



acupuncture daisy barquist, L.Ac.
& herbal medicine

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Welcome to Acupuncture and Chinese Herbal Medicine!

“The upper class of medicine governs the nourishing of destiny
The middle class of medicine governs the nourishing of one’s nature
The lower class of medicine governs the treatment of illness.”
—Shen Nong Ben Cao

Welcome to my Oriental Medicine practice.

It is an honor to serve people with this medicine. Whether you are interested in Oriental medicine for a physical complaint, or for general well-being, the rebalancing achieved with acupuncture and/or Chinese herbs can help you live your life more fully. It has been said that at the end of our lives, we should ask ourselves two questions: Did I live fully? Did I love well? Many people come to this holistic medicine for a specific malady and discover within themselves more possibilities to live fully and love well.

I consider the healing relationship a partnership and share my enthusiasm for the beauty and poetry of Oriental medicine. I love learning. My clients are my greatest teachers.

What will the initial visit be like?

During your first visit, you will have the opportunity to tell me what you would like to address with acupuncture and/or Chinese herbs. Many times just telling your story will help both of us understand better. The first visit lasts about an hour and forty-five minutes. We generally will have time for a short treatment during the first visit

And the following visits?

After the first visit, sessions of one hour or one and a half hours are available. The session begins with you talking about yourself for the first 10 to 15 minutes. You may report how you felt after the last treatment, give an update of any particular pain or discomfort that you have been feeling or talk about what is most important in your life at the moment.

Do the needles hurt?

Acupuncture needles are very fine, about the diameter of a human hair. Most people find that the needles are virtually painless. Generally, needles are inserted superficially—about 1/4th of an inch. Once the needle is inserted, a person may feel an ache, a swirling sensation, a warmth, or a sensation of energy opening along a pathway. Occasionally, a tiny droplet of blood appears once a needle is removed. And, less occasionally, a person will get a small bruise at the area of the needle insertion.

How do you decide where to put the needles?

There are about 400 documented acupuncture points along the primary channels of energy. “Ah shi” points are places where a person feels a tenderness or locus of pain. There are innumerable ah shi points. Points are chosen based on classical patterns of rebalancing energy. Reading a person’s pulses, listening to their story, and palpating areas of concern are a few ways a practitioner determines where the needles need to be inserted.

What is moxa?

Moxa is a dried plant (*artemisia vulgaris*) that has been used as a complement to acupuncture needles for centuries. Moxa is soft, spongy fluff which is formed into small cones or tiny pieces and burned over acupuncture points. An ointment is placed on the skin before the small piece of moxa is placed and then lit with a small stick of incense. The moxa extinguishes or is removed before a person feels too much heat. Generally moxa is considered nourishing, tonifying and warming. Sometimes moxa is placed on the end of a needle to warm and release an area of pain.

How often do I need to be treated?

People usually come for treatment once a week for six to eight weeks. In acute conditions treatment may be required more than once a week. After the initial phase of treatment, a person moves to being treated every two weeks. Some people find that acupuncture assists them in maintaining a healthy lifestyle so that they continue to come monthly, or at the change of seasons. Other people find that “rebalancing” every four to six weeks is optimum. What works best for you is the determining factor in frequency of treatment.

What about herbs?

Chinese herbs can be very helpful and tend to complement acupuncture treatments. Herbs are a daily reminder that you are caring for your health and well-being. They empower you to continue the treatment that the needles began.

Chinese herbal medicine (as well as acupuncture) is a sophisticated, ancient form of treatment. In Chinese herbalism, individual herbs are combined into a formula much the same way a group of people join to accomplish a task (like the carpenter, brick-layer, electrician, plumber and roofer all working together to build a house).

How are the herbs taken?

Herbs are dispensed in many forms. The most effective form is a decoction of “raw” herbs. An herbal pharmacy prepares a mixture of dried herbs that are roots, berries, twigs, flowers and sometimes minerals. The client cooks the herbs in water to make a tea or decoction. This tea is taken usually two times a day and the excess is refrigerated for up to two weeks. A typical formula lasts seven to ten days.

If a client prefers to not cook the raw herbs, a tincture can be purchased. A tincture is raw herbs cooked into a very concentrated form with alcohol added to preserve the solution. Either an individualized formula is prepared by a pharmacy or I mix a tincture from herbal formulas kept in stock.

If neither the raw herbs nor a tincture is appealing, herbs can be made into either a powder or pills. The powder is actually the concentrated decoction with the water removed. The pills are the dehydrated powder put into capsule form or made into tablets.

Is there anything else to know?

Your questions, concerns and suggestions are always welcome. Please feel free to contact me by email or office phone. I am usually able to respond within 48 hours. You may always ask any questions or express anything during your treatment time.

More about Daisy Barquist

I am originally from Jacksonville, Florida, where I attended college at Jacksonville University. After college, I went to Wake Forest Law School in North Carolina where I lived for about 20 years. I practiced tax and corporate law and also birthed my daughter (who is now a fantastic young woman). I studied acupuncture and Chinese herbs at The Traditional Acupuncture Institute in Columbia, Maryland (currently known as TAI Sophia) and graduated in early 1999 with a Masters of Acupuncture.

I am National Board Certified in Acupuncture and Chinese Herbology. I have maintained my full time Oriental Medicine practice since 1999. I have also been a member of the faculty of TAI Sophia and the Academy for Five Element Acupuncture in Florida. I am a former Commissioner of the National Commission for the Certification of Acupuncture and Oriental Medicine, and have served as the Commission's Chair of the Professional Ethics and Disciplinary Committee.

Directions to Daisy's office at 404 Marlow Road:

From I-83 (Jones Falls Expressway) North or South:

- ~ Take the Coldspring Lane East exit.
- ~ Continue on Coldspring Lane crossing Falls Road, and Roland Avenue.
- ~ Turn right on Charles Street, then follow directions below.

From Charles Street or St. Paul Street:

- ~ Turn East onto Highfield Road, two blocks north of 39th Street and one block south of Stratford Road.
- ~ Turn right onto Marlow Road.
- ~ 404 is the second house on the Left, and is at the corner of Marlow and Wendover.

