

Heidi Golding, DACM, Dipl.OM, LAc, Empowers Healing Via Living Well Chinese Medicine in Loveland, CO

Paving The Way For Holistic Healing



New York City, New York Jun 4, 2024 ([Issuewire.com](https://www.issuewire.com)) - A trusted acupuncturist and doctor of Chinese Medicine, Dr. Golding brings a unique blend of expertise and compassion to her patients. Her approach is deeply rooted in the understanding that true healing occurs when there is harmony between the body, mind, and soul. By focusing on restoring internal balance and addressing both internal and external environments, she empowers her patients to embark on their own journey towards holistic wellness.

Driven by a desire to turn personal tragedy into a source of healing for others, she studied the ancient art of Chinese Medicine after witnessing her sister's death from a rare form of cancer in their high school years. With over a decade of experience in the corporate world working with cellular phone technology, she made a conscious decision to dedicate her life to the study and practice of Chinese Medicine - a profound medical system with a history spanning thousands of years and one that opens a window into viewing the body very differently than that of an allopathic/western medicine approach, which instead views the body as parts - completely separate from the emotional body.

As a Nationally Board certified practitioner with NCCAOM and a Diplomate of Oriental Medicine (Dipl OM), Dr. Golding brings a wealth of knowledge and expertise in acupuncture and Chinese herbology to her practice. She also holds a Doctorate in Acupuncture and Chinese Medicine (DACM) from Pacific College of Oriental Medicine, San Diego. She also holds a B.A from Tulane University and an MBA from Rutgers University.

Drawing inspiration from her mentors Kiiko Matsumoto and Masakaza Ikeda who have crafted ingenious acupuncture protocols for chronic pain and stress-induced illness, she incorporates a gentle Japanese approach in her treatments. This approach blends western understanding with ancient eastern tradition - very often having immediate healing effects. Additionally, her advanced certification in Frequency Specific Microcurrent (FSM) from Dr. Carol McMackin and Shannon Goosen, enhances the efficacy of acupuncture treatments; a modality now used at Cleveland Clinic and many other prominent institutions. FSM is a technology that delivers safe, non-invasive frequencies through the body. The body in turn, in its innate brilliance, knows what to do with these frequencies to balance and optimize many bodily functions. Acupuncture combined with FSM is extremely powerful together. Dr. Golding has also studied cranial sacral therapy and uses it in her practice when needed.

Dr. Golding, is one of a kind. She spends quality time with each patient blending many healing modalities with results that speak for themselves. Dr. Golding treats a wide range of patients ranging from elite athletes to those recovering from surgery, those dealing with chronic conditions, stress related problems, insomnia, digestive problems, postpartum depression/issues and honestly, anything that is "imbalanced" or "things that just feel off" in the body. She also treats many that are looking to age gracefully and prevent disease. Chinese medicine is known for "Yang Shen" or enhancing health and longevity.

Working in a beautiful integrative clinic, alongside brilliant practitioners of different modalities, patients not only have access to Dr. Golding, but a host of practitioners offering nutritional assistance, health coaching, neurosomatic postural therapy, functional medicine, epigenetics, red-light bed, theta pod and even Innergy rMTS brain therapy.

Beyond her professional endeavors, Dr. Golding is quite active. She was an all-American gymnast in her youth. She finds joy and balance in activities such as Qi Gong, meditation, Pilates, and yoga.

Residing in the picturesque landscapes of Colorado with her husband and two adult children, she embraces an active lifestyle that includes skiing, hiking and rock climbing.

Learn More about Dr. Heidi Golding:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/323592-Heidi-Golding-Acupuncturist> or through Living Well Chinese Medicine, <https://www.livingwellchinesemedicine.com/about>

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