



Jeanette Rockers was inspired to become an acupuncture practitioner because of her own successful treatment, and her strong desire to help others heal and improve the quality of their lives. Jeanette completed her Licentiate in Five Element Acupuncture, is a Diplomate certified by NCCAOM, and is licensed in Colorado. She believes health of the entire body mind spirit is available from the practice of this discipline, which advocates people taking responsibility for their own wellness.

Jeanette's education includes a BS and MA in Biology, years of teaching in school and as a naturalist in the field. She belongs to several professional organizations, and serves as the chairman of the board of ITEA, a Five Element Acupuncture school in Louisville, Colorado. Jeanette is continuing her studies with Dr and JB Worsley in an advanced graduate program in Classical Five Element Acupuncture.

Classical

Five

Element

Acupuncture

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Classical  
Five Element  
Acupuncture

Healing  
Based on  
Nature.

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# Classical Five Element Acupuncture.

## Holistic healing, not just the suppression of symptoms.

### What is Acupuncture?

Acupuncture is the oldest medical system in the world, originating in China thousands of years ago. It is based on the understanding that the inherent energies in our bodies can heal us and help us feel in harmony with life. One third of the world's population uses acupuncture as a primary health care system, many more use it to complement western medicine. The World Health Organization and the National Institutes of Health endorse this powerful healing discipline.

Five Element Acupuncture was used by the mandarin classes as a way to maintain health, correcting small imbalances before they progressed into a serious disease. Patients paid their acupuncturist when they were well, and not when they were sick!

### How does acupuncture work?

Chinese medicine teaches us that life energy called Qi (chi) flows through the body in channels. Just as our blood delivers nourishment from the food we eat and the air we breathe, Qi is obtained and delivered to nourish our life energy. When your body's energy or Qi is abundant and flowing freely, you are healthy. When your Qi is weak or obstructed, you are susceptible to disease; you may have physical symptoms, mental symptoms, or you may simply lack a zest for life. Acupuncture heals by opening up obstructions and releasing the flow of the Qi through the body.

### What is a typical treatment?

A typical treatment starts with the patient communicating his/her concerns. The acupuncturist takes the patient's pulses to ascertain the flow and balance of Qi, and about four to eight points are chosen based on this and treatment objectives. Commonly an herb called moxa is placed on these points, lit, and removed when the patient feels warmth. Then small sterile needles are inserted in the acupuncture points. These needles may create short sensations ranging from a pinprick to a slight ache.

### How frequently will I need treatments?

Weekly treatments are usually recommended for the first six to ten weeks. After resolution of the initial problem(s), patients typically continue on a maintenance schedule, which varies from every few weeks to every few months.

### Benefits of Balancing Mind, Body, and Spirit.

People choose acupuncture for various physical and emotional concerns, and often continue for the sense of increased vitality, well being, and health they experience. Because Five Element Acupuncture aims to balance and restore Qi, or core energy, problems are solved at the root and symptoms disappear. It is truly holistic healing, not just the suppression of symptoms.

### What others are saying.

"Surgery seemed like my only alternative after debilitating shoulder pain from herniated disks in my neck forced me to leave my job. But after six treatments with Jeanette, the pain is gone and I am thrilled to be working again."

– Eucaris Salcido, Radiology Dept, Rose Medical, Denver, CO

"Five Element Acupuncture relieved my anxiety and insomnia after years of unsuccessful treatment with psychotherapy, drugs and herbal remedies."

– Barry Collen, Business owner, Boulder, CO

"My work is physically and emotionally demanding, and Jeanette's acupuncture gives me a sense of grounding and well being. I seem to avoid ordinary colds and flu as well."

– Lisa Gotlin, RN, MSN,

Hospice nurse, Greenwood Village, CO

Please call me with questions or to schedule an appointment.

If you're curious whether Five Element Acupuncture would be useful to you, please call me. We can discuss your questions over the phone and I would be happy to make an appointment to get acquainted and explore your situation in more detail.

303.596.4767