

Our Staff

Qizhi Gao, D.O.M., Dipl. OM (NCCAOM), has been practicing Traditional Chinese Medicine since 1980. Beginning in China his travels have taken him to Germany and the United States where he has been exposed to a broad spectrum of Western and Eastern health care. Dr. Gao is founder/President of the Kansas College of Chinese Medicine. Dr. Gao is on active status at Select Specialty Hospital and is also former Director of Integrative Medicine, Wesley Rehabilitation Hospital, Wichita, KS where he was responsible for development and direction of the stroke rehabilitation research program. Dr. Gao specializes in Acupuncture, Herbal Medicine and Qigong. He is licensed by the State of New Mexico as a Doctor of Oriental Medicine by the State of Missouri as an Acupuncturist and holds a Diplomate of Oriental Medicine certified by the National Commission for the Certification of Acupuncture and Oriental Medicine (NCCAOM).

Mei Gong, TCMD, Dipl. Ac. (NCCAOM), is a graduate of the Institute of Traditional Chinese Medicine and Pharmacy, Beijing Union University and has been practicing TCM in North America and China for fourteen years. Dr. Gong specializes in Allergies, Women's Health and Pediatrics. She is on active status at Wesley Rehabilitation Hospital, Wichita, KS and is Medical Director and an Instructor for the Kansas College of Chinese Medicine. Dr. Gong also holds a Diplomate of Acupuncture certified by the National Commission for the Certification of Acupuncture and Oriental Medicine (NCCAOM).

Danny R. Spoon, B.S., B.A., Dipl. Ac. (NCCAOM), holds a Bachelor of Science in Community Services, a Bachelor of Arts in Business Administration both from William Carey College in Gulport, MS, a Diploma of Oriental Bodywork and Diploma of Acupuncture from the Kansas College of Chinese Medicine. Danny is an Instructor for the Kansas College of Chinese Medicine, is a Personal Fitness Trainer and holds a Diplomate of Acupuncture certified by the National Commission for the Certification of Acupuncture and Oriental Medicine (NCCAOM).

Linda Beyer, CPTA, MT. (NCTMB), is a graduate of the Kansas College of Chinese Medicine Oriental Bodywork Program where she also serves as a Clinic Supervisor and Instructor. Linda is a nationally certified massage therapist, a certified Physical Therapist Assistant and specializes in Tuina-Anmo and Swedish Massage.

Monja Wood-Barney, RM, MT is a Reiki Master Teacher and a graduate of the Kansas College of Chinese Medicine Oriental Body Work Program, where she serves as Clinic Supervisor and an Instructor. Monja is certified in Reiki, Tuina-Anmo, and Neuro-muscular massage.

Traditional Chinese Medicine

Traditional Chinese Medicine (TCM) is a sophisticated set of many systematic techniques and methods, including Acupuncture, Herbal Medicine, Qigong and Oriental Bodywork (Massage). The most striking characteristic of Chinese Medicine is its emphasis on diagnosing disturbances of vital energy in health and disease. Diagnosis in Chinese Medicine involves the classical procedures of observation, listening, questioning and palpitation, including feeling pulse quality and sensitivity of body parts. The practices and procedures of TCM began over three thousand years ago thus becoming the foundation of Western medical research. Interaction between Eastern medicine and Western science is providing powerful knowledge about TCM and how to provide the resulting benefits. The Evergreen Wellness Center is a total health care facility offering quality Traditional Chinese Medicine therapies to meet the needs of you and your family.



Evergreen Wellness Center

*Experienced Professionals
High Standard Service*



*May you have health and
longevity -- as the Evergreen*

9235 E Harry, Bldg. 100
Wichita, KS 67207
Phone: 316-691-8811
Fax: 316-691-8868

Website: www.evergreenwellness.com
Email: admin@evergreenwellness.com



Welcome to the Evergreen Wellness Center. Through our combination of Acupuncture, Herbal Therapy, Massage and Qigong, we are here to enrich

the quality of your life and help you feel better. EWC offers only the best Traditional Chinese Medicine services by a staff of experienced professional and all nationally certified clinicians. We are Kansas's only full service Traditional Chinese Medicine Clinic offering a full range of services to meet your specific need.

What problems can be treated by Chinese Medicine?

Chinese Medicine treats a full range of human diseases, such as: all types of acute and chronic pain, infertility, stroke rehabilitation, degenerative diseases due to aging, weight management, cosmetic procedures such as face lifting and much more.

What to expect from your first appointment?

Please arrive 10-15 minutes early for your first appointment to the Clinic so you can fill out Medical History and consent to treat forms. Using this information, our staff of Traditional Chinese Medicine Doctors and/or Acupuncturists will accomplish an initial evaluation to establish a baseline and personalized treatment plan. You will receive the appropriate Acupuncture or Chinese Herbal Therapy required for your unique health situation.

How many visits will it take?

The number of treatments required varies with your unique situation. A long term chronic disorder or illness may take ten or more visits to the Clinic before significant improvement is seen. Acupuncture and Chinese Herbal Therapy accentuate and utilize the body's innate ability to effect balance and long term healing results. Your practitioner will develop a plan and explain it thoroughly during your initial visit so you may choose the treatment plan that best fits both your financial and personal health goals.

Does Acupuncture hurt?

Patients should feel some tingling, heaviness, warmth, distention, even cramping when the practitioner stimulates the needle to achieve best healing results. In Chinese, Acupuncture is *bu tong*, painless. Some Western cultures may categorize these sensations as a type of pain. In any case, if you experience any discomfort, it is usually mild.

Are the needles clean?

All the needles used at EWC are sterilized, individually packaged and disposable.

How much does it cost?

Costs for treatment vary depending on the agreed to treatment plan. Following is a general review of our Clinic fees:

	Age<65	Senior
Initial Evaluation & Treatment:	\$ 85.00	\$ 75.00
Follow-up Therapy:	\$ 60.00	\$ 50.00

Herbal products not included

Does Insurance cover my treatments?

Generally no. Check with your insurance company. Some are now paying for Acupuncture treatments.

Clinic Hours
Monday — Friday
9:00 am — 5:00 pm
Saturday
10:00 — 2:00 pm
By appointment only

Payment is expected at the time of service. The Clinic accepts Master Card, Visa, Cash or Check in payment for services.

Massage Therapy



What Can Massage Do For Me?

Massage Therapy can do wonders for your body, both physically and mentally. Massage is a recognized effective treatment for many health conditions and is no longer considered just an indulgence. Many of the benefits include:

- ◆ *Reduced Stress & Anxiety*
- ◆ *Relief from Muscle Tension & Joint Stiffness*
- ◆ *Increased Blood Circulation*
- ◆ *Reduced Heart Rate*
- ◆ *Induces Relaxation*
- ◆ *Reduces Back Pain*
- ◆ *Relieves Depression & Insomnia*
- ◆ *Relieves Myofascial & Fibromyalgia Pain*
- ◆ *Relieves Headache/Migraines*

How much does it cost?

Massage Therapy	\$30.00 for 1/2 hour
	\$50.00 for 1 hour
	\$85.00 for 90 minutes



EWC also offers chair massage for corporate, parties, church, hotel, conferences for groups of 30-300 people.

Chair Massage Onsite
\$75.00 /hr per therapist

Group/Party Massage in EWC clinic	\$45.00 hr per therapist
--	---------------------------------

Appointments are available daytime, evenings and weekends. Call in advance to schedule. 24 hour notice is required for appointment cancellations. One week is required for group appointment cancellations.