

# Stone Bridge Wellness

*Philadelphia Chiropractor, Acupuncture, and Massage Therapy*

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Stone Bridge Wellness | **1601 Walnut St, #514B** | Philadelphia, PA 19102  
215-564-6683

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## Acupuncture



Backed  
by more  
than  
2,000  
years of



evidentiary research, the ancient practice of Chinese acupuncture is gaining new momentum in treating modern wellness issues. Proven to be both a powerful and effective treatment method, acupuncture works by balancing the life energy (Qi) flowing through the body.

According to the traditions of Chinese medicine, illness arises when the cyclical flow of Qi in the meridians become blocked or unbalanced- breaking down your body's own natural healing processes.

Both the World Health Organization (WHO) and the National Institute of Health (NIH) endorse acupuncture, stating it is an effective treatment for many pain-related medical problems including lower back pain, fibromyalgia, headaches, osteoarthritis, and carpal tunnel syndrome.

At Stone Bridge Wellness, Dr. Beth Snyder expertly places very thin, painless needles just a few millimeters under the skin at corresponding points along these meridians. As your body's natural energy flow is unblocked and specific areas of the body are stimulated, you will remain completely at ease and relax into your treatment.

Dr. Snyder incorporates the complementary practices of gua sha and massage therapy as well as Five Elements acupuncture and Traditional Chinese Medicine (TCM). Combining these treatments with chiropractic adjustments can further accelerate the healing process while providing long lasting results.

## Acupuncture Rates:

- First appointment (90 minutes) – \$100
- Follow up appointments (60 minutes) – \$75

Stone Bridge Wellness accepts most major insurance plans, although many policies do not cover acupuncture.

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**Stone Bridge Wellness**  
**1601 Walnut St, #514B**  
**Philadelphia, PA 19102**  
**215-564-6683**

**Book An Appointment**

**Monday - Thursday:**  
**10:00 am to 7:00 pm**

**Friday - Sunday:**  
**Closed**

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