



HEALTH & WELLNESS



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**March 16th 2016: Acupuncture and East Asian  
Medicine**

Paula interviews Dr. Lisa Taylor-Swanson, an East Asian Medicine Practitioner who has provided acupuncture and Chinese herbal medicine for patients since 2001. In this episode we are given amazing facts about the benefits of acupuncture and East Asian medicine. We learn how Acupuncture is a tremendous tool in the ease of pain, the treatment of chronic disease, and so much more! This show will truly expand your knowledge of the amazing benefits of this type of healing. Contact Lisa at [Lisa@AbundantHealthAcupuncture.net](mailto:Lisa@AbundantHealthAcupuncture.net) For more information see [www.AbundantHealthAcupuncture.net](http://www.AbundantHealthAcupuncture.net)

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#### Featured Guest

Guest Image

##### Dr. Lisa Taylor-Swanson

Dr. Taylor-Swanson has practiced Traditional East Asian Medicine, providing acupuncture and Chinese herbal medicine, since 2001. She completed an Honors Bachelor of Science at the University of Utah with a Psychology major and a Women's Studies minor. After that, she completed a Master's degree of Oriental Medicine at the Seattle Institute of Oriental Medicine. She has completed advanced post-graduate training in women's health and male- and female-factor infertility. In addition to maintaining her clinical practice at Abundant Health in downtown Tacoma, WA, she has recently completed a PhD in Nursing Science at the University of Washington. She's working on several research projects related

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