

Dr. Aimee Montanaro, D-TCM, L.Ac., Acupuncturist & Herbalist at Integrity Acupuncture

Get to know Acupuncturist & Herbalist, Dr. Aimee Montanaro, who serves patients in Westport & Shelton, Connecticut.



New York, New York City, Sep 14, 2021 ([IssueWire.com](https://www.issuewire.com)) - Dr. Montanaro's Integrity Acupuncture is located in Westport & Shelton, Connecticut.

Specializing in Traditional Chinese Medicine (TCM), Dr. Montanaro supports the functional and structural integrity of the patient's body by implementing various modalities of TCM. These modalities include acupuncture, moxibustion, cupping, gua sha, herbs, movement therapy, and diet & lifestyle counseling.

Throughout her years of education, Dr. Montanaro focused on not only TCM, but also the role of TCM in integrative medicine across various specializations including women's health, reproductive medicine, endocrinology, chiropractic care, orthopedics, pain management, and primary care. In various clinics, she has collaborated with western medical providers in order to treat patients through an integrative medical approach, and, this, in turn, has resulted in high patient satisfaction through the resolution of their chief complaints. At Integrity Acupuncture, Dr. Montanaro's approach is rooted in evidence-based and evidence-informed research yet defined by her kindness, warmth, and sensitivity.

Dr. Montanaro graduated summa cum laude from the University of Bridgeport with both her Doctorate and Master's degrees in Traditional Chinese Medicine. In addition, she received her Master's degree in Organizational Development from Antioch University in Los Angeles, California, and her Bachelor of Science in Psychology from Tulane University in New Orleans, Louisiana.

Nationally board-certified as a Diplomate by the NCCAOM and licensed by the state of Connecticut, Dr. Montanaro is an active member of the American Society for Reproductive Medicine, the Society for Integrative Oncology, and the Connecticut Society of Acupuncturists. She attends conferences and seminars throughout the year in order to hone her skills and to increase her depth of knowledge so that she may offer her patients the highest quality care possible.

Acupuncture is a form of holistic 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 health concerns including women's health & fertility, autoimmune disorders, digestive disorders, joint & muscle pain, insomnia, and emotional concerns such as stress management, anxiety & depression.

Learn More about Dr. Aimee Montanaro:

Through her findatopdoc profile, <https://findatopdoc.com/doctor/82739982-Aimee-Montanaro-Acupuncturist> or through Integrity Acupuncture <https://www.integrityacuct.com>

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 : Dr. Aimee Montanaro, D-TCM, L.Ac.

[See on IssueWire](#)

