

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.



Daniela Jaramillo, L.Ac., Dipl. O.M.

Board Certified and Colorado State Licensed Acupuncturist

Daniela Jaramillo is a board-certified, Colorado state-licensed acupuncturist, and Chinese herbalist with over 25 years of experience in integrative and manual therapies. She holds a Master of Science in Chinese Medicine from Southwest Acupuncture College in Boulder, CO, and began her career in 1995 as a neuromuscular therapist.

Daniela specializes in the treatment of mild traumatic brain injury (mTBI), chronic pain, and trauma, and is certified in Level I Neuro-Acupuncture. Her approach blends a deep knowledge of form and function of the body with the holistic principles of Chinese medicine to support healing of the body, mind, and spirit.

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.