



**Tai Sophia  
Institute**

*A Graduate School for the Healing Arts*

## **Clinical Services Centre**

*Let the journey begin*

Tai Sophia Institute is dedicated to serving individuals who seek to learn the art of caring for themselves and each other in the course of life's journey.

From a small healing arts clinic founded in 1975, Tai Sophia has grown to become a preeminent academic institution for wellness-based research, education, and clinical care. Our graduate programs in acupuncture, herbal medicine, and applied healing arts are based on the timeless wisdom of nature, ancient healing traditions, and modern science.

Through our Clinical Services Centre in the Baltimore/Washington region, we offer more than 30 years of experience in delivering relationship-centered care in integrative medicine and healing arts. Since our beginning, Tai Sophia practitioners have seen over 30,000 individuals and performed over 200,000 treatments.

The Tai Sophia community encourages each and everyone to explore the abundant opportunities for growth and renewal. Please visit our campus, located in Laurel, Maryland, just south of Columbia, to enjoy a book and cup of tea in our bookstore/café or browse our healing arts library. Take a peaceful walk around the labyrinth or experience a moment of stillness in our botanical and meditation gardens.

All of our resources are available to you. Should you discover that you are ready to embark upon your own journey, we invite you to attend a free introductory wellness class or make an appointment at our Clinical Services Centre.



## What is acupuncture?

Originating in China, acupuncture is a system of healing that has been practiced in East Asian countries for thousands of years. In recent decades, acupuncture has grown in popularity in the United States as a holistic approach to management of disease as well as for maintenance of health. Based on natural laws influencing the movement of energy in nature and the body, the life force called “chi” flows through the body in channels, like rivers flowing through the earth.

Health is promoted when the chi in the body is full and moving properly. When blocked by stress, sadness, or injury, the harmonious movement of chi is disrupted and illness can begin. Acupuncture treats the underlying imbalances and promotes harmony within the body.

Individuals benefiting from traditional acupuncture treatments often find relief from health concerns such as headaches, chronic fatigue, depression, allergies, back pain, digestive disorders, joint pain, sleeping problems, infertility, menstrual disorders, and other symptoms.

## What is the relationship between acupuncture and other medical care?

Acupuncture treats the whole person and addresses the body at many levels of functioning. However, it is not intended to exclude traditional Western medicine or other health-promoting practices. Acupuncture integrates well with other therapies and practitioners at Tai Sophia’s Clinical Services Centre often partner with traditional providers to achieve the best results.

## What is the scope of benefits?

Acupuncture has been found effective for persons with severe chronic conditions – even when the causes of those conditions are difficult to pinpoint. Those who receive ongoing treatment for maintenance and the promotion of good health have told us that they:

- Tend to get sick less often and recover more quickly
- Have improved stamina and vitality
- Experience more peace in life
- Are better managers of their own health
- See reductions in long-term healthcare costs and tend to visit physicians less often
- Enjoy deepened and more harmonious relationships with others

## What about the needles?

Slightly thicker than a human hair, acupuncture needles are solid, slender, and bear no resemblance to syringes. Our practitioners use the finest quality stainless steel, pre-sterilized, disposable needles.

## Does the treatment hurt?

The treatment process calls for the needles to be inserted just beneath the skin’s surface. Sensations vary by person from a momentary ache to a tingling sensation.

## What will my visit be like?

You will not always be treated with needles at the first visit. The primary purpose of the initial 90-minute session is to meet you and gather information. Your practitioner will discuss concerns about your health with you, do a physical examination, and let you know what to expect when returning for regular treatments.

**FACT:**  
8.2 million adults in the United States reported being treated by acupuncture.

2002 National Health Interview Survey

Reuniting the science of medicine



## What is herbal medicine?

Herbalism, practiced for thousands of years, is used specifically to support the healthy structure and function of the body. It works to promote vitality, balance, and longevity. The current practice of professional herbal medicine in the United States focuses on support and maintenance of health and well-being as opposed to fighting disease.

Simply defined, herbalism is the art and science of skillfully collecting, preparing, and utilizing herbs to nudge the body towards wellness. Many herbalists believe that the strength of botanicals lies in their capacity to support the body as it finds its healing path. In other words, the focus of practice is not placed on herbs “fixing” you but rather on nurturing your intrinsic healing capacity.

Herbs and plants can be prepared and used in many ways. They can be taken internally as tinctures, teas, powders, syrups, or capsules. Externally, they can be applied as lotions, oils, salves, and in baths. The self-care nature of herbalism empowers you to care for yourself and better understand your own body.

## Why would I consult an herbalist?

While there has been an increase in the distribution of off-the-shelf herbal products, a professional herbalist can give you a better understanding of herbal use and guide you in making wise choices. You can be assured that the herbs you use are safe, of consistent quality, and proportioned appropriately for your needs. An educated and experienced practitioner can address your concerns about any possible interaction with pharmaceutical medications. The herbalist will also help you understand the limitations of herbs and provide referrals to traditional providers when appropriate.

## What benefit is there in consulting an herbalist?

Possibly the greatest benefit from an herbal consultation is the blend of herbs specifically catered to your constitution and designed for your needs. For example, although ginger, cardamom, dandelion, and chamomile may all be taken to maintain healthy digestive function, someone of a hot constitution is likely to do better with the chamomile and dandelion, while someone of a cold constitution is likely to do better with the ginger and cardamom.

## What happens during a consultation?

During your initial visit of 90 minutes, your practitioner will gather information about your past history, review lifestyle factors such as diet and exercise, discuss your health concerns, and have an opportunity to help you establish your personal goals for wellness. The herbalist will conduct a review of organ systems, not to diagnose disease, but to explore areas to support health. You will leave the consultation with herbal recommendations customized for you.

## Where can I go to purchase herbal recommendations?

Herbal recommendations can be purchased at any reputable distributor. You may also make your purchases at Tai Sophia Institute's Herb Room (ext. 6676) located on campus. *It generally takes 15-20 minutes to prepare compounds.*

Herb Room Hours  
10:30 AM - 5:30 PM Monday through Friday  
except  
1:00 - 7:00 PM on Tuesday



Herbal medicine and the art of healing.

**FACT:**  
80% of the world's population presently uses herbal medicine for some aspect of primary healthcare  
The World Health Organization estimate

We invite you  
to embrace  
your total  
health.

## How do I schedule an appointment?

We are pleased to schedule an appointment for you at Tai Sophia's Clinical Services Centre. You will receive compassionate, relationship-centered care that is professional and holistic in nature.

*To schedule your appointment, please call our Clinical Services receptionist at 410-888-9048 ext. 6614.*

Centre Hours

9:00 AM - 6:00 PM Monday through Friday

and

9:00 AM - 1:00 PM on Saturday

## Will my health insurance cover my appointment?

Coverage for care is dependent upon the type of care you receive at the Centre as well as the terms and conditions of your health insurance plan. It is our policy to ask that you file directly with your insurance carriers for reimbursement. If you plan to seek reimbursement for care, we suggest that you mention this to your practitioner at your first visit.

*If you have questions or concerns, please speak with the Insurance Specialist on staff at ext. 6631.*

## How much will my visit cost?

Fees for service vary based on the nature of your visit and service provided. Payment for care is expected at the time of your visit. To assist you with payment, we accept cash, check, MasterCard or Visa.

## What is the Centre's cancellation policy?

We understand that changes to your personal schedule may cause you to cancel an appointment. In order to avoid a cancellation fee, please notify the Centre no less than 24 hours prior to your scheduled appointment. In the event we are not notified, there may be a charge for your missed visit.

## Directions

The Clinical Services Centre of Tai Sophia Institute is conveniently located midway between Washington, D.C. and Baltimore, Maryland.

Coming from the *North*, take exit 15 off US 29, Johns Hopkins Road. Stay in your right-hand lane upon exiting. Make the first right at Montpelier Road. The campus is located at the end of the street.

From the *South*, take exit 15 off US 29, Johns Hopkins Road. Proceed around the circle and follow it to Johns Hopkins Road. Make a right onto Montpelier Road (the second traffic light). The campus is located at the end of the street.



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