

Affordable Acupuncture Resources in Seattle

Free:

ACORN (Asian & Pacific Islander Association Community of Recovery Network)

www.acrs.org. 3639 MLK Way, Seattle. (206) 903-0843.

Mondays, 5 pm. Wednesdays 4 pm. Auricular. Free for all; other available services include meals, games, karaoke, special events.

AHAC services sites. AHAC provides free services to clients of various homeless agencies, including @ Angeline's/ YWCA Opportunity Place, Roots Young Adult Shelter, and other sites. Contact AHAC, www.ahacseattle.org for more information.

Homeless Youth Clinic (NeighborCare Health) www.neighborcare.org

1629 N. 45th St. Seattle WA 98103. (206) 633-3350.

Wednesday evenings, 6-9 pm. Homeless youth, ages 12-23.

Pike Place Market Senior Center. www.pikemarketseniorcenter.org.

85 Pike St. Suite 200. (206) 728-2773. Monday 1:30 – 4:00 pm.

Open to all over the age of 55. No charge (donations accepted).

Low-cost/ Sliding Scale:

Center Peace Program, Community Healing in Fremont

Community (group) acupuncture 4 days a week & Meditation classes by donation on Fridays.

760 N 34TH ST Seattle, WA - (206)-319-5323

centerpeaceprogram@gmail.com

Communi-Chi. www.communichi.org

2524 16th Ave S. #301. Seattle WA 98144.

(206) 860-5009. \$15-35 (sliding scale based on income, + initial \$10 paperwork fee).

Appointments available Mondays-Saturdays.

Community Acupuncture Project of Columbia City: Affordable Healthcare for All.

www.acupunctureforall.org. 3811 B South Ferdinand, Seattle 98118. (206) 760-6064;

email: acupunctureforall@gmail.com

Sliding scale \$15-45 with no income verification.

Country Doctor Clinic. www.cdchc.org 500 19th Ave E Seattle WA 98112. (206) 299-1600.

\$15-35 treatments for Country Doctor clinic patients. Tue & Thur, 4:45-8:15pm, Sat

8:45am-12:15pm [community clinic] and Fridays, 9am-5 pm [full-body acupuncture].

Evergreen Acupuncture and Chinese Herbs. www.evergreenacupunctureclinic.com

4610 200th St SW Suite B, Lynnwood, WA 98036. (425) 774-8139. Sliding scale community

treatment \$25 & private treatment \$35 available. Mon-Fri 9:00 am – 6:00 pm.

Grassroots Community Acupuncture, 418 N 35th St., Seattle, WA 98103, (206) 659-4990. Sliding scale - \$15-35 per visit, with \$10 paperwork fee for 1st visit. (No income verification required)

Healthpoint. www.chckc.org Affordable acupuncture and other alternative care services available on the Eastside (Redmond), in Renton, Kent, Auburn, Burien & SeaTac.

International Community Health Services. www.ichs.com 720 8th Ave S, Suite 100, Seattle 98104. (206) 788-3700.

Kang Wen Community Clinic. www.kangwencent.org 1111 Harvard Ave Seattle WA 98122. (206) 322-6945. Full-body treatments, granule-form herbs available. Sliding scale of \$5-40, requires income verification. Tuesdays, Wednesdays (afternoon only) & Fridays.

Paisa. 511 E. Pike St. Seattle, WA 98122. \$35 - \$70 sliding scale private acupuncture and herbal treatments available; \$40-60 sliding scale massage treatments. (206) 218-3597; altpamela@gmail.com. Cash and checks only (no insurance).

The Pin Cushion. 1202 E Pine St Suite 103, Seattle, Washington, 98122. (206) 324-3650. <http://www.thepincushionclinic.com>. \$20 - \$40 Sliding fee scale. Tuesday, Thursday 9am-1pm, Wednesday, Friday 4-7pm. 4 chairs, one table.

Rainier Beach Medical Clinic (NeighborCare Health)

8444 Rainier Ave. S. 206-722-8444.

Licensed practitioners on Saturdays 9 – 2pm, \$20. Open to the public.

School Clinics (Acupuncture provided by supervised 3rd year students)

ACRS (Asian Counseling and Referral Service). www.acrs.org 720 8th Ave S. Suite 200. Seattle WA 98104. (206) 695-7600. Monday afternoons. ACRS clients only. Supervised student clinic. Inquire about fees.

Bastyr University. www.bastyr.edu 3670 Stone Way N. Seattle WA 98103. (206) 834-4100. \$33 treatments. Call for availability. Major insurance plans accepted.

Harborview Medical Center:

Chronic Fatigue Center: 325 9th Ave., Seattle 98104. (206) 731-3111. Mon 1-5pm & Thur 1-5pm. Chronic fatigue clinic for Harborview patients.

International Clinic: same address, (206) 731-4192. Tue & Thur 1-5pm. Services for recent immigrants.

Madison Clinic: same address, (206) 731-5100. Thur 12:30-4:30pm. Clinic for patients with HIV/AIDS, who have been referred by their Madison Clinic PCP.

HighPoint Medical Center (NeighborCare Health):

6020 35th Ave. SW., Seattle 98126. (206) 461-6950. Thur 9am – 1pm.

Providence Mt. St. Vincent's Nursing Center: 4831 35th Ave SW, Seattle 98126. (206) 937-3700. Wed 8:30am – 12pm. Acupuncture as part of a Wellness Clinic for residents of the center.

Rainier Park Medical Clinic (NeighborCare Health):

4400 37th Ave. S., Seattle 98118. (206) 461-6957 Thur 4:30-8:30pm.

Seattle Institute of Oriental Medicine. www.siom.edu 916 NE 65th St. Seattle WA 98115. (206) 517-4541. \$30 appointments. Clinics offered M-F (daytime hours) and Thursday evening.

Wu Hsing Dao Acupuncture School Clinic. www.wuhsing.org. Taleris World Campus Building D, Suite 1. 4000 NE 41st St. Seattle WA 98105. Initial visit: \$75 (2.5 – 3 hours). Follow-up visit (1.5 –2 hours): \$55.

Basic Acupuncture/Chinese medicine information:

All needles are sterilized, single-use, and disposable. Most are thinner than a human hair!! Acupuncture needles are different from most needles people have experienced because they are thinner, because acupuncture needles are not hollow, and because there is minimal pressure during insertion of the acupuncture needle.

Chinese medicine (which includes acupuncture) is based on the principle that illness, pain and discomfort are caused by blockage of some kind - sort of like a traffic jam in your body. Acupuncture, massage, gentle exercise styles (called Qi Gong and Tai Qi) and Chinese herbs are used to reduce or eliminate these blockages.

You can buy **liniments, plasters, patent medicines and herbs** at the following Seattle stores:

Lucky An Dong 1203 S. Jackson St. 206 323-2528

99 Ranch Market 22511 Highway 99 Edmonds, WA 98026 (425) 670-1899

Viet Wah 1329 S. Jackson St Seattle WA 98104 (206) 329-1399

Please send corrections or new information to

Kang Wen Community Clinic, info@kangwengcc.org, (206) 322-6945.

Last revised 08/27/09.

For the most up-to-date version of this document, please visit the 'Resources' page at <http://www.kangwengcc.org>