



SHOPPING PROFILE: CORNERSTONE HEALING

Balancing the Body

by Lisa LeeKing

Overworked, stressed and too busy to eat healthy? If you're looking to restore mind and body to a harmonious state, consider a visit to licensed Oriental medicine practitioners Peggy Regis and Anne Mok, owners of **Cornerstone Healing** in Carroll Gardens, Brooklyn.

After graduating from Pacific College of Oriental Medicine, the partners decided to launch Cornerstone Healing. For the last four years, they've offered treatments that encompass Chinese medicine, including acupuncture, herbal medicine, heat therapy (moxibustion) and *tui na*, a push-and-pull message that combines deep tissue work with acupressure. "People tend to only correlate acupuncture with Chinese medicine, but its much more," Regis says. "Most medicines treat a symptom, but with Chinese medicine, we look at your total body make-up. We go into depth and ask you about your sleeping patterns, bowel movements, headaches. Then we come up with a Chinese pattern diagnosis for you. [The goal is to] correct everything in the system.

Chinese medicine treats things at the root not the branches."

In fact, acupuncture has many uses. It isn't used just to treat pain; it also treats chronic diseases. Mok says she has put needles in people to help with infertility, stomach problems, irritable bowel system, heel pain and insomnia. It helps balance the bodies 12 major systems or meridians. "Acupuncture forces energy to flow all over the body. When you're moving energy, you're moving blood, which brings the body back into balance."

After learning so much about Chinese medicine, I wondered if it could treat exercise-induced asthma and tightness in my back. Before we began, Mok did a consultation that detailed my medical background, diet, exercise habits and stress levels. By inspecting my tongue and taking my pulse (on both wrists) she sought to detect any disharmony. Lying on my stom-

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ach, she began placing acupuncture needles in my wrists, ankles and along my spine and shoulder blades for 15 minutes. Once the needles were removed, Mok did cupping, a 3,000-year-old treatment. The process involves attaching light-bulb shaped jars to the skin. This is accomplished by removing the oxygen inside the jar then immediately putting it on the skin. Congestion is believed to pro-

mote blood flow, thus diminishing pain. Five minutes later, the jars were removed, and Mok began the *tui na* massage. The process is not painless, but I left feeling like I'd spent a great day at a spa—tired yet rejuvenated.

Cornerstone Healing

76 Court St., Brooklyn • 718.254.4075

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