

Mission Statement

The mission of Living Water Acupuncture is to promote health and wellness by empowering self-healing. Our goal is to serve individuals in our community who are recovering from substance use disorders or living with mental illness. The service is intended to complement and support existing treatment.

Our vision is to act in the world in response to the love of Jesus Christ.

Initial access to *Living Water Acupuncture* is through referral from a primary care, mental health, or recovery services provider or agency.

Walk-in clinic hours for NADA protocol available at the church Tuesdays 3:00-6:00.

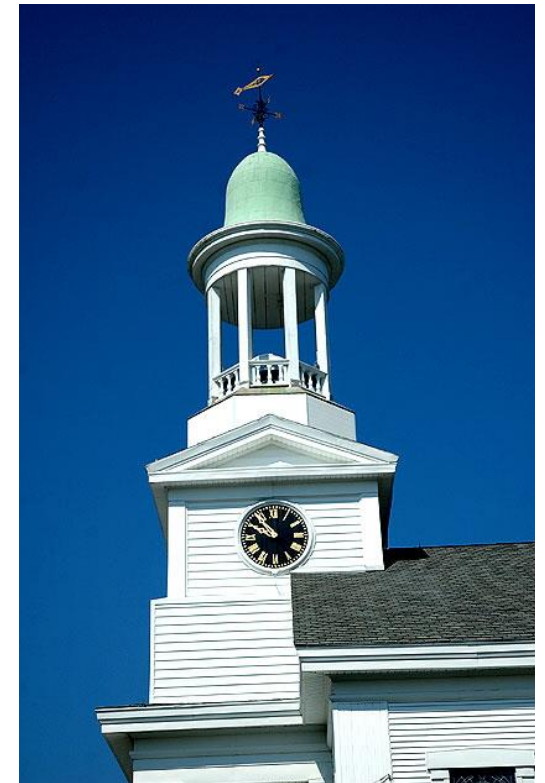
This program is available without cost and is offered to all, regardless of spiritual beliefs. Length of treatment depends on individual needs.

Acupuncture services provided by
Margaret C. Tilton, MD
Licensed Physician in MA and NH

- *Board Certified, Physical Medicine and Rehabilitation*
- *Full Member, American Academy of Medical Acupuncture*

Living Water Acupuncture

A Health Ministry of The First Congregational Church of Wellfleet, UCC




Acupuncture: What is it?

Acupuncture is a method of encouraging the body to promote natural healing and to improve functioning. This is done by inserting needles and applying heat or electrical stimulation at very precise acupuncture points.

How does acupuncture work?

The classical Chinese explanation is that channels of energy run through the body and over its surface. These energy channels can be influenced by needling acupuncture points to unblock obstructions to movement of energy. These obstructions are believed to result in illness.

The modern scientific explanation is that acupuncture stimulates the nervous system to release chemicals in the muscles, spinal cord, and brain. These chemicals will either change the experience of pain or trigger release of other chemicals which influence the body's internal regulating system.



The improved energy and biochemical balance produced by acupuncture stimulates the body's natural healing abilities and promotes physical and emotional well-being.

What is Medical Acupuncture?

Medical acupuncture is performed by a doctor trained and licensed in Western medicine who has also had thorough training in acupuncture as a specialty practice. Such a doctor can use one or the other approach, or a combination of both, to treat an illness.

Acupuncture Scope:

Acupuncture is particularly useful in resolving physical problems related to tension and stress and emotional conditions.

Acupuncture can promote a sense of calm and well-being, including in individuals experiencing anxiety and depression.



National Acupuncture Detoxification Association

Acupuncture has been used to help reduce cravings associated with discontinuing opioids, tobacco, and alcohol. The NADA approach involves gentle placement of up to 5 small sterilized disposable needles into specific sites on each ear. The person being treated sits quietly in a group setting for 30-45 minutes

Contact Us

200 Main Street
Wellfleet, Massachusetts
508-819-2260
LivingWaterAcupuncture@outlook.com