



Photo by Kirby Neumann-Rea

ACUPUNCTURIST Carola Stepper treats associates Tonya Beattie, Cascade Acupuncture Center office manager, right, and counselor Sheila Schmid, who practices in the Cascade Wellness Center. The recliner chairs are available for use by all clients.

Acupuncturist treats for Katrina fund

Want to know how to get well with Acupuncture and raise funds for Katrina victims?

On First Friday, Oct. 7, Cascade Acupuncture Center, LLC will open its doors for the public to see the newly remodeled facilities that it is sharing with Cascade Wellness Center at 104 Fifth St., between Oak Street and Cascade Avenue.

Carola Stepper, R.N., LAc says it has been an exciting process to expand her practice and fulfill her dream of serving the residents of the Columbia Gorge who experience painful conditions or other health concerns in her own Acupuncture Center. She also hired a Feng Shui consultant, to enhance the healing of everybody entering the Center.

Until the end of October Cascade Acupuncture Center is offering the first consultation and treatment, in exchange for a donation of \$20 or more to the Oregon Mountain River Chapter of the American Red Cross Disaster Relief Fund. Residents may pick up Treatment Vouchers during First Friday, Oct. 7 or any other time, or simply call the Center.

Stepper stated the purpose of the center is "To help clients get relief from symptoms and correc-

tion of underlying health concerns, to reach their optimal level of health, to educate them why Oriental medicine has worked for millennia, and inspire them about effective tools of self care so they in turn can educate and inspire others.

"For many clients this is a life-changing process. We strive to continually improve all aspects of our services, to have clients so satisfied with our level of health that they naturally refer friends and family to us. This enables us to extend a sliding fee scale for all clients with a yearly income of \$25,000 or less, in support of our goal to make our treatments available to as many people as possible," Stepper said.

"Furthermore, Cascade Acupuncture Center provides a refuge for clients, a place of beauty, kindness and compassion, where they can heal and renew themselves in a supportive environment that also offers wellness related literature."

Cascade Acupuncture Center will also be hosting free health lectures on arthritis, trigger point therapy, digestion, women's hormones and more. You may call or e-mail for more information.

Stepper provides this testimoni-

al from one of Cascade Acupuncture Center's clients: "A friend of mine who has arthritis as well suggested acupuncture to me. Before my first treatment, I was truly unable to put my shoes and socks on without serious pain. After only a few treatments, I can report a huge improvement in emotional, spiritual and physical well-being."

Cascade Acupuncture Center has modeled this concept after a successful clinic in Portland as well as traditional Chinese treatment settings. The increased effectiveness is attributed to the "community energy" that is created when multiple people receive individual treatments in the same room.

This setting also enables clients to come to treatments together with their spouses or friends and share a healing experience.

A private consultation room is available upon request.

Individual treatments on a massage table continue to be offered as well.

The Center is wheelchair accessible and has off-street customer parking. The 400-square-foot waiting room with bamboo flooring is available for rent for meetings after 7 p.m. during the week and on the weekends.

For more information, contact Cascade Acupuncture Center at (541) 387-HEAL (4325) or: cascadeacupuncture@gorge.net

RECLINE AWHILE . . .

As part of its Oct. 7 special to help the Hurricane Katrina fund, the Center is also offering acupuncture treatments in recliner chairs.

These treatments are more deeply relaxing and lead to better results per client statements, according to Carola Stepper.

Each of the four leather recliner

chairs at Cascade Acupuncture Center has built-in massage, heating pads as well as individual stereo systems with head sets and relaxing music.

"Many people, especially those with painful conditions, report being more comfortable in recliner chairs than on a massage table," Stepper said.