

# How Holistic Health Care Centers Can Help Support Your Employees and Community's Health and Wellness

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# Holistic Health Care Centers Mission

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- Holistic Health Care Centers is a center where our patient's mind, body, spirit, and emotions are considered in their health and wellness treatments. Each patient is treated as an individual, not a diagnosis. Our mission is to make sure you feel your best and stay that way by providing you with a center offering a full range of integrated treatments in one location. Our health care is compassionate, holistic, and research-driven. Additionally, we aim to offer affordable holistic health care for everyone.

# Holistic Health Care Centers Vision

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- Holistic Health Care Center's vision is to educate the public on holistic care, create ways to allow everyone in the community to receive holistic care, and to bridge relationships with other health care providers. Through these relationships, we intend to create a full-service center which offers our patients a completely integrated team approach, as well as further the integrated health care field.

Holistic Health Care Centers  
is dedicated to offering the  
**HIGHEST QUALITY** of  
health care as shown by our  
many accolades.



**Holistic Health Care Centers, LLC**  
Best Complementary & Alternative  
Medicine Facility - Illinois



**BBB Rating: A+**  
as of 12/11/2019  
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**Accreditation**  
**Accredited Since: 7/28/2017**  
**Years in Business: 6**

# Our Team

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## Our Team (Continued)

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- One of our goals at Holistic Health Care Centers is to offer a complete center of services so our patients may have all their holistic and integrated health care needs met in one location.
- Our team consists of multidisciplinary professionals offering patients a team-oriented health care approach.

# Treatment Options

- Acupuncture
- Chiropractic Care
- Massage
- Biofeedback
- Cupping
- Tuning Fork Therapy
- Energy Therapy and much more...





## OUR SERVICES

Chiropractic Care  
Supplements

**Oriental Medicine (OM) including:**

Acupuncture

Acupressure

Auricular Acupuncture

Korean Hand Therapy

Colorpuncture

Cupping and Gua Sha

Medicinal Herbs

OM Dietary Recommendations

**Energy Therapy Including:**

Healing Touch

Energetic Transformations

Crystal Therapy

Foot Detox

**Massage Therapy Including:**

Myofascial Release

Deep Tissue

SMRT Technique

Swedish Massage

Tui Na

Aromatherapy

# How We Can Help Benefit the Health and Wellness of Your Employees, Management, and Community

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- **“Bottom line, our study found evidence for the effectiveness of acupuncture for 117 conditions, with stronger evidence for acupuncture’s effectiveness for some conditions than others. Acupuncture is considered safe in the hands of a well-trained practitioner and has been found to be cost effective for some conditions. The quality and quantity of research into acupuncture’s effectiveness is increasing (McDonald J Jans 2017, AACMA, 2018).”**

# How We Can Help Benefit the Health and Wellness of Your Employees, Management, and Community

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Acupuncture has been shown to significantly aid in the treatment for or reduction of 117 conditions(AACMA, 2018):

- Stress, anxiety, depression, loss and grief, and other mental or emotional disorders
- Pain management
- Weight loss
- Addiction such as smoking
- Migraines and headaches
- Allergies
- Insomnia
- Chronic conditions
- And much more

# What Does the Research Say about Chiropractic Care?

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- "In a randomized controlled trial, 183 patients with neck pain were randomly allocated to manual therapy (spinal mobilization), physiotherapy (mainly exercise) or general practitioner care (counseling, education and drugs) in a 52-week study. The clinical outcomes measures showed that manual therapy resulted in faster recovery than physiotherapy and general practitioner care. Moreover, total costs of the manual therapy-treated patients were about one-third of the costs of physiotherapy or general practitioner care." (Korthals-de Bos et al (2003), British Medical Journal)

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- “Patients with chronic low-back pain treated by chiropractors showed greater improvement and satisfaction at one month than patients treated by family physicians. Satisfaction scores were higher for chiropractic patients. A higher proportion of chiropractic patients (56 percent vs. 13 percent) reported that their low-back pain was better or much better, whereas nearly one-third of medical patients reported their low-back pain was worse or much worse.”  
(Nyiendo et al (2000), Journal of Manipulative and Physiological Therapeutics)

# Educational Options

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Workshops and Seminars on topics such as:

- Healthy Eating
- Benefits of Integrated Health Care
- Easy Steps to a Healthy Lifestyle
- Self Care Treatments for Pain Management
- Meditation and Stress Management for Everyone

# HOLISTIC

Health Care Centers, LLC

*Synergy & Science*

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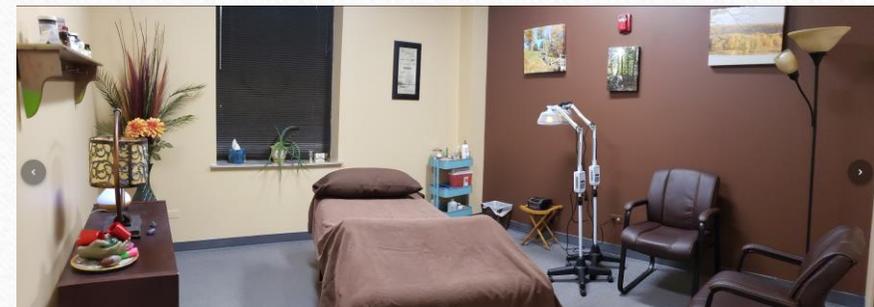
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We look forward to  
learning how we may help  
you and your organization!



# Bibliography

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- McDonald J, Janz S. The Acupuncture Evidence Project: A Comparative Literature Review (Revised edition). Brisbane: Australian Acupuncture and Chinese Medicine Association Ltd; 2017. <http://www.acupuncture.org.au>.
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