



MERIDIAN ACUPUNCTURE & WELLNESS CENTER

Chantelle DeShazer L.Ac., Ph.D., M.T.O.M.

ACUPUNCTURE • ORIENTAL MEDICINE • HOLISTIC NUTRITION

*Do you struggle with stress, pain, or other health issues?
I can help! Meridian Acupuncture & Wellness Center
is your destination for complete holistic healing.*

I look forward to guiding you on an individualized health program that we create together. I offer acupuncture, microneedling, nutrition, blood chemistry analysis, infrared and red light therapy, therapeutic exercise, and health coaching. Patients love our friendly, peaceful environment, and leave feeling refreshed and rejuvenated.



“If you don’t take care of your body, where will you live?”

—DR. WAYNE DYER

MERIDIAN ACUPUNCTURE & WELLNESS CENTER, INC.

2831 Camino del Rio South • Suite 218 • San Diego, California 92108

meridianacupuncture.net

Acupuncture is based on the theory that energy – or qi (pronounced “chee”) – is the force behind every physiological process of the body. Qi is known as the bioelectrical force of the body. Qi flows through the body in pathways, called meridians, in patterns similar to the nervous and circulatory systems.



Chinese Medicine perceives health as abundant and free-flowing energy. Conversely, disease results from blocked or insufficient qi. Acupuncture regulates qi by stimulating the appropriate points. This produces healing responses, such as changes in digestive function, heart rate, and blood chemistry.

Acupuncture helps these conditions*:

Respiratory

- Common cold and flu
- Sinus infection
- Hay fever
- Bronchitis
- Asthma

Gastrointestinal

- Ulcers
- Heartburn
- Diarrhea
- Constipation
- Irritable Bowel Syndrome

Neurological

- Headaches
- Sciatica
- Carpal Tunnel Syndrome
- Nerve pain

Mental-Emotional

- Stress
- Anxiety
- Depression
- Insomnia
- Drug and alcohol addiction

Reproductive

- PMS
- Irregular or painful menstruation
- Pregnancy-related problems
- Menopause
- Impotence

Musculoskeletal

- Neck and back pain
- Tendonitis
- Knee and shoulder pain
- Osteoarthritis
- Fibromyalgia

*World Health Organization

Our Signature Holistic Health Program

Recommended for those seeking pain relief, support for chronic illness, hormone imbalance, stress relief, and overall health maintenance.

10 HEALTH OPTIMIZING TREATMENT SESSIONS INCLUDE:

- 10 acupuncture treatments
- 10 red light therapy sessions with the acupuncture sessions
- Personalized lifestyle advice with prioritization of the most impactful healthy habits
- Personalized body balancing dietary recommendations
- Tongue and pulse diagnosis
- Aromatherapy
- Auricular treatment with real Swarovski crystal ear seeds
- Functional metabolic assessment review
- 10% discount on all online supplement purchases

Also available for add-on: Far-infrared healing crystal mat to enhance rejuvenation and immunity

Recommended for those seeking the most advanced yet natural way to restore a youthful complexion. This treatment regimen is the ideal way to create glowing skin without surgery, chemicals, or down time.



- Non-surgical treatments that stimulate collagen and elastin growth
- Creates smoother, firmer, radiant skin
- Reduces acne and wrinkles
- Treats discoloration, sun damage, and brown spots
- Stimulates scalp hair growth

Micro and Nano Needling Sessions include:

- Special Apple stem cell serum applied to increase healing and regeneration
- Aromatherapy to support relaxation
- Sound healing – creates a relaxed state
- Gentle facial and neck massage
- Soothing aloe vera mask (MN) – cooling and healing
- Followed by red light therapy session



Holistic Facial Rejuvenation Program

10 TOTAL BEAUTY-ENHANCING TREATMENT SESSIONS INCLUDE:

- 4 Microneedling Treatments
- 6 Nano needling with Cosmetic Acupuncture treatments
- One month supply of beauty-enhancing herbs
- Vegan Apple Stem Cell-infused serum application
- Anti-aging and beautifying diet recommendations
- Constitutional Acupuncture during treatment to treat root cause of skin imbalances and support health and healing
- Tongue and Pulse diagnoses
- All sessions include Red Light facial rejuvenation

After just a few microneedling sessions I was getting compliments on how youthful my face looked! The procedure was very comfortable and relaxing. I love that it's all natural.

— Michelle H., Personal Trainer

Far-Infrared Light Therapy Mat with 30 pounds of crystals



FAR-INFRARED LIGHT THERAPY

Our far-infrared crystal mat is designed to harness the power of natural crystals and far-infrared rays to provide you with a deeply relaxing and rejuvenating experience. The far-infrared rays penetrate deep into your body, promoting circulation, detoxification, and relaxation. Natural crystals, such as amethyst, tourmaline, and jade, emit negative ions that help balance the energy flow in your body.

Benefits:

- Relieves stress and tension
- Improves sleep quality
- Boosts immunity
- Reduces inflammation and pain, increases circulation
- Increases energy levels
- Brings oxygen and nutrients to injured tissue, which speeds up healing

RED LIGHT THERAPY

Our red light therapy sessions are designed to provide you with a non-invasive, drug-free, and painless way to improve your skin, reduce pain and inflammation, and enhance your overall well-being. This therapy has been scientifically proven to provide numerous health benefits. Red light therapy uses low-level light wavelengths to penetrate the skin, stimulating the production of ATP (adenosine triphosphate), which is the energy source for your cells.

Benefits:

- Reduces pain and inflammation
- Enhances skin health and appearance by reducing fine lines, wrinkles and acne scars.
- Improves muscle recovery and athletic performance
- Boosts immune system function
- Helps to alleviate depression and anxiety



Relax and Recharge Sessions

Need to unwind and recharge? Our R & R Sessions are the perfect solution! Enjoy 30 minutes on a heated far-infrared crystal mat to ease stress and tension. You'll also receive Red Light Therapy, applied to your face or body for rejuvenation. Meditation music and aromatherapy enhance your experience, restoring your energy and giving you a break from your busy day.

Rejuvenation Pamper Parties!!

You and up to three of your closest friends will take a deep dive into healing and rejuvenation with high-tech healing therapies and ancient medicine!

With nearly 30 years of helping people, I have seen how stress affects every aspect of our health and emotional well-being. Self-care is NOT optional! It's time to fill up your cup, which helps you AND your family. We offer a relaxing healing experience to help you connect with your friends and revive your health and happiness.

Over the course of three hours, enjoy several unique experiences to relax, renew, and revitalize!

- Red Light Therapy for facial rejuvenation and reducing inflammation
- Infrared Crystal Chakra Balancing Mat
- Beautiful crystal ear seeds for stress relief and body re-balancing with acupuncture points
- Aromatherapy with sound healing meditation
- Gemstones
- Healthy snacks
- Facial gua sha lesson and stone to take home



Telehealth Consulting

Welcome to our Health Coaching and Telehealth program! We combine the ancient wisdom of Traditional Oriental Medicine with modern technology to provide you with a comprehensive, holistic, and personalized approach to achieving optimal health. We focus on supporting you in developing sustainable healthy habits, including nutrition, mindset, lifestyle, sleep and exercise. We address underlying imbalances that may be impacting your health. Our program is designed to provide you with a step-by-step plan tailored to your individual needs, preferences, and goals. With the convenience of telehealth, you can access our services from the comfort of your own home.

Functional Blood Chemistry Analysis

Unlock the science of health with Blood Chemistry Analysis and identify nutritional deficiencies and correct imbalances. This information may help identify potentially life-threatening conditions and diseases before they become problematic. Healthy people have test results that fall within a fairly narrow range. Significant deviations from the optimum range may indicate a variety of poor health conditions.

Benefits:

- Determine which nutritional products are appropriate for your individual needs, saving you money by avoiding unnecessary purchases.
- Follow-up tests allow you to track the effectiveness of your nutritional program and make precise adjustments as needed.
- By improving your bloodwork, your immune system will function better, you'll process and absorb nutrients more efficiently and enjoy a more vibrant state of health.

Weight Loss and Detoxification

Contact us to see which of our programs is right for you.

I have suffered very painful knee and elbow injuries. Acupuncture therapy has improved the quality of my life and kept me on the job. Thank you!"

—S. Garza, Paramedic

Chantelle is amazing. She is incredibly knowledgeable and kind. I have been seeing her weekly while undergoing chemotherapy and I have had limited side effects, much thanks to her work with me. I highly recommend her to everyone, and especially to cancer patients.

—Robert K., Teacher



Vitamins



General Wellness



Symptom Specific

Fullscript – High-Quality Supplements Direct to You

Order supplements to meet your every need, whether it's your vitamins and general wellness supplements or something you need for a specific symptom. Through Fullscript – our online dispensary – you get:

- Access to professional supplements that are direct from the manufacturer
- Practitioner recommended and specifically dosed for your needs
- Timely re-ordering reminders and drop shipping to your door
- Standing 10% discount on all supplements

All of this helps you to stay on track with your treatment plans and protocols. Unlike other retailers, Fullscript guarantees products are never past expiry, counterfeit, or stored incorrectly.

Contact us at 619.325.0771 to set up your account and receive a 15% discount bonus on your initial order.

WHAT OUR PATIENTS SAY ABOUT MERIDIAN ACUPUNCTURE

As a neuroradiologist, I was skeptical of trying natural therapies. However, acupuncture and nutritional supplements have eliminated the pain and swelling from arthritis in my knees. I can play tennis again without pain.

— R. Yadley, M.D.

I think Chantelle is amazing. I hate needles and would not go to an Acupuncturist until I had no choice because I was in such pain. She has mastered her skill so much I never feel the needles. So if you're as nervous about needles as I was, Chantelle is the person you want to see. She has now helped me with back pain and a frozen shoulder.

— Kathy C., Entrepreneur



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ABOUT CHANTELLE

I'm Chantelle DeShazer, L.Ac., Ph.D., a licensed acupuncturist and owner of Meridian. Over 30 years ago, after a drunk driver smashed into my car, I tried many things to alleviate my neck and back pain. I finally found relief with Oriental Medicine and other natural healing modalities. It was clear to me that improvement in my physical health affected my entire well-being, confirming all I had learned while pursuing a degree in psychology. The dramatic difference in my life led to my desire to help others through Oriental Medicine, nutrition, and healthy habits. In 1995 I received my Master of Traditional Oriental Medicine and acupuncture license as well as my Ph.D. in Holistic Nutrition. I have helped thousands of patients achieve their health goals, such as reducing pain, stress, and female health concerns while empowering them with education so they can take charge of their health.

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OFFICE HOURS

Monday 12:00 – 6:00PM

Wednesday 12:00 – 6:00PM

Tuesday 9:00AM – 1:00PM

Thursday 9:00AM – 5:30PM

Closed on most major holidays