



Dr. Jiling Hu is a licensed and board certified acupuncturist and master herbalist specializing in infertility and general women's health.

Dr. Hu received comprehensive education and training in both TCM (Traditional Chinese Medicine) and Western Medicine from leading universities in China, including Hubei University and Beijing University of TCM. She has over 27 years clinical experience in gynecology and endocrinology. Her extensive education in both TCM and western medicine gives her a unique perspective in treating her patients holistically and effectively. She has facilitated fertility for many patients previously diagnosed as infertile, and has helped others with their reproductive health, pregnancy, hormone imbalance, PCOS, irregular menstrual cycles, PMS, fibroids, ovulation disorders, pregnancy loss, endometriosis, or unsuccessful IVF attempts, among many other conditions.

*Dr. Hu views a woman's body as a delicate balance of mental, emotional, physical and spiritual energy, and uses treatment to stimulate the body's own ability to heal itself. She encourages patients to become active participants in their healing process through nutritional and lifestyle awareness.*

### Dr. Jiling Hu's Specialties

- \* Infertility (Female & Male)
- \* Hormone Imbalance
- \* PCOS
- \* Irregular Menstrual Cycles
- \* PMS
- \* Fibroids
- \* Ovulation Disorders
- \* Conception Difficulties
- \* Pregnancy Loss
- \* Pregnancy Care
- \* Endometriosis
- \* Unsuccessful IVF Attempts
- \* Thyroid Disorders
- \* Allergies & Immune Disorders
- \* Depression and Anxiety
- \* Pain Management

### Acupuncture & Chinese Herbal Medicine Can Improve Women's Health By:

- \* Promoting Fertility
- \* Regulating the Endocrine System
- \* Enhancing the Immune System
- \* Reducing Stress
- \* Reducing Adverse Symptoms of Menopause

*"I was a bit skeptical, never having had acupuncture before, but I was finally willing to try anything to help with my hot flashes. After my first visit with Dr. Hu, they practically disappeared."*

MIND BODY SPIRIT ACUPUNCTURE CENTER  
2001 S Barrington Ave Suite 111  
Los Angeles, CA 90025

**(310) 914-9020** fx (310) 914-9031  
info@mind-bodyacupuncture.com  
mind-bodyacupuncture.com



TRADITIONAL CHINESE  
MEDICINE & ACUPUNCTURE  
FOR WOMEN'S HEALTH

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## My Mission

"As a physician who integrates both TCM and western medicine, I truly love working with women and care deeply about their unique health needs and wellbeing. I believe in taking into account my patients' physical, emotional, environmental, and spiritual backgrounds. I view my patients as a physical, emotional and spiritual whole, not as a collection of ailing body parts to be treated separately.

Using both herbs and acupuncture in my practice, I provide a healing and caring environment where I encourage my patients to become active participants in their healing process. According to Chinese herbal medicine and acupuncture, I use treatment that will stimulate the body's own ability to heal itself, mentally, emotionally, and physically." ~ Dr. Jiling Hu, O.M.D. L.Ac

*"The bottom line is Dr. Hu is dedicated, listens to you, addresses your health issues and is experienced in targeting your ailments with herbs that don't have harmful side affects. I strongly suggest you get more than one opinion when dealing with your health and be an active participant in your health care. With Dr. Hu as your advocate in good health and healing, you can't go wrong."*



## Acupuncture is powerful medicine

Acupuncture is a well developed, complete health care system based on natural energetic laws dating back over 3000 years. It is a primary modality of health care in China. Acupuncture is powerful medicine which aids in strengthening the immune system and serves to prevent disease, control pain, increase health and the quality of people's lives.



*"Dr Hu is literally an angel. I can't even express how wonderful she is and how much she helped me. I went to her b/c I was having trouble conceiving and was told by many doctors that I needed fertility drugs in order to get pregnant. I was in denial b/c I was healthy and young and just simply didn't believe the fact that I may not be able to have children. I went to Dr Hu once a week for a total of 4 months and not only got pregnant but I got pregnant with twins! She is a miracle worker and I highly recommend her. My OB doctor and fertility specialist were amazed that I even got pregnant."*

## How effective is Acupuncture?

Scientists have documented acupuncture's efficacy and effectiveness, but much remains to be learned about its mechanisms of action from a Western perspective. Human and animal studies show that acupuncture can generate various biological responses—some close to the insertion point and others at a distance. Studies indicate that acupuncture influences the central and peripheral nervous system. Research has demonstrated that acupuncture stimulates the body to release hormones, as well as naturally occurring opioid analgesics from the central nervous system. Endorphins diminish pain, influence the body's self-regulating systems and promote physical and emotional well-being.

*Along with treating patients, Jiling Hu is now sharing her knowledge with students in acupuncture schools in Los Angeles. She teaches courses in herbology, formulas, gynecology, acupuncture techniques and Tai Chi.*

## Chinese Herbal Medicine

Safe and gentle combinations of herbal substances are often prescribed in conjunction with acupuncture, making the therapeutic result extremely effective. The majority of herbal medicine is derived from natural substances such as roots and flowers of plants and minerals.

TCM herbal formulas contain selections of herbs that not only possess different qualities and properties, but also target different aspects of the patient's disharmony. The customized written herbal formula is designed by Dr. Hu to treat individual patterns. The prescription may target the root cause of the condition as well as symptoms. Herbal medicine may be beneficial to people of all ages: children, pregnant women, lactating mothers, and the elderly.

## Chinese Nutrition

Nutrition is essential to health and improving medical conditions. Chinese nutritional therapy uses the taste, quality, temperature and energetic function of foods. It is an important aspect of TCM and should be used in conjunction with acupuncture and herbal therapy.

Chinese nutrition is very different than western nutrition. Based on Chinese nutritional principles, Dr. Hu creates customized nutrition plans, incorporating a wide variety of tastes, foods and herbs to best assist in the healing processes of her patients. Chinese nutrition is based on balancing the body, through the energetic functions of foods.