



Valley Acupuncture & Herb Center, Inc. Mindy M. Dai, M.S.O.M., L.Ac.

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By Ken Laba

Although the 2012 Summer Olympics are already a memory, we have our own award-winning acupuncturist right here in the East Valley. Dr. Mindy M. Dai has won "Best Acupuncturist in Burbank" six times in the Burbank Leader, including 2012, soon to be announced.



Dr. Mindy Dai.

Although practicing acupuncture effectively since 2001, formerly, she was an M.D., attending physician, and associate professor in China for 12 years. Since moving to California, she's completed three years of postdoctoral training at USC, an MRI fellowship at Providence Saint Joseph Medical Center, and obtained a master's degree in oriental medicine at Samra University. With her M.D. and radiology background, Dr. Dai is adept at reading x-rays, CT, and MRI scans. She can see the specifics of injuries and origins of pain. Her very strong background enables her to be effective at diagnosing what may ail you.

Today, her focus is on Natural Healing Pain Management, including the treatment of headaches, migraines, neck, back, joint (including arthritis), tendonitis, all kinds of sports and other injuries, neuralgia, and bells palsy. Additionally, women's health, including infertility, menopausal (for example, hot flashes) symptoms, fibromyalgia, depression, insomnia, weight loss and/or smoking cessation, and the list goes on.

Dr. Dai's approach is a holistic treatment, with individualized and customized care. Acupuncture is a safe and effective medical treatment that originated in China, over 2,000 years ago. In California, it is recognized as a primary health care profession.

While the scope of her patients' maladies is enormous, she is unfazed. Her confidence comes from many years of success stories she shared with me. "I'm a happy person," she says, "and I love seeing my patients happy too. Often, they come to me very sad, and it brings me great joy and inspiration to take away their pain."

For people who have a needle phobia (although Dr. Dai's care removes pain, not brings it), she also offers acupressure, Chinese massage (tui-na), cupping, herbs, and other acupuncture-related procedures.

"What my patients like most," says Dr. Dai, "is that there are no harmful side effects, no addiction to pain killers, and none of the down time of surgery."

With flexible hours, including early mornings and late afternoons, she understands that many of her patients' have busy work and personal schedules. And so, she will go out of her way to accommodate you.

Dr. Mindy M. Dai, M.S.O.M., L.Ac., can be reached at her office by calling (818) 843-1558. She's conveniently located near the studios, and right across from Disney at 2031 West Alameda Ave., Suite 206 in Burbank. For more information, visit www.drmindydai.com.

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