

What is Oriental Medicine?

Due to recent archeological evidence, scientists now believe Oriental Medicine is at least 10,000 years old, clearly making it one of the oldest arts of healing known to mankind. The comprehensive practice of Oriental Medicine involves the practice of five major integrated modalities. At ASOMNE, our practice of Oriental medicine uses all five methods to help patients cultivate enduring holistic wellness. Rapid interventions versus symptoms are wonderful, but they do nothing to cultivate the inner strength of the patient. Without that core resistance, those same symptoms will return, or worse, if symptoms are merely masked, worse ones will manifest in order to get our attention.

All of our treatment modalities address both the presenting symptoms and the need to cultivate holistic wellness. We are proud to be one of the few elite Asian Medicine clinics in the world to offer all five major modalities. Whatever specific combination of these therapies and teachings each patient needs, based on who they are and what state of wellness and illness they embody, is presented with wisdom and compassion.

Zhenshu Acupuncture

Acupuncture is believed to predate written record and has been traced back 10,000 years. It has been used effectively and documented for ages. Acupuncture is a technique for accessing and circulating the body's vital life energy through the many meridians or pathways that map the entire body inside and out. This energy is accessed via points on the surface of the body using hair-thin needles. All of our needles are factory-sterilized and used only once to eliminate the possibility of cross-infection. The effects of acupuncture reach into both the dense and subtle places within, touching the mind and spirit as well as the muscles and tissues. It is a gentle healing practice aimed at restoring balance to the root of the individual and returning harmony to body, mind and spirit. It is this very holistic approach that makes acupuncture so powerful and effective at treating a myriad of diseases.

At ASOMNE, we practice both Five-Element and Eight-Principle styles of acupuncture. This clinical integration is offered by less than 1% of the acupuncturists in the world. Eight Principle style is exceptionally effective at helping restore balance and alleviate pain in the physical body. Five Element style is capable of reaching patients at the depths of their mind, emotions, and spirit, by treating their innate and acquired constitution. In this way we can restore a patient's connection to their authentic nature, helping them drop very old sublimated emotional material. It is this toxic stagnation, stored in the body by the mind, which prohibits patients from truly releasing the habits which caused their manifest disease in the first place. Therefore, the use of both Eight Principle and Five Elemental Constitutional thinking in the formation of acupuncture treatment prescriptions, is the most comprehensive way to treat the whole person, and cultivate lasting holistic health.

Shiatsu Asian Bodywork Therapy

Shiatsu is the art of Japanese energy medicine through bodywork. It has two major components: anma (massage) and tsubo ryoho (acu-point touch therapy). Other methods include sotai-jutsu (the skeletal re-alignment techniques that Chiropractic originally came from), ampuku (abdominal massage and diagnosis), gentle stretching, joint articulation, and holding techniques as well as many other methods. Sensei LoPriore predominantly practices Kosho Shorei Ryu Shiatsu, but also uses a style called Seifukujutsu, which is from another lineage associated with the art of Danzan Ryu. This style is used for much larger patients when deep massage is necessary. Kosho Shorei Ryu Shiatsu most-often uses the subtle and gentle projection and drawing techniques associated with Kosho Shorei Naijutsu, its associated internal martial art. The myriad techniques available are a perfect complement to- or replacement for acupuncture in several specific situations: in many pediatric cases, where children cannot tolerate needles; when adults are afraid of needles; or

in the rare circumstance where patients are allergic to the metal in the needles. Most often, shiatsu is used in conjunction with acupuncture, often in the same treatment session, to feel or move stagnation or tension in a much more direct and gentle way. Shiatsu and acupuncture often form a very important coupling of methods able to release and nourish patients in a way that neither might be capable of alone.

Yiyao Herbal Medicine

Chinese herbs have been used as medicine for more than 2500 years. The application of Chinese herbal formulas is an art that draws on a strong foundational knowledge of Chinese Medicine theories. These theories are ancient ways of understanding the microcosm of the body through the macrocosm of the natural world. Herbal formulas are prescribed taking into consideration constantly shifting internal and external climates of the body. In doing so, patients taking Chinese herbal formulas are able to avoid side-effects that are typically found when taking western pharmaceuticals. Chinese herbs meet the body as food does and support it in finding its own inner balance. Herbal medicine restores harmony and regulates the subtle energies of the body, mind, and spirit, while at the same time helping the body to normalize the more dense fluids and tissue within.

Chinese herbal formulas come in several forms: pills, capsules, liquid concentrates (called tinctures), powders (called granules), and loose herbs. The most popular ways of consuming herbs are pills, capsules and tinctures. These are most popular because they integrate well with a patient's busy life style. Although the traditional way to consume herbs is to decoct a tea from a collection of loose herbs, often this is not practical in modern culture. Frequently patients do not have time to spend in the kitchen. In order to serve you best, ASOMNE has a full pharmacy comprised of tinctures, pills and capsules. We also have the ability to create custom-made granular formulas, when they are necessary. We prescribe only what you need to restore balance and harmony. Dosages are different from individual to individual and from formula to formula. Herbal medicine, as with all Chinese medicine practices, is not meant to be a lifelong treatment, but a life altering transition. Herbs help one transform his or her experience of imbalance to an experience of self-discovery and well-being.

Shorei Counseling

The rare and beautiful Kosho Shorei Ryu Tradition is a 23-generation old Japanese Warrior-Monk lineage. The zenith of this comprehensive art is the encouragement of holistic self-cultivation. The practitioner of Kosho Shorei encourages each patient using life lessons which allow each individual to get wholly out of their own way by understanding the principles of natural law. These methods are grounded in traditional 5 Element theory, which helps each individual answer the questions: "Who am I?" and "What is my destiny?" These may not seem like medical questions, but they are at the core of nearly every symptom experienced by any patient. When a patient drops their coping mechanism story about who they are and how life works, and chooses to follow the path aligned with natural law, suffering in life becomes completely unnecessary. Kosho Shorei is the method by which we can help patients heal at the deepest possible level.

As Headmaster of the Kosho Shorei Shin Kai tradition of Kosho Shorei Ryu, Sensei LoPriore emphasizes this context in every interaction with patients. Beyond this, he uses recommendations from the larger art of Kosho Shorei Ryu to give patient's wellness practices with which they can continue to perpetuate their own good health even as their acupuncture treatments become less and less frequent in their healing process. Things such as various meditation and energy collection techniques, or the reading and discussion of certain books are frequently used effectively. Christine Rizzo, L.Ac. uses her experience as a graduate of Lonny Jarrett's two-year Inner Tradition Course, and as a certified yoga teacher to weave specific practices for patients to use in this way, and have those deep and motivational conversations with patients. Combined, the experience of these two practitioners offers much in the way of motivation for real evolution in patients.

Ki-Waza, Qigong, & Neigong Energy Cultivation Exercises

In ASOMNE's associated school, Bushidokai, Sensei LoPriore offers classes on Ki-Waza (Japanese Energy-Cultivation Meditations), Qigong (Chinese Energy Cultivation Exercises), and Neigong (Chinese Holistic Internal Cultivation Exercises). Patients are prescribed specific exercises which match their health needs. Broad and deep studies are available to those who become Kosho Shorei Ryu students, who often train several times per week. But, patients are always welcome to continue private lessons, or participate in the inexpensive monthly classes on this topic. In particular, the White Cloud Monastery Neigong is a rare and beautiful form of energy cultivation, and holds the potential for amazing transformational benefits. This and the many other forms of neigong taught by Sensei not only cultivate the Qi (life-force energy), but also balance and nourish the mind and spirit, and replenish the deepest reserves of Jing-essence. The daily practice of these highly potent and transformative exercises holds the potential to make the most committed patients able to erase many toxic habits, and enter a path of truly balanced living. As practitioners, we seek to make patients strong enough that they no longer need treatment, through having cultivated a lifestyle that fosters the self-perpetuation of enduring holistic wellness. This path, aligned with the principles of nature, often includes meditation practice as well, and allows one to gain the deepest benefits from his healing experiences.

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