

## **Pari Vokshori, Ph.D. L.Ac.**

The practice of Oriental Medicine for Pari Vokshori is a striking combination of academic mastery and intuitive sensitivity. She is a scholar and a healer dedicated to helping others improve their physical and emotional well-being.

Dr. Vokshori, *or Pari*, as she prefers to be called, earned a Doctorate and a Ph.D. in Homeopathy as well as a Doctorate in Oriental Medicine from the University of Oriental Medicine in Santa Fe, New Mexico and she is a California Licensed Acupuncturist. Pari earned advanced certifications in CranioSacral Therapy, Iridology and Color Therapy/energy work. Her multi-medicinal knowledge allows her to practice an effective, unique, and powerful holistic approach towards optimal health.

As a California Licensed Acupuncturist, Pari prescribes *customized herbal formulas*. Her unique, individualized formulas stimulate the body's immune system and promote *self-healing*. Pari uses the Japanese approach to *acupuncture*, applying subtle manipulations of fine, disposable needles to stimulate body points. Acupuncture sessions vary from one 10 to 20 minute appointment or may require two or more visits weekly, depending upon the nature of individual ailments. Pari requests patients eat prior to attending acupuncture appointments to stabilize blood sugar and to optimize comfort.

Pari uses herbal formulas, acupuncture and homeopathy independently and in unique combinations to meet individual needs, comfort levels and to optimize health.

Pari studied *CranioSacral Therapy* at the renowned Upledger Institute to master light touch of the neck and spine to monitor the rhythm of cerebrospinal fluid. This therapeutic treatment releases aches, pain, mental and physical stress, hormonal imbalances, and respiratory problems. CranioSacral Therapy is increasingly used as a tool for preventive health because Pari is able to observe distress in the body and bolster resistance to disease. Patients typically emerge from treatments feeling calm and relaxed. In *Iridology*, organs of the body are represented by patterns and markings of the iris. By closely examining the iris, the color portion of the eye, Pari has been trained to notice potential health conditions in its early stages such as toxins and their locations, stages of inflammation, biochemical deficiencies, and weaknesses. Potential health problems may be addressed prior to becoming acute physical and/or emotional disorders.

Pari treats a wide range of conditions from acute colds and allergies to chronic arthritis and disease. By using combinations of energy work, CranioSacral Therapy and Iridology, Pari has many methods for reading the body. She uses Chinese herbs, acupuncture and homeopathy to heal disorders and to promote health. Pari has been extremely effective helping patients cope with effects of menopause, headaches/migraines and emotional stress. She has also enjoyed helping people quit smoking, lose weight and sustain a healthier more balanced diet.