

Ahna E. Bridenbaugh, LAc, DipLAc, MAc, Internal Herbal Medicine & Primary Care Acupuncture Specialis

Get to know Internal Herbal Medicine & Primary Care Acupuncture Specialist Ahna E. Bridenbaugh, who serves patients in Sedona, Arizona.



New York City, Apr 4, 2019 ([IssueWire.com](http://www.IssueWire.com)) - Ahna is a licensed acupuncturist (LAc), a diplomate of acupuncture (DipLAc), and master of acupuncture and oriental medicine (MAc). She is currently serving patients at Amazing Acupuncture & Asian Medicine, PLLC - her own private practice in Sedona, Arizona.

For 24 years, Ahna has offered her expertise as a master acupuncturist & Chinese herbalist that has helped thousands of her patients resolve their health issues and achieve what she calls "Well Above Wellness". Her patients have excellent things to say about her, one stating "I never thought I would enjoy seeing a doctor, but my monthly sessions with Ahna are so relaxing and rejuvenating! After years of suffering from dizzy spells, they have never come back and I feel better than ever."

Ahna graduated Cum Laude with a Master's degree from the Emperor's College of Traditional Oriental Medicine in Santa Monica, California in 1995.

Ahna is nationally certified by the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM). Established in 1982, NCCAOM is the only national organization that validates entry-level competency in the practice of acupuncture and Oriental medicine (AOM) through professional certification. The organization's mission is to assure the safety and well-being of the public and to advance the professional practice of acupuncture and oriental medicine by establishing and promoting national evidence-based standards of competence and credentialing.

Ahna is a member and past board officer for the Arizona Society of Oriental Medicine and Acupuncture (AzSoma). The mission of AzSoma is to protect the practice of acupuncture and oriental medicine as a separate and distinct healing art and profession in the State of Arizona.

Acupuncture is a form of alternative medicine in which thin needles are inserted into the body. It is a key component of traditional Chinese medicine. In addition to Acupuncture, Ahna incorporates Chinese herbal formulas, tui-na Massage, ear acupuncture, acupressure, and lifestyle counseling in exercise, diet, and meditation. She specializes in pain and stress management, sports injuries, allergies, asthma, colds, and the flu, facial rejuvenation, women's health, men's health, depression, fibromyalgia, substance abuse detoxification, weight loss, smoking cessation, pediatrics, and geriatrics. When a patient's condition is serious, Ahna works hand in hand with other physicians such as doctors, chiropractors, and physical therapists to assure the best possible treatment.

Ahna is now offering "Dr. Tan's Balance Method" - a treatment that can dramatically reduce pain by 50% or more, often with instant results. In addition, she teaches ongoing Tai Chi and Qi Gong classes.

Learn More about Ahna E. Bridenbaugh:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/3358942-Ahna-Bridenbaugh-acupuncturist-Sedona-AZ-86336> or through Amazing Acupuncture & Asian Medicine, PLLC, <http://www.acupuncturesedona.com/>

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Media Contact

Your Health Contact

clientservice@yourhealthcontact.com

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