the mind and the body are linked which is often seen with symptoms of pain. Migraines, an upset or “nervous” stomach, anxiety, shortness of breath, chest pressure, muscle soreness, chronic pain, or even substance abuse are often tied to stress points in the mind and body. The good news: You can feel better with the right tools. One of the tools to help relieve these symptoms is acupuncture. Our new colleague, Rick Jahn, D.O.M. (Doctor of Oriental Medicine) treats physiological imbalances by releasing energetic blockages from your body. The most frequently asked question about acupuncture is, “Do the acupuncture needles hurt?” No. These “needles” which are used to stimulate the key points in the body are nothing like needles you may have felt before. These highly sterile instruments are solid core, single use, and the tips are rounded. Many people feel entirely relaxed after treatment and it is common for people to fall asleep during treatment. Rick’s expertise facilitates the body in restoring itself naturally. Acupuncture is particularly effective for managing pain and also for releasing emotional energy that may be behind weight-gain and other addictions.

We also have an experienced clinician who focuses on the mind’s influence over pain in the body. Mark Fitzpatrick specializes in alleviating symptoms of stress through the use of therapeutic stress reduction techniques with treatments like progressive muscle relaxation (PMR). When experiencing PMR, a person learns to mentally and physically distinguish between the sensations of tension and relaxation by focusing on different muscle groups and contracting/releasing in a specific order. In many cases, participant’s report their tension feels like it’s physically draining away from their body! Another effective strategy is guided breath control. Having a professional talk you through breathing skills can help calm your mind and can effectively help a person focus better, sleep better, control anger, and generally be less anxious or tired. Long-term results from continued treatment might even be witnessed by your doctor in the form of lowered blood pressure, clearer skin, more energy, or less observable distress. Mark also offers direction in changing negative thoughts, managing worry, increasing self-esteem, and developing positive coping skills.

Acupuncture with Rick or stress reduction counseling with Mark is currently available by individual appointment. We believe in the benefit you might receive from just one of the above treatments when it involves symptoms of mental and physical distress. For those seeking more than one treatment, we have combined these clinicians’ methodologies in a way that may be more convenient for you. We do this by offering these treatments together, in small groups, and at a lowered cost. The additional benefits of group treatment include support and understanding as well as being inspired by others’ success. Groups are offered at noon and after work. You may call our office at (904) 797-5680 for more information and speak with Rick Jahn or Mark Fitzpatrick personally about this opportunity. Relieve your mind and body of pain and stress in a holistic, healthy way!

Mark J. Fitzpatrick, MA
Mark carries a Master of Arts in Counseling Psychology with additional concentrations in general Psychology, Sociology, and Professional Education. He specializes in treating substance abuse and general addictions, bereavement, teen substance abuse, facilitating teen leadership groups, and treating depression and anxiety. Mark advocates holistic health and wellness - particularly stress reduction techniques, as stress alone can manifest many different kinds of physical and mental illnesses! He is also experienced in providing counseling to individuals making choices regarding their career and personal growth. Through focusing on solutions and addressing life questions pertinent to his clients, Mark empowers others to productively manage and balance life’s persistent demands.

Rick Jahn, DOM
Rick has a Masters in Traditional Chinese medicine. He specializes in treating metabolic disorders, weight-gain, digestive disorders, diabetes and stress. After having the opportunity to work in a variety of settings including luxury cruise ships and hospitals in China, he believes the way to true health is to not only treat the person as a whole but to educate them to have a hand in their own health. Many disorders thought to be degenerative or hereditary can often be traced back to lifestyles in addition to food and stress management skills, so Rick teaches his patients about wellness and how learn to eventually heal themselves. After all, health and wellness are cooperative efforts and the way to lasting health.