

kacy I. borba spann, ND, LAc, a Naturopathic Doctor & Acupuncturist with Portland Family Health

Get to know Naturopathic Doctor & Acupuncturist dr. kacy I. borba spann, who practices in Portland, Oregon.



New York City, Jul 20, 2020 ([Issuewire.com](https://www.issuewire.com)) - dr. kacy is a naturopathic doctor and licensed acupuncturist practicing adjunctive healthcare at both Portland Family Health and the Pohala Clinic in Portland, Oregon. Respecting that healing is a journey with many paths, dr. kacy views her role as a practitioner to be a partnership with her patients. She is able to serve and support a diverse spectrum of folks looking for everything from acute pain relief to everyday wellness.

Creative, flexible, and grounded in her approach to care, dr. kacy uses many modalities such as: classical Chinese acupuncture, non-insertive Japanese acupuncture for pediatric patients, spinal manipulations, fire cupping, bleeding cupping, scar therapy, prolotherapy, trigger point injections, bodywork (including cranio-sacral, myofascial release, shiatsu, and channel work), post-surgical recovery, as well as naso-specifics for sinus and neurological issues. She also utilizes basic and specialty lab work and imaging to aid in diagnosis and treatment efficacy.

1. kacy is a hands-on doctor, constantly reiterating to her patients that, “it’s your body, your choice” and opting for open honesty over dogmatic doctoring. She believes that touch is incredibly important to healing and her approach is grounded in a deep belief that the body is wise.

A true generalist with hopes of achieving optimal health and wellness through collaborative care, dr. kacy is able to connect one-on-one with her patients, approaching them with humility and respect. She centers her values each day as she supports her patients to better their self-care and joyful thriving.

Hailing from a big family in a small cow-town on the central coast of California, dr. kacy studied Community Healthcare — a major she designed — at UC Santa Cruz, focusing on social inequities in healthcare and biomedical sciences. A few years later, she found herself in Portland for graduate school at the National College of Natural Medicine, where she spent time growing, learning, and healing, with Naturopathic and Chinese medicine. She obtained her Doctor of Naturopathic Medicine (ND) and Master of Science in Oriental Medicine (MSOM) degrees in 2013.

With an unwavering commitment to her work and to her community, dr. kacy attributes her success to her strong bond with her family of origin, the loving support of her spouse, and a deep connection with and care for her patients.

A firm believer that being bipedal is the coolest, dr. kacy likes to be in motion, whether walking, skateboarding, dancing, hula hooping — or playing with her three-year-old son. She loves to be in nature, near bodies of moving water, with her bare feet on the earth. She feels the most connected to our creator when she is with the ocean tides on a full moon. She also believes that there is no better dessert than a chocolate chip cookie, and it is important to treat yourself.

Learn More about dr. kacy l. borba spann:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/1552861-kacy-Borba-spann-Acupuncturist> or through Portland Family Health, <http://portlandfamilyhealth.com/practitioner/dr-kacy-spann/>

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Source : Kacy L. Borba Spann, ND, LAc

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