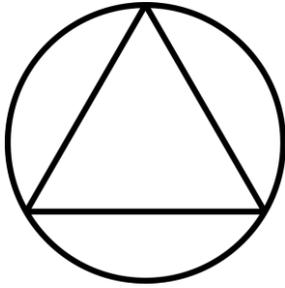


Herbal Medicine



Herbal medicine will treat these 3 points.
 Balance structure of the bone and muscles.
 Enhance circulation of internal fluid to improve organ functions.
 Add flexibility and mental stability.

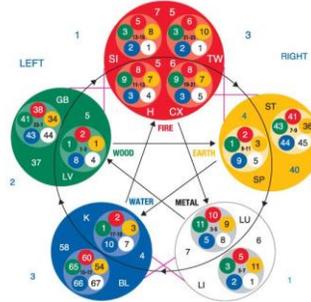
We use herbal medicine for detox, balance, and circulation. Herbal medicine is a type of natural medicine that has been studied for over 2 thousand years in Asia. We will make an original herbal medicine made just for you, in order to detox your body, increase energy, and improve function of internal organs.

What we eat creates our body. Therefore, herbal medicine will change your internal body to bring back your health and harmonize with the nature.

Following symptoms may be treated: High blood pressure, diabetes, chronic fatigue, infertile, depression, cold, migraines, constipation, indigestion.
 Also, recommend to improve and maintain health, such as enhancing the growth of a child, improving mental concentration, maintaining beauty and healthy diet.

Herbal Medicine: \$300(15days) \$500 (30days)
Powder Herbal: \$30(5days)
 \$50(10days) \$70(15days)

Acupuncture



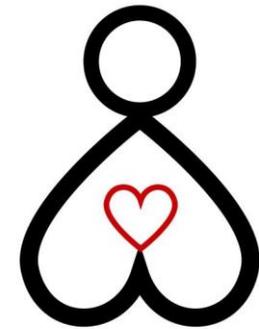
Acupuncture treats symptoms by aligning the 12 energy flows in our body. The energy in our body is balanced and spreads throughout the whole body by stimulating acupuncture points. By doing so, our natural restoration system will be awakened to detox our body, find the best balance, and circulate whole fluid in our body as to harmonize nature.

Acupuncture treatments are recommended to these following symptoms: Injury, pain, dizziness, digestive disorders, infertile, discomfort or pain after labor, diet, neurological disease, respiratory system disease, dysfunction in muscles · bone · joints, and others.

- **Initial visit** : \$120 (60~85 min)
- **Following visits** : \$70 (50min)
- Cancellation fee \$25
- **Discount Plan (including first visit)**
 - **3 times:** \$260 ⇒ **\$200(\$67/visit)**
 - **5 times:** \$400 ⇒ **\$300(\$60/visit)**
 - **10 times:** \$750 ⇒ **\$500(\$50/visit)**
- Treatment details: Acupuncture, shiatsu, medical diet, kinesiography, health advice, health check up (pulse, stomach, pressure points, and check the toxins in your body, thoughts, feelings, human relationship, posture balance and internal circulation).
- Others: Herbal Medicine

3 points health treatment with Acupuncture and Herbal Medicine

Detox
Balance
Circulation



One Heart
 Acupuncture

Dr. Hyung Bong Cha

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Email : oneheartacu@gmail.com

Closed : Mon, Thr, Sun, & Holidays

Detox



If we don't know the real meaning of toxin, we would not know the proper way to detox.

Generally, there are two kinds of toxins. One is those come from the outside, and the another arises within the body. One is visible and the other is invisible.

For instance, food we eat, the air we breathe, light, radiation, and sound etc. are things that go into our body from the outside. On the other hands, negative thoughts, feelings, posture, and unhealthy habits are toxins that are invisible and arise within us.

Back in the days, people mainly suffered from toxins that came from outside such as poor sanitation, severe weathers, and starvation. However in this modern society, things such as stress, pollution, and junk food are toxicating our bodies, tainting our blood, and causing illness which can leads us to death.

Easy ways to reveal these invisible toxins are- checking our daily diet, posture, body movement, and the way we breathe. We can detox our body by being aware of these toxins and changing our daily habits. This is what "detox" means at *One Heart*.

Balance



What is the meaning of balance?

On this earth, there are four seasons, four cardinal points, just like humans have four confucian virtues, four basic emotions, and four limbs. This is the teaching from nature, telling us to live in harmony.

So how do we live in harmony?

When in a high state, don't be arrogant. When in a bottom of despair, don't give up. In other words, we need to balance the yin and yang.

In order to live with balance and harmony, it is good to have 1/3 of space, just like we sleep 1/3 of our life time to restore energy. For instance, having 1/3 of spare time, financial savings, open space, and limiting the amount you eat are recommended to maintain balance.

At *One Heart*, we adjust the balance of mental health as we adjust the balance of diet.

Additionally, we need a center point to keep the balance because life is full of change. As we age, body conditions will change. As we move, the place of climate and culture will change. We aim to harmonize with these changes along with the flow of the universal nature and keep the center balance at its best.

Circulation



What is circulation? Although your body is balanced and toxin free, you cannot say you're alive if there is no "circulation", or "movement".

"Circulation" means being alive with full of energy and endless "movement". More specifically, circulation means that our blood, lymph fluid, and oxygen circulate smoothly within our body. Also, it means that your thoughts, feelings, and joints are well balanced. To look at the big picture of the circulation, human relationship is the circulation and movement itself between you and an outside of the world.

If your "circulation" is unhealthy and having an unbalanced habit, it creates toxin and you may burst your anger and grudges towards others, hurting the people around you. *One Heart* aims to remove such toxin, and live in harmony with your movement and circulation.

There are 3 points needed to be healthy

- 1) **Detox** and keep your inner body clean
- 2) **Balance** your metabolism. Find and manage your healthy balance.
- 3) **Circulate** your blood for better digestion and oxygen supply.

By using acupuncture and herbal medicine, *One Heart* treats these 3 points for ultimate health.