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Dr. Mindy Dai Combines Western, Eastern Techniques to Provide Sound Medical Treatment

By Staff on October 27th, 2010 [Printer-Friendly](#)

It is an age-old tradition in China to maintain excellent health and well being. But Dr. Mindy Dai, M.S.O.M., La.c. of Valley Acupuncture and Herb Center, has made it her life's mission to relieve the pain and suffering for many Southern Californians.



Dr. Mindy Dai.

Located in the heart of Burbank, Valley Acupuncture is keeping it simple without missing a mark. The office is warm and welcoming with a minimalist waiting room, energetically pleasant with a peaceful Chinese luck dragon in its glass frame welcoming regular clients, exuding a quiet, cozy and relaxing break from the daily grind.

"Most people come to me for pain," Dr. Dai said.

But it is also important to note that she is an ardent believer that both Eastern and Western medicines share their rightful place in maintaining balanced health.

Many of Dr. Dai's clients suffer from cancer-related pain, chemo-therapy nausea, menopause, menstrual issues, stress, low energy, neurological disorders and respiratory disorders. Dr. Dai knows that maximum health can be obtained with a combination of treatments that aid in the healing of chronic conditions.

Unlike Western medicine, this 4,000 year-old technique works to release "qi" (pronounced "chee", sometimes spelled "chi") in the body. The chi is the flow of energy that gets blocked and as a result, illness and pain surface.

"If the chi is blocked, you have pain," explained Dr. Dai, who also performs facial rejuvenation as a well-balanced addition to the run of the mill beauty regimes.

The thin sterile steel needles, once made from stones, bamboo and even gold, are gently pressed onto the area where the chi is blocked, relieving the pressure on the affected area, helping chi restore it's natural flow.

As the seasons change and the holidays bring a certain level of stress, flus and colds can invade a normally healthy body. As Dr. Dai works her magic, it is useful that she carries an MD and an MMS because she is known for minimizing uncomfortable symptoms and helping the body heal from sinus congestion, sore throat, head-aches and fatigue.

And just like acupuncture itself, the flow of energy in Dr. Dai's rooms are tranquil, serene and filled with a quiet resolve that offers a fundamental and necessary escape from the pain and discomfort of both ongoing and intermediate ailments.

"Acupuncture helps restore balance to the body," insists Dr. Dai.

And it is with balance that we can all live healthy, prosperous lives...and a little luck dragon never hurt anyone, either.

Valley Acupuncture & Herb Center is located at 2031 W. Alameda Ave., Suite 206 in Burbank. You can reach them by phone at (818) 843-1558, fax at (818) 843-3385 or through e-mail at care@drmindydai.com.

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