

Like 757 people like this. Sign Up to see what your friends like.

Mindy Dai: A Doctor with a Lot of Heart

By Staff on February 13th, 2014 Printer-Friendly

Like 15 Tweet 1 g+ 0 Share 3

By Kimberly Mack

Dr. Mindy Dai's Valley Acupuncture & Herb Center, located on Alameda in Burbank, may not look any different than the other medical structures, but there is one big difference. As you exit the elevator on the second floor and enter Dai's lobby, the chaos of the day falls away. There is a Zen-like calm that wraps itself around you.



Dr. Mindy Dai.

While you wait for Dai to work her magic and take away your pain, you admire the awards on display from the Burbank Leader voting her "Best Acupuncturist." You begin to feel reassured that you are in the best of hands. Your anticipatory anxiety level drops. Dai's specialty is pain management. She greets you with a warm smile and promises "no pain."

Before Dai came to California from her homeland of China, she was an attending physician and associate professor for 12 years. During her time in California she has acquired three years of postdoctoral training at USC, an MRI fellowship at Providence Saint Joseph Medical Center, and a Master's Degree in Oriental Medicine at Samra University. She worked for many years with neurologists and has an MD. She possesses a vast knowledge of both Western and Eastern medicine and combines her knowledge and training for tailored treatments. Her background in radiology enables her to read X-rays, MRIs, or CT scans.

Acupuncture is an effective and safe medical treatment. Originating in China over 2,000 years ago, today it is very popular. It is also recognized as a primary healthcare profession in California. There are no side effects. The most sterile of needles are used and only once. Acupuncture needles are made of stainless steel, are flexible, and don't rust or break. They are inserted on or lightly beneath the skin on points along your energy line called "acupuncture" or "acupressure" points. This releases the qi (pronounced chee) to stimulate the flow of energy. The qi travels through your body's channels or "meridians" regulating the flow of energy, clearing disruptions. Dai works to bring your body back to a balanced and harmonious state. She may also prescribe Chinese herbs.

Dai treats patients with a vast array of disorders with warmth and caring. Many of her patients are referrals from other doctors such as orthopedic surgeons, neurologists, OB/GYNs, oncologists, internists, and chiropractors.

She has people come to her with spine and musculoskeletal disorders. She treats gastrointestinal disorders. Many women seek out Dai for fertility, menstrual, or menopause issues. She helps those with neurological disorders such as migraines, stroke rehabilitation, or those suffering from facial paralysis known as Bell's palsy. She can help with insomnia, anxiety, depression, or stress.

So what does Dai plan for the future? "I just want to help more people," she smiles. "I feel good and am very happy with what I'm doing."

Dr. Mindy Dai's office hours are 9:30a—5:30p. She is flexible and will accommodate people's work schedules. Her office is located at 2031 W. Alameda, Suite 206, in Burbank. For more information call (818) 843-1558 or visit www.drmindydai.com.

- About Us
- Archives
- Contact Us
- DBA Application
- Image Gallery
- Site Map

Columnists

- Alice
- April Shenandoah
- Barbara Elliott
- Beth Temkin
- Bob Hurst
- Bonnie Prieuer
- Carol Kaufman Segal
- Cos Altobelli
- Dave Kunz
- David & Jackie Joseph Lawrence
- Denise Ames
- Frances O'Brien
- Frank Barron
- George Carroll
- Gloria DeWalt
- Greg Crosby
- Gregg Hunter
- Jackie Joseph
- Joseph Schneider
- J.P. Perron
- Kenny Kingston
- Kevin McKenna
- Kyle Moore
- Lloyd E. Flyer
- M. Jarrett Christensen
- Margie Barron
- Mary Mallory
- Pat Taylor
- Patte Barham
- Rick Assad
- Robert Lamoureux
- Samm Brown III
- Samuel Sperling
- Sandy Smith
- Scott Putman
- Staff Writer

Google™ Custom Search

More from this section

[A Couple of Cowboy Characters](#)

[Food Reviewer Wanted](#)

[The 29th Annual Children's Festival of the Arts](#)

[What "Confidence" Looks Like](#)

More from this author

[Achieve Long-Term Weight Control With Dr. Ara Keshishian](#)

[Food Reviewer Wanted](#)

[The 29th Annual Children's Festival of the Arts](#)

[The 411 on Back to School Fashion 2014](#)

[Subscribe to this author](#)

RJS
Software
Systems

rjssoftware.com

Digital Document
Management
System. Request a
Live Demo Today!

