

Joseph DeStefano II, DAOM, LAc, an Acupuncturist with ReturningSpringSM Integrative Health Services

Get to know Acupuncturist Dr. Joseph DeStefano II, who serves patients throughout California.



New York City, New York Jun 23, 2023 ([Issuewire.com](https://www.issuewire.com)) - A devoted acupuncturist with a rich background in the East Asian healing arts, Dr. DeStefano sees patients at ProviStar Acupuncture in Westchester (Monday and Friday), as well as at Full Circle Yoga & Healing Arts in Yorba Linda (Tuesday through Thursday). A respected clinician and teacher, Dr. DeStefano is also on faculty at Emperor's College of Traditional Oriental Medicine in Santa Monica, where supervises interns at the school's primary teaching clinic, and off-site training program.

With a lifelong dedication to martial arts training in Japan and China, his journey into Traditional Chinese Medicine (TCM) began during weekend workshops at the Acupressure Institute in Berkeley in the mid-'90s. After a successful career in environmental management, a deep-seated love for TCM led him to return to school in 2005 to study these ancient healing modalities.

Having already amassed nearly two decades of experience in Asian bodywork and external herbal therapies, Dr. DeStefano developed a distinctive style that incorporated techniques from both Eastern and Western massage therapy traditions. Driven by a thirst for knowledge, he earned a Bachelor of Health Science degree, specializing in Tui Na Manual Therapy, with honors from the Pacific College of Oriental Medicine in San Diego, under the guidance of Sifu Bill Helm, TS.

Subsequently, he honed his skills and furthered his expertise through an externship at the Tui Na Center of Yue-Yang Integrative Medicine Hospital in Shanghai, and completed additional studies in Tui Na at the International Education Center of Shanghai University of TCM.

Continuing his pursuit of excellence, Dr. DeStefano was accepted into the prestigious four-year Master's program at Emperor's College of Traditional Oriental Medicine, the top-ranked acupuncture school in California and one of the best in the country. There, he earned a Master of Traditional Oriental Medicine degree with highest honors. Throughout his time at Emperor's, he gained extensive experience in treating behavioral health issues such as anxiety, depression, PTSD, and addiction, while also expanding their knowledge in orthopedics and pain management.

Driven by a strong interest in integrative healthcare, particularly pain management, he pursued integrative medicine residencies at renowned institutions including the Disney Family Cancer Center at Providence St. Joseph's Hospital, the Simms/Mann Health and Wellness Center at the Venice Family Clinic, and the HIV+ Community Clinic at BeingAlive LA.

Further cementing his expertise, Dr. DeStefano completed an academic doctorate at the Pacific College of Oriental Medicine, focusing on integrative medicine and the treatment of neurological conditions, particularly movement disorders. In addition to his training in East Asian medicine, he also holds a Bachelor of Arts degree in Political Science and Theology, as well as a Master of Science degree in Environmental Science from Loyola Marymount University.

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 often with electro-stimulation which gently increases blood circulation, stimulates the nervous system, and reduces inflammation. 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.

Outside of his professional pursuits, Dr. DeStefano actively engages in volunteer work at his local church, and has a deep interest in history, especially family history and genealogy. He is also a skilled artisanal baker and a talented professional opera singer and voice-over artist. Although a Southern California native, he is a lifelong fan of the New York Yankees, and loves to travel with his daughter to see them play.

Learn More about Dr. Joseph DeStefano II, DAOM, LAc:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/82735727-Joseph-DeStefano-II-Acupuncturist>, through Full Circle Yoga & Healing Arts, <https://www.fullcircleyogaoc.com/healingprofessionals> or through his website, <https://returningspring.com/index.php/about/about-joeey-d/>

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