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American Acupuncture Center - A Great Health Alternative

By Ashley Brown

The community of Eagle is proud to welcome the American Acupuncture Center, run by Tony and Kristen Burris. The Treasure Valley now has another health alternative offering Chinese herbal medicine and acupuncture.

Both Tony and Kristen are licensed acupuncturists, herbalists and hold a Master's of Science in Traditional Chinese Medicine. Both have equally passionate reasons why they practice this type of healing. Tony, who resonated with the teachings and theory of Chinese medicine wanted to include it in not only his everyday life, but as a profession. Tony also instructed at Pacific College of Oriental Medicine in San Diego.

Kristen struggled for years beginning in her early twenties with health problems. After seven different doctors strongly encouraged surgery, Kristen looked to acupuncture and Chinese medicine and within three months was back to a healthy state. "Western medicine wasn't helping me. Once I began this alternative treatment, within a few months my whole health changed", said Kristen. "Through my personal experience I knew I wanted to help others and educate them about their options of health care."

So, why should people choose Chinese medicine and acupuncture? Both Tony and Kristen believe health issues should be dealt with by beginning with the least invasive approach. Acupuncture and Chinese medicine allow the body to respond in a natural, healthy way. Through acupuncture, hair-thin, disposable needles manipulate Qi (chee) or Energy through specific points along the body achieving a therapeutic effect.

Chinese herbal medicine consists of shells, plants, and animal products combined to create herbal prescriptions tailored to each individual and their specific symptoms. Often it is less expensive and recovery times are less. Not to say however, that Western and Chinese medicine doesn't play

a role together. "We believe that both perspectives can work side by side. Most of our referrals are from physicians", Tony states.

Tony and Kristen treat a wide range of health related issues that include but are not limited to: Infertility, insomnia, arthritis, back and neck pain, anxiety, addiction, stroke, Parkinson's disease, poor athletic performance and many more. Kristen's primary focus is women's health. She treats patients for menstrual irregularities and pain, symptoms associated with menopause and infertility. Kristen has also accompanied a number of patients during in-vitro fertilization procedures to increase pregnancy by over 50% (Sterility and Fertility April 2002 and 2006). Tony's primary focus is chronic pain, geriatrics, complex cases and sports injury. He has also treated professional athletes including Olympic medal winners, Major League Baseball players and NFL players.

The most important note Tony and Kristen want to convey is that American Acupuncture Center is a safe place to heal, recover, and find relief with whatever health issue may be disrupting life. "This is a full system of medicine and patients come to us sometimes as a last resort, feeling let down by other treatments. Others are looking for a natural, less invasive way



Owners Kristen and Tony Burris work together and are both Licensed Acupuncturists, Herbalists, & Master's of Science in Traditional Chinese Medicine.

Tony also teaches classes in tai chi, qi gong, and meditation for stress relief and spiritual cultivation.

to heal. This is a place where they can feel like they have been heard. I love changing people's lives dramatically", Kristen says, "To take away their pain, help them achieve pregnancy, to help someone find their voice, is incredible." At American Acupuncture Center, patients find a different, holistic approach to health care; all while creating friendships with both Tony and Kristen.

The Burris' are nationally recognized experts and have been showcased on National Public Radio as well as in many written publications including Parenting Magazine, Better Nutrition, The Idaho Statesman and more. For more information about American Acupuncture Center call 938-1277. Also, visit their website at www.AmericanAcu.com to get to know more about Tony and Kristen and to learn about ongoing classes. American Acupuncture Center is located at 450 W. State Street, Suite 250 in Eagle.



Kristen is a nationally recognized expert in women's health and fertility. Pictured with Kristen is patient Maria Trampe receiving her Acupuncture treatment.

