

# Milestones Resilience Care

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## Acupuncture Therapy

Acupuncture has been shown to reduce stress and improve resilience by promoting relaxation and balance within the body. During an acupuncture session, thin, sterile needles are placed in specific points on the body, called meridians, to stimulate the nervous system, release endorphins, and redirect energy flow within the body. This process can help to reduce stress and promote feelings of well-being.



**Angela Gainer, L.Ac.**

Acupuncturist, Angela D. Gainer believes in taking a holistic approach to healing, and she has specialized training on working with individuals who have experienced trauma. She understands that wellness is not just about addressing physical issues, but also about achieving emotional balance and spiritual connectedness. Angela employs a heart-centered healing approach that gently guides individuals towards optimal wellness.

She has always been interested in health and healing but has found that traditional approaches to medicine often overlooked the connection between a person's physical symptoms and their emotional and spiritual well-being.

Angela received a Master of Science in Acupuncture and Oriental Medicine from Southwest Acupuncture College in Santa Fe, New Mexico, and has over 28 years' experience. Additionally, she is a certified diplomat of the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM).

**To learn more about acupuncture, better understand how acupuncture can play a role in your healing journey, or to schedule an appointment, you can contact Milestones Resilience Care at 719-255-6453.**