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Small Miracles on Alameda

By Staff on June 9th, 2010 [Printer-Friendly](#)

By Thomas Brandon

On the wall behind Dr. Mindy Dai's desk are pictures of babies and young children. Mixed in with the photos are Christmas cards and birth announcements, featuring happy couples holding their new additions. Each one is a family that Dai has treated for infertility. Each one a success story. The wall makes for quite a visual testament to her work, although when prompted to reflect on her success, Dai just shrugs and smiles. It's all part of what she does – safe, natural treatments for holistic living.



Dr. Mindy Dai.

From her quiet offices in the Valley Acupuncture & Herb Center, Dr. Dai offers a wide range of alternative medicine and therapy, all of which is informed by her knowledge of Chinese tradition and ancient Eastern technique. Leaving a Chinese town known as "The Garden City," Dai came to the States in 1994 as a visiting scholar in the USC radiology program. She and her husband, however, wound up staying after her training, and in 2001, she opened her alternative treatment practice. Before the change, she talked only to X-ray film and computer screens. "Now, I talk to real people," Dai says with a smile. She gets to help them, too.

The most popular service offered is the traditional art of acupuncture. Practiced for over a thousand years in China, acupuncture is the process of employing tiny, sterile, single-use needles to stimulate muscular nerves. Occasionally, the needles are combined with low-level electrical currents to enhance the treatment. Aware of the universal aversion to needles of any kind (let alone a bunch of needles), Dai quickly interjects, "I guarantee, no pain."

Several medical studies have shown acupuncture to be not only an effective treatment for atrophied muscles, but also a viable pain reliever for cancer, migraines, and chronic pain. Dai is passionate about acupuncture as a natural alternative to painkillers, which come with side effects and complications of their own. Several patients of hers have been able to lower the dose and, in some cases, forego taking pain pills after treatments. Also intriguing is the treatment's effectiveness with patients suffering from muscular degeneration. Inside her desk drawer, Dai has a series of photos showing how well a certain patient with Bell's palsy responded to acupuncture treatment. The relaxation in the man's facial muscles as the pictures progress is astounding.

In addition to acupuncture, Dai also offers services such as Tuina, a Chinese massage technique, and Cupping, another muscle relaxant that uses glass jars and suction to massage deep tissue. And of course, there are the famous Chinese herbal supplements that have helped to people her walls.

Dr. Mindy Dai's treatment center is located at 2031 W Alameda Ave, Suite 206, in Burbank. Call (818) 843-1558 or (818) 216-4887 to schedule a consultation.

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