

Alan Sher L.Ac.

Chinese Medicine, Acupuncture, Herbs & Nutrition

I love to hike, I love to bike, I love my life, I love my wife. I love to play guitar and I love what I do for a living. Come see me. I'm a really good doctor and I'll take really good care of you. So you want to know more about me okay here it is.

Who am I? I grew up in middle-class America during the 50's and 60's in a central New Jersey suburb close to NYC. In the 70's I went to college, got a BS in Psychology and tried to bring peace to the world (inner peace that is, ask me about it when you come in to see me). It was at this time that I began practicing yoga and studying Macrobiotics, a dietary healing system from Japan that is based on Oriental philosophy – Yin and Yang and the five elements. The holistic nature of these disciplines struck a chord with me and I practiced them diligently and began doing dietary and herbal consultations. During the 80's I continued my study of macrobiotics and I went to Computer Learning Center where I was valedictorian of my class and I began a career as a software engineer. This was fun and I enjoyed writing and debugging programs. However, as the computer industry became a world of corporate takeovers in the 90's I escaped that world went to school to become a licensed acupuncturist and herbalist and found my true calling in life.

Phew, it may have taken 40 some odd years but this is truly a perfect fit for me as any of my patients can attest to. Dr. Matt entered the picture when I came to see him in the mid 80's. His treatments were profound and helped more than anything else I had tried; now I understand why. While the system of diagnosis that Dr. Matt has developed is unique it is still possible to combine it with all of the other systems of Western or Eastern Medicine and then use it to refine those even further and attain the best possible results. For instance, according to certain TCM systems a patient may present with qi and blood deficiency, dampness in the lower burner and disharmonies of the liver and spleen and heart and kidneys. A thorough understanding of TCM is necessary to make this diagnosis. According to Western Medicine this patient may present with anemia, fatigue, anxiety and a yeast infection. At this point by looking at other signs such as the tongue and pulse a practitioner could discern the proper pattern, formulate a treatment principle and design an herbal formula.

However this just the starting point for Dr. Matt's system which then digs even deeper to determine exactly what is going on, where the disease processes are happening (even at a cellular or intracellular level) and then further distills and refines all of this information to come up with the most individualized and clinically effective herbal formula. Nice! Many of the patients I see have been to several other doctors and even doctors of TCM without satisfactory results. Therefore when I get results it is extremely gratifying and well worth all the effort. Well what more can I say – actually a lot if you come see me or check one of the introductory classes I conduct at our clinic.

Thank you for your time in reading this.

To schedule an appointment with Alan, call 818-344-9973