

Our Philosophy of WomanCare

WomanSafeHealth is a safe, respectful and compassionate practice in which each client defines and obtains Empowering WomanCare and Gynecology health services.

Your WomanSafeHealth Team



top: Elizabeth, Marnie, Kristin, Emma, Leah
bottom: Andrea, Rachel, Elise, Claire

Additional WomanCare Services

Empowering WomanCare & Gynecology

Elizabeth Shadigian, MD

Adult Integrative Psychiatry ~ Marnie Burkman, MD

Therapeutic Massage ~ Elise Aikman, LMT

Holistic Psychotherapy & Wellness Coaching

Andrea Hill, LMSW

Woman Advocacy

Rachel Dick, MA & Emma Greene, CMT, Claire Collins, BA

Payment Policy

WomanSafeHealth is a fee-for-service medical practice. You are responsible for paying in full at the time of service. We welcome clients without and with insurance. We will provide you a receipt at the time of your visit that you can submit to an insurance company for possible reimbursement.

What is Traditional Chinese or Oriental Medicine?

Traditional Chinese Medicine (TCM) is one of the oldest continually practiced forms of medicine in the world, dating back at least 2,500 years. Currently one quarter of the world's population makes use of Oriental Medicine, which includes acupuncture, Chinese herbs, moxa, cupping, massage, nutrition, exercise and other modalities.

TCM integrates body, mind, and spirit, concentrating on ongoing wellness versus treating symptoms, thus enhancing the body's natural healing ability.

One of the basic principles of TCM is the concept of Qi (Chee). "Qi" or "energy" flows through the body via channels called meridians. When Qi is blocked by stress, poor diet, trauma, or lack of exercise, disease can ensue.

How do TCM modalities work?

TCM works by re-establishing balance and harmony within the body. Several methods are used to re-balance Qi and circulation, but acupuncture is a cornerstone. Acupuncture is the use of extremely fine needles inserted at acupuncture points along the meridians. Over 365 points on the body can affect the flow of Qi within the meridians, but very few points are used during one treatment, typically 10 to 16. Electroacupuncture enhances the benefits of acupuncture and reduces pain and inflammation.

Cupping involves placing suction cups on specific areas to improve the flow of energy and blood and induces high levels of relaxation. Tui Na is a medical manual therapy akin to massage that targets acupuncture points and channels. Battlefield acupuncture is the use of semi-permanent, 24K gold needles in auricular (ear) points that can eliminate many kinds of pain as soon as the needles are inserted.

Customized Chinese herbal formulas are designed for specific conditions and individuals to treat the root of problems and manage symptoms. Herbal formulas are the most complex part of Traditional Chinese Medicine.

Is TCM safe?

When practiced correctly by trained, qualified professionals, acupuncture and other Traditional Chinese Medicine modalities are safe and have minimal side effects. Disposable, single-use, sterile needles are always used.

Is acupuncture comfortable?

Most people feel the needles enter the skin. When the needle is inserted, a slight discomfort may occur. If pain is experienced, it dissipates quickly. Sensations reported include heat, pressure, tingling, achiness, and heaviness. Kristin's clients report feeling comfortable and relaxed both during and after treatments.

What conditions is TCM useful for?

The World Health Organization and National Institutes of Health recognize acupuncture as an effective treatment modality for many health conditions. Back pain, asthma, depression, addictions, carpal tunnel syndrome, gastrointestinal symptoms, irritable bowel syndrome (IBS), stress, infertility, gynecological issues, premenstrual syndrome, the turning of breech babies, labor induction, menopause symptoms, headaches, joint and arthritis pain, cancer pain and many other conditions respond well to Oriental Medicine.

Kristin Whitfield, LAc, Dipl OM, MAOM

Kristin graduated from Cornell University with a B.A. and from the New England School of Acupuncture with a Masters in Acupuncture and Oriental Medicine. She is a Registered (Michigan) and Licensed (Massachusetts) Acupuncturist and is a National Board Certified (NCCAOM) Diplomate in Oriental Medicine. She practiced on Cape Cod for 12 years and established a free clinic providing treatment for traumatized veterans and their families. Kristin's passion is helping each person on her pathway to physical and emotional health, using TCM and microlight therapy, which offers a needle free approach to acupuncture and facial rejuvenation.



WomanSafeHealth

We welcome women, girls, trans and gender nonconforming people of every age and ability, size, shape, color, sexuality and identity, from all social, spiritual and cultural backgrounds.

We provide a safe, family-friendly environment in which you can seek, explore, define and receive Empowering WomanCare and Gynecology health services.

WomanCare meets physical and psychological health needs through conventional and alternative approaches, and encourages and promotes self-care.

We welcome those who feel unwelcome in other medical settings and those who have experienced physical and/or sexual violence or disrespect.

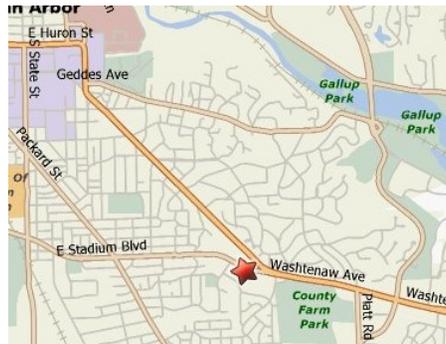
We provide a secure, private, barrier-free, fragrance-free, environmentally friendly office including cotton linens, bamboo cabinets and floors, and low VOC paints.

Please Contact Us

We are pleased to speak with you about the services we offer, our prices and payment policy, our philosophy of WomanCare, and to schedule an appointment.



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AATA Bus Route 4 or 14 ~ free parking



WomanSafeHealth

Acupuncture Oriental Medicine



Kristin Whitfield, LAc, Dipl OM, MAOM

Our Guiding Principles

- | welcome you
- | listen to you
- | believe you
- | protect your privacy
- | am accountable to you
- | respect "no"