

## Cascade Acupuncture starts herbal pharmacy

Cascade Acupuncture Center holds the grand opening of its extensive Chinese herbal pharmacy Sept. 3, during Hood River's First Friday.

Carola Stepper and her staff will be on hand during from 5-8 p.m. to answer questions about the new service at the center, 104 Fifth St., downtown.

Stepper said the herbal formulas are tailored to each person's specific health concerns.

"We currently stock over 200 traditional Chinese herbal formulas and single herbs in our extensive pharmacy," Stepper said. "It is our honor to be able to offer this service which helps people in the Columbia Gorge to get well naturally."

All Cascade Acupuncture clients have access to the pharmacy, with a minimal wait time, according to Stepper.

"We will mix and deliver our custom formulas to either clinic location, in Hood River or The Dalles, within three days," she said.

Clients first schedule an extra visit, called an herbal evaluation, and a medical intake to discuss the focus of custom Chinese formulas.

All three acupuncturists at Cascade Acupuncture Center have been trained in the specific Chinese medical pulse diagnosis with Jimmy Wei-Yen Chang Lac., according to Stepper.

The formula is then prepared, involving four to seven different classical Chinese herbal formulas or single herbs from the pharmacy.

"These ingredients will be prescribed in different dosages, according to your Chinese medical pulse, your progress and medical focus of your formula. The resulting custom Chinese herbal formula is designed

for your specific needs and is valid for only for the next few weeks; as your condition improves, your formula will be adjusted to meet your changing needs," Stepper said.

After two or four weeks, acupuncturists will evaluate the client's progress again with another evaluation and prescribe an additional formula.

"This form of practicing Chinese herbal medicine is the most customized and most effective way to attain lasting results," Stepper said.

■  
*Cascade Acupuncture Center is located at 104 Fifth St., Hood River, and 414 Washington St., The Dalles.*



Photo by Kirby Neumann-Rea

**OWNER** Carola Stepper prepares a Chinese herbal formula in the pharmacy at Cascade Acupuncture Center.