

Heidi Golding, DACM, LAc: Blending Ancient Wisdom & Modern Techniques for Holistic Healing in Loveland, Colorado

A Unique Approach to Wellness: Dr. Golding's Empathetic Care and Expertise Empower Patients on Their Healing Journeys



New York City, New York Jun 8, 2025 ([Issuewire.com](https://www.issuewire.com)) - Living Well Chinese Medicine proudly highlights the exceptional services of Dr. Heidi Golding, DACM, Dipl.OM, LAc, a highly respected acupuncturist and doctor of Chinese Medicine. Known for her compassionate and comprehensive

approach to healing, Dr. Golding combines her extensive knowledge of ancient healing practices with modern therapies to promote holistic wellness for her patients.

Dr. Golding understands that true healing comes from a harmonious balance of the body, mind, and soul. At her private practice, she emphasizes restoring internal balance while addressing both internal and external environments. This holistic approach empowers patients to embark on their personal journeys toward wellness, ensuring that they are active participants in their health.

“Every patient is unique, and I tailor my treatments to meet their individual needs,” shares Dr. Golding. With a diverse clientele that ranges from elite athletes to individuals recovering from surgery, Dr. Golding treats a variety of conditions, including chronic pain, stress-related issues, insomnia, digestive problems, and postpartum depression. “I also work with clients interested in aging gracefully and preventing disease through the principles of ‘Yang Shen’—the Chinese medicine approach to enhancing health and longevity.”

Dr. Golding’s path to becoming an acupuncturist was deeply influenced by personal tragedy. After witnessing the death of her sister from a rare form of cancer during high school, she shifted her career focus from the corporate world of cellular technology to the ancient art of Chinese Medicine. With over a decade of experience, she has cultivated a profound understanding of this medical system, which views the body as an interconnected whole rather than a series of separate parts.

Dr. Golding holds a Bachelor of Arts Degree from Tulane University, an MBA from Rutgers University, and a Doctorate in Acupuncture and Chinese Medicine (DACM) from Pacific College of Arts and Sciences in San Diego. As a nationally board-certified practitioner with the NCCAOM and a Diplomate of Oriental Medicine (Dipl. OM), her qualifications reflect her dedication to her craft.

Drawing on the teachings of her mentors, Kiiko Matsumoto and Masakazu Ikeda, Dr. Golding employs a gentle Japanese acupuncture approach that integrates Western medical understanding with traditional Eastern practices. This method often yields immediate healing results, particularly for chronic pain and stress-induced illnesses. Furthermore, her advanced certification in Frequency Specific Microcurrent (FSM), developed by Dr. Carol McMackin and Shannon Goosen, enhances the efficacy of her acupuncture treatments. FSM technology uses safe, non-invasive frequencies that the body utilizes to optimize various functions, making it an invaluable addition to her healing toolkit.

Dr. Golding’s unique integration of FSM and classical acupuncture allows her to address complex issues such as chronic pain, post-operative scarring, and neurological conditions effectively. Her expertise in understanding and treating scar tissue blockages, which impede the flow of “qi” or energy in the body, has garnered her a reputation for achieving remarkable results, even with longstanding issues.

An active speaker at medical conferences, Dr. Golding regularly discusses the differences between Western and Eastern approaches to treating chronic inflammation, helping to bridge the gap between these two medical paradigms.

At Living Well Chinese Medicine, Dr. Golding collaborates with a diverse team of practitioners in a beautiful integrative clinic, offering patients access to a wide range of complementary services. From nutritional assistance and health coaching to neurosomatic postural therapy, functional medicine, epigenetics, and advanced therapies like red-light bed treatments and theta pod sessions, patients benefit from a holistic ecosystem of care.

Beyond her professional achievements, Dr. Golding leads an active lifestyle. An all-American gymnast in

her youth, she enjoys engaging in activities such as Qi Gong, meditation, Pilates, and yoga. Residing in the scenic landscapes of Colorado with her husband and two adult children, she embraces an outdoor lifestyle that includes skiing, hiking, backpacking, slot-canyoneering, rock climbing, and tubing down the Poudre River.

Dr. Golding invites individuals seeking a balanced, holistic approach to their health to visit Living Well Chinese Medicine. "Together, we can explore the pathways to your wellness," she states, reflecting her commitment to guiding patients on their healing journeys.

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/>

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