

Judita Griffin, L.Ac., an Acupuncturist with Total Wellness Acupuncture

Get to know Acupuncturist Dr. Judita Griffin, who practices in Phoenix, Arizona.



New York City, Aug 15, 2020 ([Issuewire.com](https://www.issuewire.com)) - Dr. Griffin, a licensed acupuncturist, serves as the owner & operator of Total Wellness Acupuncture in Phoenix, Arizona. She gives a lot of attention to the emotional needs of her patients, all the while remaining dedicated to improving their health and quality of life.

With a unique focus on pain reduction and wellness, she strives to alleviate pain of any type and treat various physical, mental, and emotional conditions. To do so, she uses herbal remedies, holistic medicine treatments, as well as alternative medicine treatments based on TCM (Traditional Chinese Medicine) modalities like acupuncture, herbalism, gua sha, cupping, moxibustion, nutritional counseling, Eastern & Western body work, and needle-less treatments such as a laser acupuncture.

Since her childhood, Dr. Griffin has had a passion for teaching and medicine. In Lithuania, she taught high school geography and had a great interest in natural healing modalities. In 2004, she immigrated to the United States from Lithuania and began studying massage therapy, knowing it was a good way to help people feel better.

Three years later, in 2007, she developed a severe and prolonged jaw infection. With unbearable pain, she was prescribed narcotic pain medications to be taken every 4 hours. The more she took the pain killers, the more she needed them. She became disappointed with allopathic medicine and started searching for a more natural way of healing. This was the driving force that led her to Oriental Medicine and Acupuncture. She studied hard and graduated from the Phoenix Institute of Herbal Medicine and Acupuncture with her Master of Science in Oriental Medicine degree.

“Because of my strong background in science and nature, I see mankind as a part of nature. When nature is out of balance, we have disasters: tornadoes, hurricanes, tsunamis, volcanoes, earthquakes, etc. Our planet has the capacity to slowly recover. The human body is no different. The major goal of Traditional Chinese Medicine is to increase the body’s healing capacity by bringing it into balance depending on the disease or injury pattern. Where there is excess, we treat by reducing; where there is deficiency, we treat by tonification; and where there is stagnation, we treat by promoting circulation” as stated by Dr. Griffin.

Practicing and preaching the healing power of acupuncture, she is a Reiki Master, a Mindfulness Practitioner, and a Licensed Massage Therapist. She is currently studying for her Doctorate degree at Phoenix Institute of Herbal Medicine and Acupuncture, and recently became certified in MicroNeedling for facial rejuvenation, healing of acne, and scar tissue, etc. She has treated a lot of patients with neurological conditions and her next goal is to become certified in Neurological Acupuncture.

Furthermore, she is a National Diplomate of Acupuncture through the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM). The NCCAOM is a non-profit organization in the United States that aims to “establish, assess, and promote recognized standards of competence and safety in acupuncture and Oriental medicine for the protection and benefit of the public.”

Acupuncture is a form of alternative medicine and a key component of Traditional Oriental Medicine. It is a technique in which thin needles are inserted into the body and in some cases, electro-stimulation is applied to gently stimulate particular regions of the body. Acupuncture is also used to maintain general health and well-being. Acupuncturists treat a variety of physical and psychological issues, such as anxiety, depression, insomnia, pain, digestive disorders, and infertility.

Happily married, Dr. Griffin’s husband, Nelson, is a registered nurse. He works in the ER at HonorHealth Deer Valley Hospital. On the days he is off, he helps his wife at the office. Their daughter lives in the United Kingdom.

During her time away from the office, Dr. Griffin enjoys caring for her rescue dogs, reading, and spending time with her husband. They have discovered a “sacred place” in Oak Creek Canyon where they can rest their feet in the running water and enjoy the sounds of nature and the clean mountain air,

thereby resetting their minds and bodies from the stresses of civilization.

Learn More about Dr. Judita Griffin:

Through her findatopdoc profile,
<https://www.findatopdoc.com/doctor/82485525-Judita-Griffin-Acupuncturist> or through Total Wellness
Acupuncture, <https://totalwellnessacupunctureaz.com/about-us/>

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