

Amanjeet Kaur Sahota, DAOM, NP, L.Ac: The Visionary Behind Ajooni Holistic

Blending Eastern Wisdom and Western Medicine to Redefine Integrative Health and Healing



Bellingham, Washington Oct 28, 2025 ([IssueWire.com](https://www.issuewire.com)) - Bellingham and Seattle, Washington - Amanjeet Kaur Sahota, DAOM, NP, L.Ac, a distinguished Doctor of Acupuncture and Family Nurse Practitioner, is proud to announce the launch of Ajooni Holistic, a revolutionary mobile clinic offering integrative acupuncture services directly to clients' homes. Blending the principles of Eastern and Western medicine, Dr. Sahota's mission is to foster a holistic approach to health that balances the mind, body, and spirit.

Founded in 2021, Ajooni Holistic aims to deliver personalized healthcare solutions tailored to the unique needs of each patient. The name "Ajooni," which translates to "beyond birth" in Punjabi, reflects Dr. Sahota's vision of transcending traditional boundaries in healthcare. "We provide diverse treatments and services," she explains, "and our goal is to serve clients from all walks of life who aspire to optimize their holistic well-being."

At Ajooni Holistic, Dr. Sahota specializes in various areas, including pain management, post-surgical recovery, psycho-emotional distress, and women's health. Her expertise in Tan Balance Acupuncture and the 8 Extraordinary Vessels allows her to address psycho-emotional concerns effectively. Additionally, she is excited to announce that she will be offering Functional Medicine services starting in 2028, further expanding her practice's integrative capabilities.

Dr. Sahota's journey into the world of integrative health began in her youth, but it was not until adulthood that she discovered her true passion for health and wellness. With a strong academic background, including degrees from Johns Hopkins University and Duke University, she holds a double Bachelor's Degree and a Master's Degree, as well as a Doctorate of Acupuncture and East Asian Medicine from Yo San University.

Her professional experience is equally impressive. In addition to her acupuncture practice, Dr. Sahota has a rich background as a nurse, having worked in Intensive Care Units (ICU), medical-surgical neurology units, and home hospice care. Her dedication was particularly evident during the COVID-19 pandemic, when she served on the front lines in the ICU, providing critical care to patients in need.

Dr. Sahota's personal health struggles profoundly influenced her career path. After experiencing five years of amenorrhea, she sought traditional Western medical solutions that left her feeling unsatisfied due to side effects. A pivotal moment occurred during an alternative medicine workshop at Johns Hopkins, where she received ear acupuncture and experienced a profound emotional and physiological response that reignited her menstrual cycle. This transformative experience sparked her journey into the world of acupuncture and herbal medicine, leading her to commit to a holistic approach to health.

Now, Dr. Sahota is excited to bring her vision of integrative medicine to the Pacific Northwest, a region that holds a special place in her heart. "I am thrilled to be back in my original home, where I can share my knowledge and experience with the community," she states with enthusiasm.

Outside of her practice, Dr. Sahota enjoys a vibrant life filled with outdoor adventures, nature walks, and creative pursuits. She is a passionate writer, currently working on a coffee table book titled "Akhaan," which features Indian and Pakistani proverbs written in Punjabi and translated into English. The book is set to be released in December 2025, showcasing her dedication to preserving and sharing her cultural heritage.

Dr. Sahota is also a lifelong learner, always seeking new knowledge and experiences. Her eclectic interests include yoga, poetry, ecstatic dance, and spending time in nature, where she finds inspiration and balance. "I believe in the power of reciprocal energies and the importance of staying connected to

both my roots and the world around me,” she says.

Ajooni Holistic not only offers acupuncture services but also provides online coaching to ensure comprehensive care for clients. By merging Eastern and Western philosophies, Amanjeet Kaur Sahota is committed to helping individuals achieve optimal health and wellness in a supportive and nurturing environment.

Learn More about Dr. Amanjeet Kaur Sahota:

Through Ajooni Holistic, <https://www.ajooniholistic.com/about> or through her personal website, <https://www.roobarooseries.com/>

Media Contact

Today'sNurse

*****@todaysnurse.com

Source : Dr. Amanjeet Kaur Sahota

[See on IssueWire](#)