Yo San Community Clinic

Ask a Licensed Practitioner:

Would you like answers to your medical questions from a traditional Chinese Medicine perspective? Send our practitioners your questions! Yo San Clinic has four licensed practitioners on staff available to see patients 6 days a week. Their specialties include: pain, orthopedics, gynecology, urology, internal medicine and facial rejuvenation.

For biographical information, please follow this link.

If you would like your question answered by a specific practitioner, please specify that in your request. Send your inquiries to: clinicmanager@yosan.edu

We look forward to hearing from you!

Facebook

Yo San Clinic is Open 7 Days a Week!

Now you can book your acupuncture sessions any day of the week with our new clinic hours:

Monday - Friday: 8 am to 9 pm  
Saturday: 8:30 am to 5:30 pm  
Sunday: 1:30 pm to 5:30 pm

Reproductive Medicine Clinic

Yo San Clinic has four licensed practitioners on staff available to see patients 6 days a week. Their specialties include: pain, orthopedics, gynecology, urology, internal medicine and facial rejuvenation.

Treat Yourself to a Special Friday!

At the end of a long week we know you need to reenergize for a great weekend.

What’s a better way to rejuvenate than by treating yourself to an relaxing, nurturing acupuncture session with one of our exceptional interns.

All treatments booked on Friday night between 6 pm and 9 pm from February 15th to March 31st will be just $25.

New patients and returning patients welcome!

Meet our interns:

www.yosan.edu/community-clinic

February 2012
Craig Swogger
Craig just started his third term in our clinic. Craig completed a Master Degree in Acting at UC Davis and went on to teach acting and directing classes at the University. He then moved to New York City where he not only worked as an actor but also spent 7 years working on Wall Street. A long time student and teacher of meditation, Craig felt his professional life and his spiritual life were at odds. A good friend who happened to be an acupuncturist recommended that Craig study acupuncture and consider the profession.
Craig had at this point been suffering from a severe sinus infection for 2 years. He decided to give acupuncture a try and let his friend tackle the sinus infection. After only 2 weeks, the sinus infection was completely gone. Craig was sold. Once he decided acupuncture was the road he had to travel, Yo San was his number one choice. So it was off to Los Angeles and into Yo San for Craig. We are so happy to have him.
To book an appointment with Craig, call us at (310) 577-3006 and ask to see Craig.

Khansa Baber
Khansa successfully completed her Bachelor of Medicine, Bachelor of Surgery (M.D.) in Pakistan. Her residency was in Obstetrics and Gynecology and she continued working as an OBGYN for another year. Upon her arrival to California, she was employed as a research assistant to an endocrinologist at UCLA for two years and then went on to teach science classes at a local high school. Coming from a long line of medical doctors, Khansa felt her lifelong passion for medicine beckoning to be revived. As fate would have it, her son injured his shoulder playing sports and Khansa brought him to his pediatrician who happens to be Yo San graduate and now instructor, Dr. Margo Deleaver. Moved and amazed by her son’s rapid response to acupuncture, Khansa turned her attention to pursuing the study of Chinese Medicine. What she loves most about Chinese Medicine? There are no idiopathic etiologies. In Traditional Chinese Medicine, all things that ail us have a specific explanation. She is also quite the advocate for preventative medicine as well as integrative medicine. Upon graduation, she intends to specialize in Gynecology and Internal Medicine. You can see Khansa in our clinic 3 days a week including Sundays!

Did you know?

Yo San Interns have been volunteering their services at Venice Family Clinic, the largest multidisciplinary free clinic in the country, for over 10 years.
Gila Peled, L.Ac, DAOM

Gila Peled is one of our recent doctoral graduates. First licensed in 1992, she has practiced in Coronada for 20 years. As a general practitioner, she saw several fertility cases and later decided she wanted to specialize in male and female fertility treatment. She was excited to start Yo San's Doctoral program when the youngest of her 3 beautiful children turned seven years old. Gila has found the doctoral program incredibly helpful, increasing her confidence and her knowledge when treating fertility patients. According to Gila, "There is almost nothing as rewarding as helping my patients have children." She of course has had the pleasure of meeting the babies she and her work with Chinese acupuncture and herbs have helped bring into the world. Gila completed her capstone project on male fertility and increasing sperm production using Traditional Chinese Medicine.

New Research

The profound effects of acupuncture are recognized daily by patients all over the country. But what new research is being conducted to demonstrate the benefits of Traditional Chinese Medicine?

Well the impact of acupuncture on male and female fertility is inspiring studies here and abroad. See the link below to read about a recent study in Australia. Many OBGYNs are referring to acupuncturists for complementary treatments to aid artificial insemination and IVF. The how and the why it works still stumps many Western medical practitioners, but it's hard to deny that it does work!


Yo San's Doctoral Students are Blazing Paths for Acupuncture Research:

In March of 2012 Yo San will be graduating its first Doctoral Cohort. Each student submitted a capstone project presenting initial research on a particular women's health issue and the effects of acupuncture and Chinese Herbs. These capstone projects are available on our website but our newsletters will feature abstracts for you to enjoy.

Abstract from Andrea Murchison L.Ac.'s capstone project

This study engaged retrospective chart review to discern patterns of prior diagnosis and treatment of women who were seen at a Traditional Chinese Medicine (TCM) university based fertility clinic. The data that emerged from this study were analyzed in three age categories: under 35, 35-39 and over 40 years of age. A surprising finding of this study was that of the 50 charts reviewed, 42(84%) were of women who were 35 years of age or older and therefore within the definition of advanced maternal age. It was the
youngest group, women under 35 years of age, who were observed to have had the highest incidence of treatment for fertility prior to consultation at the TCM University based fertility clinic. The data also showed that the most common TCM diagnoses on intake at the fertility clinic were those of Spleen qi deficiency and Liver qi stagnation. Given the observed data, additional questions arose regarding the economic and geographic nature of the sample studied. Recommendations for further research were generated.

A Call to Action for Acupuncture Patients Everywhere

The American Association of Acupuncture and Oriental Medicine is asking for patient participation in a letter writing campaign. AAAOM wants to see acupuncture included as an Essential Health Benefit under the Affordable Healthcare Act. According to Healthcare.gov: The Affordable Care Act ensures health plans offered in the individual and small group markets, both inside and outside of the Affordable Insurance Exchanges (Exchanges), offer a comprehensive package of items and services, known as essential health benefits. Essential health benefits must include items and services within at least the following 10 categories: ambulatory patient services; emergency services; hospitalization; maternity and newborn care; mental health and substance use disorder services, including behavioral health treatment; prescription drugs; rehabilitative and habilitative services and devices; laboratory services; preventive and wellness services and chronic disease management; and pediatric services, including oral and vision care.

Insurance policies must cover these benefits in order to be certified and offered in Exchanges, and all Medicaid state plans must cover these services by 2014.

If you believe Acupuncture needs to be an Essential Health Benefit, please consider joining this campaign. Write a brief letter including one or more of the following points:

1.) You have received acupuncture care and found it effective and essential

2.) Share your story if you are willing

3.) You would like acupuncture covered by federal and state insurance plans.

Send your email to: EssentialHealthBenefits@cms.hhs.gov
Please cc your email to: ehb@aaaomonline.org

Your passion and participation is invaluable and the key to making acupuncture widely available to all Americans.

Thank You.