



Joe McSweyn, O.M.D, C.A. | Pari Vokshori, L.Ac, D.O.M. | Gila Varis, L.Ac, R.N. | Steven Jarsky, L.Ac, D.A.O.M.
Alan Sher, L.Ac | Ellen Elphand L.Ac., Dipl.OM | Aydin Bengisu L.Ac. | Faith Triandos

Office Information

Welcome to our Practice. We are here to assist you in your goals for wellness.

Oriental Medicine

Oriental medicine includes the use of diet, massage, breathing exercises, meditation, acupuncture, and herbal formulas to relieve pain, regulate physical function, and promote health.

Clinical Experience and Biomedicine Knowledge Base

Our clinic staff has an extensive clinical experience and knowledge of biomedicine, with backgrounds in critical care, nursing, molecular biology, and psychotherapy. A biomedical reference library and database of treatment strategies for over 360 different biomedical conditions are used to provide state of the art therapy for complex conditions.

Diet and Nutrition

Excess sugar and fat, rather than deficiencies of vitamins and minerals cause chronic illness and weaken immunity. To reduce risk of heart disease, cancer, and diabetes we recommend a zero dairy, low sugar diet emphasizing whole grains, cooked vegetables, and small amounts of fresh fruit. We can provide food and nutritional supplement evaluations for optimal health, digestion, and weight control.

Chinese Herbal Formulas

Modern laboratory research in China, Japan, and the United States confirm the beneficial effects of Chinese herbal medicines. Clinical studies demonstrate the ability of specific herbs to improve immune system function, and provide antibacterial, antiviral, antifungal, and antitumor effects. Our pharmacy stocks the highest quality, pharmaceutical grade, Prop 65 compliant, herbal extracts from GMP manufacturers to create custom prescriptions for optimal results in complex cases. No alcohol, animal products, antibacterial, antiviral, antifungal, antiaging, immune stimulating substances, or minerals are used in our prescriptions. We do not use any premixed formulations or patent medicines to insure maximum safety and optimum clinical results.

Custom Formulated Prescriptions

All herbal prescriptions for our patients are custom formulated for the individual at each office visit, based on modern laboratory research on pharmacology and clinical applications of Chinese herbal medicines. We maintain a comprehensive database of scientific information on herbal medicines that is updated on a daily basis with online searches from the National Library of Medicine.

Acupuncture

Acupuncture relieves pain and stimulates healing by applying massage, needles, or herbs to specific points that regulate the function of the internal organs. We also use needleless techniques, which include cupping, massage, infrared, and electrostimulation. Acute cases may respond in a few visits, whereas chronic problems may require more. All our needles are disposable, single-use only for maximum safety.

Limitations of Acupuncture

Acupuncture has limited effectiveness in treating diseases where the primary cause is infection or toxicity, due to the short-term effects of acupuncture treatment on the immune system. For optimum results, acupuncture treatment is given daily or every other day. When patients cannot come for regular treatment, we emphasize diet and herbal medicine as the primary therapy.

Craniosacral Therapy

This therapy may improve brain circulation, help with stress and emotional release.



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In Practice

All types of pain conditions may be relieved by oriental medical therapies, including but not limited to back pain, sciatica, neck pain, shoulder stiffness, menstrual cramping, athletic injuries, and neuralgias. Chronic viral, bacterial, and fungal infections not responsive to conventional medications may improve through the immune stimulation provided by acupuncture and herbs. Anxiety, depression, and stress-induced problems may also benefit. See Common Problems Treated with Acupuncture and Chinese Herbal Medicine for a more complete list.

OFFICE STAFF

Joseph McSweyn, O.M.D., C.A. is a graduate of the California Acupuncture College of Los Angeles, and the International College of Chinese Medicine in Nanjing, China. His name appears on the Physician's Honor Roll of the Chronic Fatigue and Immune Dysfunction Syndrome Association.

Pari Vokshori, L.Ac., D.O.M. holds a MA and a Ph.D. in Oriental Medicine and a Ph.D. in Homeopathy. She has advanced training in Craniosacral Therapy, Iridology and Color Therapy/Energy Work. She is a scholar and a healer dedicated to helping others improve their physical and emotional well-being.

Alan Sher, L.Ac. graduated Summa Cum Laude from Emperor's College with a Masters in Traditional Oriental Medicine. He holds a Bachelor of Science degree in Psychology from the University of Connecticut. His practice focuses on general medicine, gastrointestinal disease, gerontology, and mental disorders.

Gila B. Varis, L.Ac., R.N. graduated with the highest of honors from Yo San University with a Masters degree in Acupuncture. She holds Bachelor of Science degrees in Nursing and in Kinesiology. Her practice focuses on internal medicine, preventive health, and nutrition.

Steven Jarsky, L.Ac., D.A.O.M. received his Doctorate in Acupuncture and Oriental Medicine from Pacific College of Oriental Medicine. He graduated with highest honors from Pacific Yo San University with a Masters Degree in Acupuncture & Traditional Chinese Medicine. He holds a Bachelor Degree in Cellular Molecular Biology. His practice focuses on family medicine, allergies, respiratory illness, and gynecology.

Faith Triandos, Business Manager

Jenny and Natalie are our Receptionists

Office Hours

Monday-Tuesday	9:00AM to 4:30PM
Wednesday	10:00AM to 5:00PM
Thursday	9:00AM to 4:30PM
Friday	9:00AM to 3:00PM

Our office is closed New Years Day, Memorial Day, Independence Day, Labor Day, Thanksgiving, and Christmas.

Emergencies should go to the nearest hospital or urgent care.

Payments: All payments are due at the time of services. We accept Cash, Check, Visa, or MasterCard. We do not bill or work with insurance companies. We will gladly supply you with an itemized statement that you may submit to your insurance company.

We are located on the north side of Victory between Variel Avenue and Canoga Avenue.