

# Ancient Chinese Secrets to Better Health from Burbank Doctor Dai

By C.J. Franz

Before doing a story for "The Toluca Times," I usually call and get assignment information. This time, I skipped that step for this interview and went to the office of Dr. Mindy Dai, with blind confidence. All I knew was that Dai specialized in acupuncture healing techniques and Chinese herbs. The doctor was happy to see me and gathered some paperwork and told me to fill it out before my session. Never having had an acupuncture treatment, and being terrified of needles, I cringed in ignorance. *I should have done the restaurant review*, I thought. Yet by the end of our visit, I was more than willing to let Dai evaluate my meridians and heighten the flow of Qi through my body. All I needed was a little knowledge on the subject.

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. But how does it work? Fine, pre-sterilized needles (in sealed packets, discarded after use) are inserted into the body at specific points to stimulate or realign the flow of Qi (pronounced "chee") through the body. Dai explains, "Qi is the energy

flow, or power, that animates and supports the functions of the body.

It flows through specific pathways, called meridians, and provides the body with nourishment for every cell, tissue, muscle and organ system. When Qi is abundant and freely circulating throughout the body, there is health and pain-free living. When Qi becomes blocked or the supply is inadequate, chronic pain, stiffness and other symptoms can appear."

Dai has been practicing at her Burbank office for three years, successfully treating hundreds of patients. The effectiveness of treatments stems from her extensive background in both Western and Eastern medicine. Before moving to California, she was an 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 a M.D. and radiology background, Dai is adept at reading x-rays, CT and MRI scans. She can see the specifics of injuries and origins of pain. Her approach is a holistic treatment plan customized to each patient.



Dr. Mindy Dai

Sharing an office with two neurologists, Dr. Cruz and Dr. Oveian, many of her patients are seeking alternative treatments for migraine headaches or chronic muscular pain of the neck, back, knees or shoulders. She has also successfully treated more than 20 people with Bell's palsy, a facial paralysis. Dai offers treatment programs for patients with menopausal symptoms, fibromyalgia, depression, insomnia, or who are seeking assistance with weight loss and/or smoking cessation.

For the needle phobics, she

offers acupressure, Chinese massage (Tui-Na), moxa, cupping and other acupuncture-related procedures.

"What my patients like most," says Dai, "is that there are no harmful side effects, no addiction to pain killers and less down time than surgery." According to a recent study, 70 percent of chronic pain patients who received acupuncture treatment were able to avoid surgery. Dai finds patients have better results when they take a more holistic approach to the healing process and play a

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more active role in their treatment and recovery.

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

Dr. Mindy Dai, M.S.O.M., L.Ac., can be reached by phone at (818) 842-8177 and cell (818) 216-4887. Her office, Valley Acupuncture & Herb Center, is located at 2601 W. Alameda Ave., Suite 402 in Burbank.

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