

Hayley Jackson, LAc, an Acupuncturist with Truspine LLC

Get to know Acupuncturist Hayley Jackson, who serves patients in San Francisco, California.



New York, New York City, Jan 21, 2021 ([IssueWire.com](https://www.issuewire.com)) - Hayley, a licensed acupuncturist, specializes in prenatal acupuncture, dry needling, and sports injuries at Truspine LLC in San Francisco, California. As an exercise enthusiast, she knows the importance of proper recovery strategies to get you back to what you love doing.

“At Truspine LLC, our goal is to help you understand the cause of your pain and how to treat the symptoms with chiropractic and acupuncture care. Whether your back pain, neck pain, or extremity pain is caused by a car accident, repetitive stress injury, the aging process, heredity, sports injury, or other traumas, our doctors offer the best options when it comes to managing pain” as stated on the practice’s website.

After exhausting her efforts to feel well by seeking care from western physicians and pharmaceuticals, Hayley found acupuncture. She is honored to share the gift of Chinese Medicine with others who are seeking relief from pain and suffering. She values this medicine for its focus on the mind-body connection and its holistic approach to wellness. She also encompasses diet and lifestyle coaching, supplements, and Chinese herbs into her treatment as she sees fit.

Prior to embarking on her professional journey, Hayley received her Bachelor of Science degree in Psychology from the College of Charleston. She soon after moved to Santa Cruz to earn her Master’s degree in Traditional Chinese Medicine from Five Branches University. She has spent the past few years practicing under some of the leading acupuncturists in Kiiko style and trigger point acupuncture.

Offering a holistic approach when it comes to pain relief, she strives to eliminate chronic pain and discomfort, helping her patients become more productive, improve their health, and start enjoying life to the fullest.

Acupuncture is a form of alternative medicine and a key component of Traditional Chinese 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.

Learn More about Dr. Hayley Jackson:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/82577707-Hayley-Jackson-Acupuncturist> or through Truspine LLC, <https://www.truspinesf.com/team/hayley-jackson/>

About FindaTopDoc.com

FindaTopDoc is a digital health information company that helps connect patients with local physicians and specialists who accept your insurance. Our goal is to help guide you on your journey towards optimal health by providing you with the know-how to make informed decisions for you and your family.

Media Contact

Your Health Contact

clientservice@yourhealthcontact.com

Source : Hayley Jackson, LAc

[See on IssueWire](#)