale one day per week at a nonprofit center on the near south side of Milwaukee.

Brown said she decided to enter the field of acupuncture after she was injured in a car crash. Brown said she is one of a growing number of people who turned to acupuncture when more traditional medical procedures were ineffective. "With people losing their health insurance and the high cost of prescriptions, people are really looking for an alternative means of taking care of themselves," she said. "They seem to be tired of continually taking medications, the side effects of medication and the short amount of time they get with their doctors."

Brown said acupuncture can relieve pains throughout the body, including fibromyalgia and irritable bowel system — even wrinkles. Brown's acupuncture treatments have helped many area residents, including New Berlin resident Mary Beth Kanuck, who was diagnosed with lung cancer in 2006. Kanuck said her body went into shock when she received chemotherapy treatments, so she contacted Brown, who gave her acupuncture treatments and put her on an alternative immune system diet. Kanuck said the acupuncture treatments make her less anxious and relieves nerve damage. "The nerve sensation comes back in my toes, and I can feel it all over," she said. Kanuck said she has since stopped chemotherapy treatments, and the cancer has returned - not on her lung, but on her diaphragm.

While acupuncture is not widely available at hospitals, Brown said acupuncture is rooted in scientific and energy-based discoveries made during the last 3,000 years. Instead of addressing the point of the body in need of treatment, acupuncture takes a more holistic approach by attempting to discover the root cause of the symptoms, in addition to the symptom itself. She said chi, or energy, flows throughout the body along 14 meridians that are linked with organ systems. "You are dealing with the energetic balances of the body. You are reminding the body how to heal itself," he said. "Bodies are built to self-heal, but sometimes, our energies are so off-kilter that it needs retraining to do what it is supposed to do. Once you restore the flow of the body's chi, things start operating properly"

As many as a dozen needles may need to be placed for each treatment. Once the needles are inserted, they are usually left in place for five minutes to 20 minutes. While the procedure may seem painful, another of Brown's clients said it is not painful at all. "She puts her hand on the area, there is a quick tap and it goes in," said Anevah Epshteyn of Milwaukee. "She holds the area, so it completely distracts you before it goes in. It is so much more calming, It takes the anxiety out of it" In addition to acupuncture, Brown can also perform electro-acupuncture, Chinese herbal medicine, gua sha, cupping and tui ha (Chinese massage). Natural Health Center will also feature a massage therapist and a practitioner of reiki, which is a Japanese technique used for stress reduction and relaxation.

At a glance: Natural Health Center for Acupuncture Where: 132 N. Main St. Hours: 11 a.m. to 7 p.m. Mon days and Thursdays; 10 a.m. to:1 p.m. Fridays and by appointment Saturdays. Contact: (414) 416-3278 On the Web: [www.acupuncturewaukesha.com](http://www.acupuncturewaukesha.com)