



**DR. ANGELA LONGO,**  
Ph.D. Biochemistry,  
U.C. Berkeley, Bio-  
chemical Research, Cer-  
tified Acupuncturist,  
directs an experienced  
staff of Chinese Med-  
icine Practitioners. Dr.  
Longo embarked on  
her career after her

own remarkable response to traditional Chinese medicine in the treatment of her serious illness, which didn't respond to Western medical practices. She apprenticed under the celebrated Dr. Lam Kong In San Francisco, a two-term Chairman of the California Board of Acupuncture. Dr. Longo, a Clinician of Chinese Medicine for 25 years, directs The Wellness Program. Dr. Longo also maintains her private practice at the Clinic.

SERIOUS MEDICINE . . .



. . . IN SCENIC PARADISE

## THE WELLNESS PROGRAM

Our Wellness Program is priced comparably to other programs, with the added luxury of being located in Hawaii. The price is \$1545 per two weeks, which include daily evaluations, acupuncture, herbs, nutritional counseling, massage and chi gong (weekend herbs and treatments are extra). This does not include accommodations. In our area, hotels vary from small and charming at \$50/night (and within walking distance to our clinic!) to gorgeous suites in 5-star luxury hotels on the beach. We will be happy to send you brochures for the various hotels in our area — you get to choose!

*Please call for reservations*

*-or-*

*leave a message and we'll call you back.*

**Aloha!**

**808-885-4239**

## THE WELLNESS PROGRAM

*Hosted by the*

**ACUPUNCTURE CLINIC**

*Kamuela, Hawaii - on The Big Island*

**DR. ANGELA LONGO**

*Ph.D., C.A.*

visit us on the web at: <http://www.angelalongo.com>  
e-mail: [healing@angelalongo.com](mailto:healing@angelalongo.com)

## THE WELLNESS PROGRAM IS...

*a 14-day application,  
of oriental medical arts and sciences,  
toward the healing of,  
dysfunctions and curing of disease,  
with an emphasis on,  
renewal and wellness.*

**TRADITIONAL CHINESE MEDICAL COLLEGE OF HAWAII** is an intensive, apprenticeship-style three-year program of traditional Chinese medicine with over 50 courses including acupuncture, herbology, traditional diagnosis and pathology, case presentations, and practice management.

The Clinic practices traditional Chinese Medicine specializing in the treatment of any functional disorder or disease. Emphasis is on patient wellness and life rejuvenation.



### EXCITING HAWAIIAN ADVENTURES

Pristine ocean waters and beaches, mountain hiking, easy strolling through vibrant terrain, an active volcano, leisurely drives through rainforests, wheelchair access to ocean swims and historical monuments, *unforgettable sunsets.*

You may arrange for airfare, accommodations, rental car, etc., through your travel agent, or let our Staff work with you to make your arrangements.

## ...DESIGNED FOR THE GOOD LIFE

**TWO WEEKS:** How much has your health, vitality and excitement for living bloomed in the last two weeks? Or two years? Give us just two weeks of your time and recreate your health.

The Wellness Program is intensive, yet relaxing; aggressive, but not invasive; completely professional and personally designed for you.

You will progress from diagnosis and treatment plan creation quickly on to the treatment of your chronic health complaints, functional disorders or disease with one-on-one counseling and training in nutrition, Qi-Gong exercise, and the prescription of on-going use of Chinese herbal treatments, and a variety of individual activities to make your stay with us a delight: ocean swims, hikes, tours, etc. The result? New vigor, excitement for life- and improved health and energy to enjoy yours!

*"I was chronically debilitated for six years and bedridden for three of those years. I had tried the best that Western Medicine had to offer, but to no avail. Then I began treatment under the care of Dr. Angela Longo, who has extensive professional knowledge and clinical experience with Chinese herbs and acupuncture. I have recovered from **CHRONIC-FATIGUE IMMUNE DEFICIENCY SYNDROME!**"*

-JAN ELLISON, 1994

### WELLNESS PROGRAMS INCLUDE\*:

- Daily diagnosis and individual treatment
- Individual Syndrome Analysis
- Acupuncture and Moxibustion treatments
- Therapeutic Massages with hot ginger-moxa
- Daily Chinese herbal prescriptions
- Tuina Oriental Chi Massage each day
- Nutritional counseling, dietary instructions
- Qi-Gong instruction and take-home tape
- Educational Kinesiology (optional, extra)

*\*each program is unique, tailored to your abilities, needs and desires.*

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**M**ULTIPLE SCLEROSIS was slowly stripping the very basics of life from me. I was losing my vision, my hearing and all strength and feeling in my arms and legs. I was severely depressed and lost all hope.

I entered Dr. Longo's treatment program involving acupuncture, herbal and Qi-Gong therapies. I progressed from using a wheelchair on 'bad days' and walking with a cane, to walking on my own and regaining my strength, hearing and vision.

These remarkable results just inspired me and I began studying with Dr. Longo. I'm now a second-year student, gaining robust health, and offer myself as a living testimony to the healing gift of Traditional Chinese Medicine as practiced by Dr. Angela Longo.

—ELI NELSON, 1996

#### What are acupuncture and moxibustion?

The human body has an unceasing flow of 'life energy.' This vital force originates in the major organs and flows along continuous circulatory channels called 'meridians.' When the energy flow is smooth and in balance, one is healthy. When balance and flow are disturbed or blocked, you feel pain and may become ill. Acupuncture treatments are relatively painless ways of stimulating the flow of energy. The patient may feel a characteristic warmth or tingling, signaling the flow of previously blocked energy. Blood and oxygen circulation increase throughout the system, balancing the body. When hair-fine acupuncture needles are employed, they are new and discarded after one use. Most patients sense something being performed, but acupuncture treatment is essentially pain-free.

**I** came to the Clinic using a cane and with excruciating **ARTHRITIC PAIN** all over my body, especially in my wrists. My acupuncturist turned the needle in my ear. I moved my wrists - and the pain was gone! It's always amazing and also wonderfully predictable.

—SARA TAYLOR, 1996

#### What is Chinese Herbology?

Chinese herbology is a complex, vast body of knowledge encompassing hundreds of herbs. The practitioner typically chooses a prescription from a repertoire of some 500 common classical prescriptions that rebalance various disharmonies.

#### What is Qi-Gong?

Qi-Gong, (chee goong), are exercise and breathing techniques which help people regain and strengthen their vitality. 'Qi' is the vital life energy which flows through the body. When Qi is abundant and free-flowing, the body is healthy and energetic. When Qi diminishes or is stagnant, the body is fatigued and ill. Rebuilding Qi is essential to regaining vitality and the curing of illness.

**S**EVERE, CONSTANT PAIN AND TOTAL-BODY MUSCLE SPASMS, incapacitated me completely for nearly ten years. I tried Osteopaths, Chiropractors, Acupuncturists. I was still in incredible pain. I couldn't drive or even ride comfortably in a car because a bump in the road would make my back spasm.

I moved to the Big Island and a massage therapist insisted I try Dr. Angela Longo. My life changed during the first treatment; when the back needle was removed and a needle was placed in my ear, the pain went away. That was years ago, and I still credit the Clinic and Dr. Longo for giving me back my life.

—PETER KIM, 1996

#### We specialize in the treatment of disease and functional disorders, including:

- Asthma
- Arthritis
- Chronic Back Pain
- Immune Deficiency Syndrome
- Gallstones/gallbladder
- Extreme Anxiety
- High Blood Pressure
- Lupus
- Menopause and Premenopausal Symptoms
- Fibromyalgia
- Multiple Sclerosis
- Allergies
- Bronchitis
- Chronic Fatigue
- Graves
- Headaches
- Insomnia
- Smoking - Quit!
- Insomnia
- Colds

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**D**iagnosed with **LUPUS**, doctors prescribed steroid shots to control the symptoms. I went instead to Dr. Longo for acupuncture and Chinese herb treatments. The horrible aching joints, wheezing and awful itchy red spots, all of my symptoms went away! It's been years since my treatments, and I am well. I continue to follow Dr. Longo's instructions and eat as she instructed - and am thankful!

—BARBARA COITO, 1992

**D**ue to extreme, **CHRONIC INSOMNIA**, I didn't sleep - literally - for two years. I took varieties of sleeping pills, sedatives, and medication for high blood pressure. Vacationing in Hawaii, a friend told me about Angela Longo. Very skeptically, I visited the Clinic. After a couple of treatments, I slept for six hours! I extended my vacation for two more weeks. My insomnia was cured!

—JAHAN SALEHI, 1996

**I** was suffering from extreme anxiety, depression and paranoia. I couldn't understand or accept what was happening to me. Then the diagnosis: '**GRAVES DISEASE**,' which is ultimately fatal. I submitted to treatment by doctors I trusted in, and their prescriptions only made my symptoms worse and worse! After an ER experience, I was afraid - I had nearly died! I prayed that God would send a doctor who could help me. So Thank God for Dr. Angela.

I was afraid of acupuncture but I was also desperate. It wasn't bad at all! First, she detoxified my system from all the prescription drugs which had caused my crisis. Then symptoms began to leave. I was able to eat, sleep and drive again. I no longer suffer from anxiety, depression or paranoia. And this wonderful state of recovery has continued for these two years since my last treatment! You know, Dr. Longo is very special because she loves her patients and she cares and will work with them however she can for their well being."

—E. MILLARE, 1994

**I** didn't know what to expect, (from The Wellness Program). I had spoken to one student and later to some townspeople who all gave good reports on their experiences in recovering from serious illness. I was skeptical. But during my first treatment, pain actually left parts of my body. Having suffered from **WHOLE BODY PAIN** for 4½ years, I finally have a good start towards healing. From my own wonderful experience, I sincerely recommend The Wellness Program to everyone with health problems.

—J.H., SANDPOINT, IDAHO, 1996

**TMJD (TEMPOROMANDIBULAR JOINT DYSFUNCTION)** was diagnosed in 1972 and surgery recommended. Pain has increased for 15 years, with acute pain for five years. Surgeons and dentists rebuilt my mouth - most procedures and prescriptions increased the degenerative progress of the TMJD. This is the kind of frightening pain that leaves you crippled and hiding away. My doctor's instructions were: "don't chew anything including food, don't sing, don't talk, don't open your mouth or lean your head on your hand; sleep only on your back, avoid any and all pressure to the head, jaw, neck; avoid all stress, try hot /cold compresses, special pillows, biofeedback, meditation, but we just can't cure it yet." One treatment, one single 'new patient' treatment at the Clinic, and I haven't suffered from TMJD pain for five days. I can eat anything, sleep, sing, I can do whatever I want, and no pain! Even my disbelief and the fear of TMJD hasn't brought the pain back. Thank you Dr. Longo.

—K. JOHANSEN, 1996

**The testimonials presented here and throughout this brochure and many others are available upon request.**

**Your recovery, and the renewal of your own life, will be your best testimonial.**

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