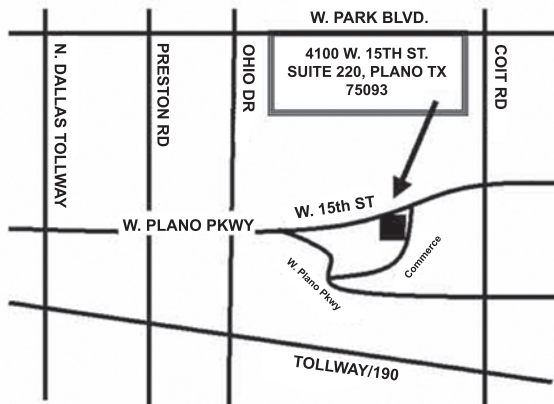


## Our Goal

Our goal at Innovative Healing Center is to create a healing space in which patients feel comfortable and are able to learn simple methods to optimize their overall health. These methods can be integrated into daily life, and provide a means of relaxing, centering, and nourishing your mind, body and spirit. We address the root cause of any issue in the most effective and timely manner possible to get the fastest and most effective results.



West Plano Medical Center  
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Tena Scarber; L.Ac, B.S., M.S.

*Diplomate & Board Certified  
In Acupuncture & Herbology*

Tena is the founder of Innovative Healing Center. She has 30 years of experience in traditional and alternative medicine. Her degrees include:

- Respiratory Therapy
- B.S. Exercise Physiology
- M.S. Oriental Medicine

Over the last twenty years, she has studied many healing techniques with masters in the industry, developing an incredible capacity to “read” and treat the body, mind, and spirit of her patients. Additional training includes medical massage therapy and osteopathic techniques to facilitate gentle alignment of the skeletal structure. Specialties include pain relief, fertility support, cancer support, allergy elimination, treatment of injuries and acupuncture for stress relief.

# Innovative Healing Center

Acupuncture • Massage • Nutrition



## Cancer Care Support



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## About Us

At Innovative Healing Center, we have worked with many different circumstances involving the holistic treatment of cancer. We can help with cancer support to manage related symptoms, side effects, and pre and post-operative issues. Every patient's needs are unique, therefore we customize a specific treatment to address current issues each visit.

Research has shown that acupuncture may stimulate and awaken the natural healing process of the body to restore health and wellbeing. Therefore, many people use this complementary therapy to prevent general illness and improve health.

We strive for excellence in patient care and work with your doctors to support your body's immune system and natural healing processes. Our treatment and supplement regimens are physician approved.

*"My treatments at Innovative Healing Center literally gave me my life back. I had more energy, less pain and nausea and a renewed outlook on life. The peace and tranquility I experienced were amazing!"* Rebekah (Stage 4, Colon Cancer)



## Our Approach and Methodology

There will be an extensive evaluation to understand your unique physical and emotional needs. Together we will explore your current situation and concerns in order to prioritize the issues to be addressed. Your treatment plan will be tailored specifically for you and may include a combination of the following techniques:

- Acupuncture/Acupressure
- Approved Herbs and supplements
- Medical Massage
- Dietary/Lifestyle Recommendations
- Exercise/Stretching
- Infrared Heat Therapy
- Aromatherapy
- Meditation Training

Many traditional Western Medical Doctors endorse and have implemented complementary and alternative treatments into their programs. These techniques can not only help ease side effects but also enhance the effectiveness of conventional therapies. Traditional Chinese Medicine addresses imbalances and the root causes of disease.

\*Many insurance policies now cover treatments, we would be happy to call and verify your coverage.



## Acupuncture Is Effective

According to the National Institutes of Health <sup>(1)</sup> acupuncture is effective in relieving:

- Nausea (post-operative and chemo induced)
- Vomiting
- Fatigue
- Post-surgical pain

**It can also help relieve:**

- Stress
- Depression
- Anxiety
- Insomnia
- Neuropathy and other pain
- Gastrointestinal symptoms (constipation & diarrhea)

**Other Benefits of Acupuncture:**

- Relaxes painful spasms
- Reduces inflammation
- Improves circulation
- Controls hot flashes
- Promotes natural healing after injury or surgery
- Improves overall quality of life
- Affordable
- Provides a proven history of over 3,000 years, helping millions of people to wellness and health
- Safe, effective, natural and drug-free

1. NIH Consensus Conference. Acupuncture JAMA 280(17): 1518-24. 1998

