

# Dr. Nash-Galpern

## HEALING & INTEGRATIVE MEDICINE

THE CENTER FOR Healing & Integrative Medicine (CHIME) is operated by Debra Nash-Galpern, a licensed acupuncturist and herbalist who moved to Eugene from San Francisco in 2002, where she was both in private practice, and a teacher at the American College of Traditional Chinese Medicine (ACTCM).

For the past 20 years, Debra has provided acupuncture services in Eugene, collaborating with other medical providers, to offer genuine integrative medical care. Debra feels that Western and Traditional Chinese Medicine (TCM) work optimally when used in a complimentary fashion. Research shows that acupuncture prompts the nervous system to release beta-endorphins, found in neurons of the hypothalamus, as well as the pituitary gland, which helps the body to feel good because they produce a morphine-like effect. This is really key in how acupuncture treats physical and emotional pain and trauma.

Debra feels that one of the most important aspects of patient care is listening carefully to a patient's narratives, to address the physical, emotional, and spiritual needs, as it pertains to their health and sense of well being. In fact, as acupuncture treatments tend to be very relaxing, Debra is fond of saying, "*When the mind can relax, the body can heal,*" and "*Come for the acupuncture, stay for the nap.*"

CHIME is also home to an extensive Chinese herbal pharmacy, where Debra compounds herbs for individual patients. Qigong and Tai Chi classes, as well as massage therapy services are also available.

Debra is expanding her practice, from offering individual appointments at her Eugene office, to offering healing weekend retreats in Florence, Oregon, where people can receive daily acupuncture, plus restorative exercise classes, in a place of natural beauty.

### **CENTER FOR HEALING & INTEGRATIVE MEDICINE (CHIME)**

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