

## What is SEITAI SHINPO Acupuncture?

健康幸福

**S**eitai Shinpo is a system of acupuncture developed by Dr. Ta-ichi Sorimachi in the 1970's. He was the first to discover that internal organ systems could be balanced through alignment of the spine with acupuncture and moxibustion.

**T**he goal of Seitai Shinpo is to diagnose patterns of contraction along the spine and to release those areas with acupuncture. This release opens pathways for local nerves and blood supply to reach internal organs. Each point sends an impulse to the brain, which then sends messengers through the body that releases endorphins, serotonin and other "feel good" chemicals. This relieves pain, promotes healing and is one of the reasons why people feel so good after receiving a Seitai Shinpo acupuncture treatment.

**I**mmediately following acupuncture, a technique called direct moxibustion is done by burning an herb called artemesia vulgaris directly on top of the points that were needled. The oil released from the heat of each moxa cone doubles the production of white blood cells. These white blood cells are responsible for locating and fighting off viral or bacterial invasions and they detect and eliminate abnormal cell growths that may be cancerous. Moxibustion is also used to reduce inflammation, strengthen adrenal activity and support the cardiovascular system. Seitai Shinpo with moxibustion leaves patients feeling refreshed and alert.



E A S T W E S T



SEITI SHINPO  
ACUPUNCTURE &  
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## How does Seitai Shinpo balance the AUTONOMIC NERVOUS system?

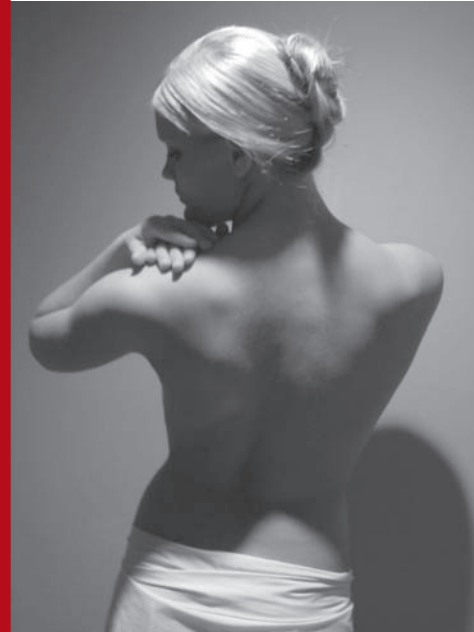
**T**he autonomic nervous system (ANS) is a regulatory system that helps us adapt to our environment. This nervous system branches off of the spine. When spinal muscles are contracted, important signals can't be transmitted to the brain and organs. This is when the disease process begins. The ANS has two branches: the sympathetic and parasympathetic nervous systems.

**T**he sympathetic nervous system is responsible for our "fight or flight" response. When constantly activated, it puts a great deal of stress on your heart, adrenals and digestive system. Many people in our developed, high-stress society spend most of their time operating on sympathetic nervous responses.

**T**he parasympathetic nervous system is the "rest and relaxation" response. It helps us fall asleep, breathe and digest food. It is activated in quiet times like eating or meditating.

**S**eitai Shinpo restores harmony between the sympathetic and parasympathetic nervous systems. You feel balanced and alert when you're awake, and are able to enjoy restful sleep when you're tired. Your mental, emotional, and physical health will all be greatly improved from the natural balancing effect of Seitai Shinpo.

## Is SEITAI SHINPO Acupuncture for Me?



**S**eitai Shinpo is for anyone who wants to boost their body's innate ability to heal itself. When the physical distortion is corrected, internal disease can be healed. When the parasympathetic and sympathetic nervous systems are in harmony, future disease can be prevented. Seitai Shinpo works by increasing wellness and improving the quality of life.

**J**ust a few of the common disorders treated with Seitai Shinpo are:

- Back, neck, and shoulder pain
- Arthritis
- Sports injuries, strains and sprains
- Dental pain
- Constipation & Diarrhea
- Sciatica
- PMS
- Allergies
- Depression, anxiety & stress,
- Colds
- Insomnia
- Immune weakness
- Heart disease
- Nausea
- Headaches
- Shingles

**W**hile studying at the University of Utah, Reagan J. Archibald became interested in acupuncture because of his holistic nature. He began his study under Dr. Tao Tanin Sandy, Utah, and was inspired to continue his education in Oriental Medicine.

**R**egan earned his Master of Science in Oriental Medicine at the Traditional Chinese Medical College of Hawaii. He also spent three years apprenticing with the founder of the Traditional Japanese Acupuncture Association, Dr. Chieko Maekawa PhD, DAC.

**R**egan is one of seven acupuncturists in the world who are certified in Seiti Shinpo. He is also the President of the Seiti Shinpo Acupuncture Foundation.

**I**n his approach to healthcare, he focuses on restoring harmony to the body and helping patients heal themselves.

**R**egan spends his free time with his wife, Riley and his daughter Zoe. He also enjoys snowboarding, dirtbiking and hiking.



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