

Alyssa Proujansky, L.Ac., MSTOM

Description:

Alyssa's treatments focus on the ways in which our emotional lives influence our physicality, and vice-versa. While she has treated patients for a wide variety of concerns, her main focus is in working to help manage anxiety, depression, addictions and eating disorders, menstrual irregularities, infertility and menopausal symptoms, gastrointestinal disorders, and chronic pain.

Alyssa believes that each minuscule choice or action is part of an intricate framework stretching from the past through to the future, defining where we each stand in the present. Embracing this idea in her practice of acupuncture and herbal medicine, Alyssa believes that no choice is too small or insignificant to effect change. Through her extensive studies in pattern differentiation, diagnosis, acupuncture, Chinese herbal medicine and nutrition, Alyssa creates individualized treatment plans addressing each person's individual needs, and providing a starting point for growth, development and change.

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