

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



Clockwise from top: Madeline Surace, Anna Werderitsch, Ashli Marable, Rachel Dick, Emma Greene, Marnie Burkman, Middle: Elizabeth Shadigian

Additional WomanCare Services

Empowering WomanCare & Gynecology
Elizabeth Shadigian, MD ~ Madeline Surace, PA-C
Adult Integrative Psychiatry
Marnie Burkman, MD
Woman Advocacy
Rachel Dick, MA & Emma Greene & Ashli Marable, 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 which you can submit to an insurance company for possible reimbursement. If you plan to submit receipts to your health insurance plan for possible reimbursement, we recommend a referral for acupuncture from one of your healthcare providers.

Anna Werderitsch, L. Ac.

Anna Werderitsch, L.Ac. has practiced Classical Chinese Acupuncture and Herbal Medicine for over 20 years. She has successfully treated a variety of illnesses including gynecological, autoimmune, psychological, musculoskeletal, and gastrointestinal, etc. with this ancient medicine. Anna is a skilled herbalist, who creates customized herbal formulas and offers dietary guidance. She received her master's degree in Traditional Chinese Medicine from Emperor's College, CA, and has continued her studies with her mentor, Dr. Suzanne Robidoux.

What is Classical Chinese Medicine?

Classical Chinese Medicine (CCM) is one of the oldest continually practiced forms of medicine in the world, dating back at least 2,000 years. CCM is practiced according to three ancient medical tomes written in the Han Dynasty for diagnosis and treatment of symptoms.

CCM integrates body, mind, and spirit, by easing the burden of symptoms thus enhancing the body's natural healing ability. The emphasis is on maintaining healthy digestion. If gut health is functioning optimally, the mind is clear and calm, hormones are balanced, and energy is strong. One of the main principles of CCM is the concept of "body fluids." Body fluids provide the ability to transform food into hormones, blood, lubrication, organ function, and energy. Body fluids can become compromised from shock, trauma, poor diet and poor eating habits or constant stress.

What conditions are CCM useful for?

The World Health Organization and National Institutes of Health recognize acupuncture as an effective treatment modality for many health conditions. Anxiety, PTSD, depression, addictions, chronic or acute body pain, digestive symptoms, stress, infertility, premenstrual syndrome, amenorrhea, dysmenorrhea, menopause, headaches, arthritis, cancer support, and many other conditions respond well to CCM.

How do CCM modalities work?

CCM works by re-establishing balance and harmony within the body. Several methods are used to balance the flow of energy and enhance organ function. They include:

Acupuncture is the use of fine needles inserted at acupuncture points along the meridians. Over 365 points on the body can affect the flow of energy within the meridians. Electroacupuncture enhances the benefits of acupuncture and reduces pain and inflammation.

Scalp Acupuncture is where needles are inserted into the scalp to treat neurological disorders, psychological illness, and body pains. It is especially effective for anxiety, depression, and PTSD.

Ear Acupuncture is the application of needles or ear seeds into ear points. Many symptoms diminish upon insertion.

Cupping involves placing suction cups to improve energy and blood flow, inducing high levels of relaxation.

Gua Sha is a pressing and rubbing modality that decreases localized pain and inflammation.

Herbal medicine treats ailments with high quality Chinese herbs that are combined into a customized formula, based on the client's symptom presentation. Herbs can be taken in conjunction with western medications. They may enhance the beneficial effects and treat the side effects of medications. Herbal formulas are compounded onsite in a powder much like instant coffee. Dosages vary.

Is CCM safe?

When practiced correctly by professionals, acupuncture and Chinese herbs are safe and have zero to minimal negative side effects. Disposable, single-use, sterile needles and only the highest quality Chinese herbs are 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. Anna's clients report feeling comfortable and relaxed both during and after treatments.



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.

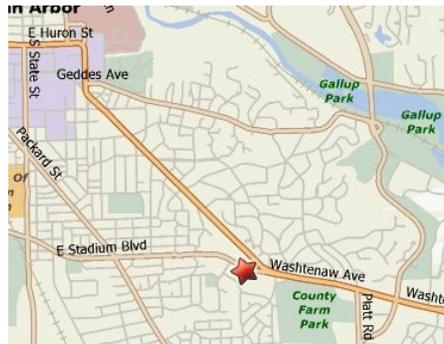
We provide a secure, private, barrier-free, fragrance-free, environmentally friendly office including cotton linens, bamboo cabinets and floors, and low VOC paints.

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

Classical Chinese Acupuncture
Herbal Medicine
Anna Werderitsch, L.Ac.



Our Guiding Principles

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