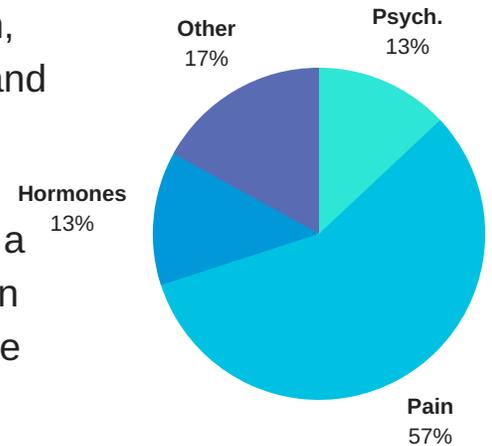




Quality acupuncture at affordable rates in a relaxing beach setting

Acupuncture helps the body heal itself by improving circulation, influencing pain thresholds, and regulating neurotransmitters and hormones, all while a patient rests in a parasympathetic state.

At Beachside Community Acupuncture we offer treatments on a sliding scale of \$30-\$50, plus a one-time \$15 initial consultation fee, believing everyone should have access to holistic care. We see a wide variety of patients and conditions and welcome all.



Kathleen Ellerie, L.Ac., Dipl. O.M., has Bachelor's degrees in Biology, Nutrition, and Health Sciences and a Master of Acupuncture and Oriental Medicine, keeping active licenses in Florida and Texas as well as national certification. She opened Beachside Community Acupuncture in 2016 to make complementary medicine more accessible in greater Dallas.

What patients are saying:

I am an older runner suffering with chronic Achilles' tendinitis and traditional medicine was not helping.

I just wasn't healing. After some online research I learned that acupuncture was effective in treating the Achilles. It doesn't actually heal it directly, but increases blood flow to the area, allowing the body to heal itself. I decided to give it a try. The results were amazing. My foot started to feel better within a few days, and I was able to ramp up to run a half marathon while my foot was healing, feeling better all the time. Kathleen Ellerie did a fantastic job!

Highly recommended! -D.W.

I had been struggling with pain in my left wrist for a few months. I had tried massage, chiropractic, and nothing worked. Kathleen was able to relieve my pain in one session. That was two years ago, and I'm still pain free today with full range of motion and use.

Thank you! -A.B.

For three years I suffered from sinus headaches that got progressively worse...These headaches turned into migraines that began to interfere with my life. I would suffer anywhere from three or more a week. I knew I couldn't keep going like this so I sought Kathleen's help. It has been two months and I have been headache-free.

It was amazing as is her talent to heal. -C.C.