

## **Emily Holman L.Ac., Dipl. O.M.**

Emily is nationally board certified in both Acupuncture and Herbal Medicine (NCCAOM). She provides quality, professional care placing a strong emphasis on classical philosophy paired with current, creative techniques. Her goal is to promote wellness and balance through effective integration of mind, body, and spirit for beneficial results.

Emily received her B.A. from Eastern Connecticut State University with undergraduate thesis work in sculpture, painting and drawing. With the ambition to better understand the human body and have a more direct influence on the health and well-being of those around her, she made her way to Chicago to pursue a degree in Eastern medicine. There Emily earned her Masters of Science in Tradition Oriental Medicine at Pacific College, one of the top ranked programs in the country. Her education includes 900 hours working in a student healthcare clinic, over 500 hours of which she spent seeing patients as a Senior Intern.

While working in Chicago, Emily began specializing in Japanese Meridian Therapy, a particularly gentle and more hands-on approach to treatment. She is especially interested in Eastern nutritional philosophies and creating diets rich in foods that are especially beneficial for individual patients. Emily has been trained to provide healthcare to patients of all ages and has experience treating a wide range of diseases. Having grown up in Eastern Connecticut, she is excited to be home and become involved as a positive, dependable resource for her community.