

# JAVA ACUPUNCTURE & ONCOLOGY YOGA PROGRAM FOR CANCER SURVIVORS

Java Acupuncture Integrative Medicine

## 2025



✉ Info@JavaAcupuncture.com

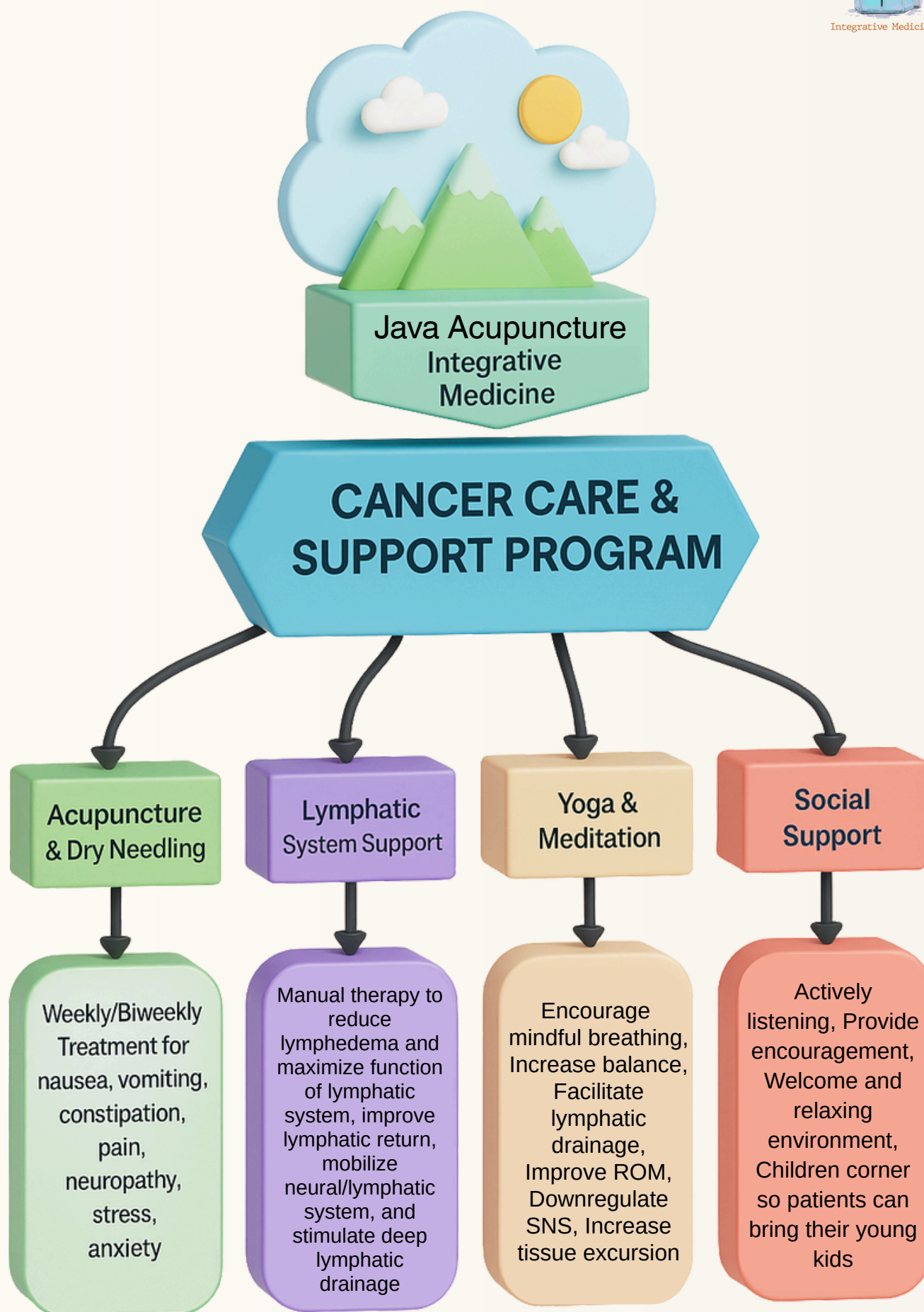
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Founded by Dr. Linh Taylor, DTCM, LAC, EYT



# Acupuncture & Dry Needling

**Weekly/biweekly treatment for nausea, vomiting, neuropathy, hot flash, stress, and anxiety**

## What is Acupuncture?

Acupuncture is a traditional Chinese medicine technique of inserting and manipulating stainless steel needles into various acupoints (energy/Qi focusing points) throughout the body to achieve therapeutic effect.

## What is Dry Needling?

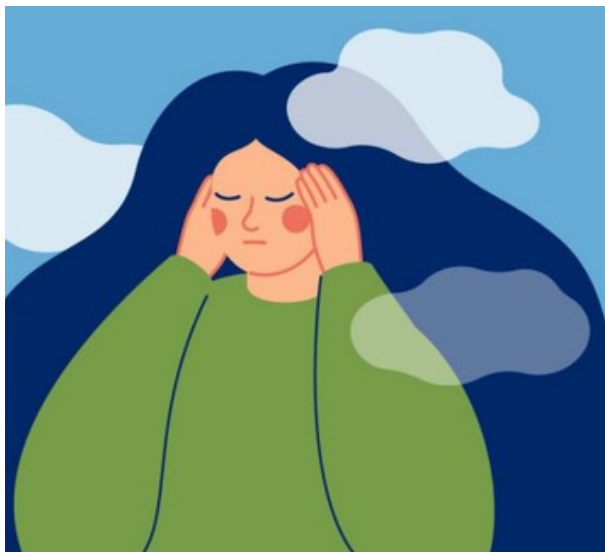
Dry needling is the use of a thin needle (as thin as your hair, itsy bitsy compared to the needles you encountered at the hospital) that is advanced into the soft tissue of a trigger point to cause a local twitch response (LTR). LTR confirms that the needle has been accurately placed into a trigger point. Studies have shown that eliciting an LTR can reduce or eliminate the typical endplate noise and deactivate the trigger point.

**Acupuncture works for patients with cancer.**



It is called “dry” needling because unlike injections, there is no medication used. The goal of the treatment is reducing pain and increasing function. Our bodies tend to develop areas of tightness, tenderness, and hypersensitivity in response to various stressors. These stressors can be physical, psychological, or emotional in nature





## How Does Acupuncture Work?

There are more than 360 acupoints on the body, distributed along 14 major meridians or energy channels. Each meridian is connected to certain organs or functions of the body. The acupuncture practitioner determines the correct points to use depending on the condition being treated. The theory behind acupuncture is that when one or more of the body's energy channels is blocked, discomfort results.



## How Does Acupuncture Help in Managing Side Effects of Cancer Treatment?

Some cancer patients may experience side effects as a result of their cancer treatment. These may include nausea or vomiting from chemotherapy, peripheral neuropathy (tingling, numbness or a burning sensation in the extremities); dry mouth from radiation therapy, or hot flashes from hormone therapy. Research has shown that acupuncture can be very successful in alleviating many of these side effects for the majority (but not all) of patients treated.



## How Is Acupuncture Delivered?

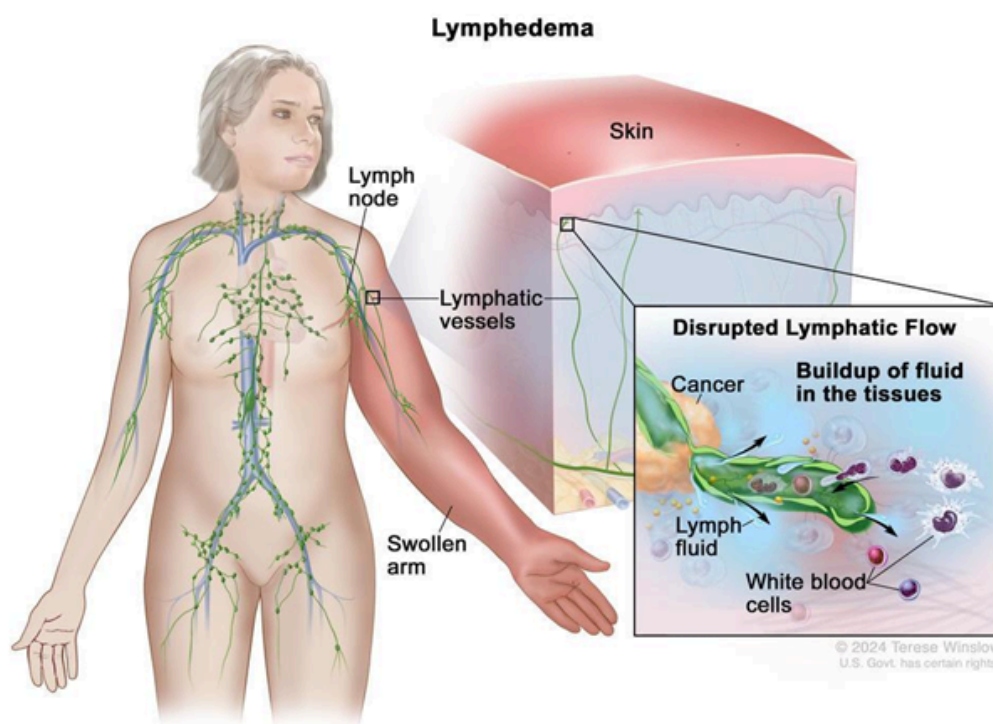
A patient lies on a comfortable massage table, while the practitioner inserts very thin sterile acupuncture needles into the appropriate acupuncture points. As many as 3-10 needles may be inserted at one session. Needles are left in place for approximately 20 minutes. Each session takes about 30-45 minutes in total. It usually takes a few sessions to improve chronic conditions.



## Which Conditions Or Side Effects Of Cancer Treatment Can Be Treated With Acupuncture?

We use acupuncture while treating cancer patients suffering from pain, neuropathy (tingling, numbness, burning sensation), nausea, dry mouth, fatigue, anxiety, and GI symptoms such as constipation or diarrhea, fatigue, hot flashes, insomnia, and aromatase inhibitor induced-joint muscle pain and stiffness. Most acupuncture patients are referred by their oncologist or nurse. However, patients may contact us directly to discuss whether acupuncture may be helpful in managing their treatment side effects.

# Lymphatic System Support



## What is the lymphatic system?

The lymphatic system is a network of tiny vessels and small, bean-shaped organs called lymph nodes that carry lymph throughout the body. Lymph is a clear, colorless fluid that contains cells of the immune system. It helps to protect you from bacteria and other infections, and maintain the fluid balance of your body by filtering and draining lymph and waste products away from each body region.

## How Does Lymphedema Happen?

When lymph fluid builds up in the tissues under the skin due to poor drainage, it causes swelling (oedema). This is known as lymphedema. It can happen if lymph nodes have been removed during surgery or damaged by cancer, infection, injury or radiation therapy. Lymphedema usually occurs in an arm or leg, but can also affect other parts of the body. The main signs of lymphedema include swelling, aching or a feeling of tightness, which may come and go. People who have had surgery followed by radiation therapy are more at risk. Lymphedema or swelling is sometimes just a temporary effect of radiation therapy, but it can be ongoing. It can also be a late effect, appearing months or even years after treatment.

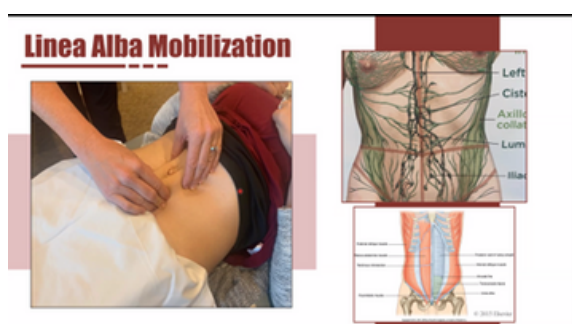
## How Do We Manage Lymphedema?

**Lymphedema is easier to manage if the condition is treated early. Treatment will aim to improve the flow of lymph fluid.**

1. It is important to keep active, avoid pressure, injury or infection to the affected part of your body, and see your doctor if you have any signs of lymphoedema.
2. Specialist physiotherapists (called lymphedema therapists) can help you to reduce your risk of lymphedema or show you ways to manage lymphedema if you have developed it. A personalised treatment plan may include exercises, skin care, lymphatic drainage massage and compression garments.

**We find manual therapy helpful to reduce lymphedema and maximize function of the lymphatic system, improve lymphatic return, address muscle pumps, neural/lymphatic mobilization, and stimulate deep lymphatic drainage.**

### Decompression of lymphatic system



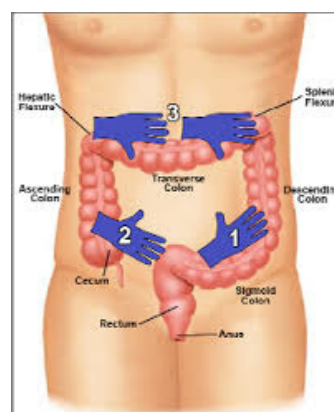
### Intercostal and Paravertebral Deep Lymph Node Pumps



### Straight Leg Raise with Contract-Relax and Neural Mobilization



### Colon Massage for Intestinal peristalsis





# | Yoga & Meditation

## What is Oncology Yoga?

Oncology Yoga is an evidence informed yoga method tailored to address the specific physical and emotional needs left by the cancer and cancer treatments. It is a comprehensive yoga practice designed to mitigate the short and long term side-effects and achieve long term health. Adaptable to all stages and cancer types. Our classes aim to help you relax and cope with stress, anxiety and depression. Generally, it can help to lift your mood and enhance well being. Some people with cancer say it helps calm their mind so that they can cope better with their illness. Others say it helps to reduce symptoms and side effects such as pain, tiredness, sleep problems and depression.

### Yoga Classes at Java Acupuncture is Oncology Yoga.

**Our oncology yoga class is designed to help cancer survivors achieve the oncology and healthcare organization recommendation to speed recovery or defend against cancer reoccurrence. Each session will:**

1. build strength and flexibility
2. strengthen the immune system and the lymphatic function
3. reduce cancer related fatigue
4. improve sleep and reduce anxiety
5. increase bone density
6. help manage common side effects like lymphedema, constipation and neuropathy
7. decrease pain
8. encourage survivors to participate in their wellness plan



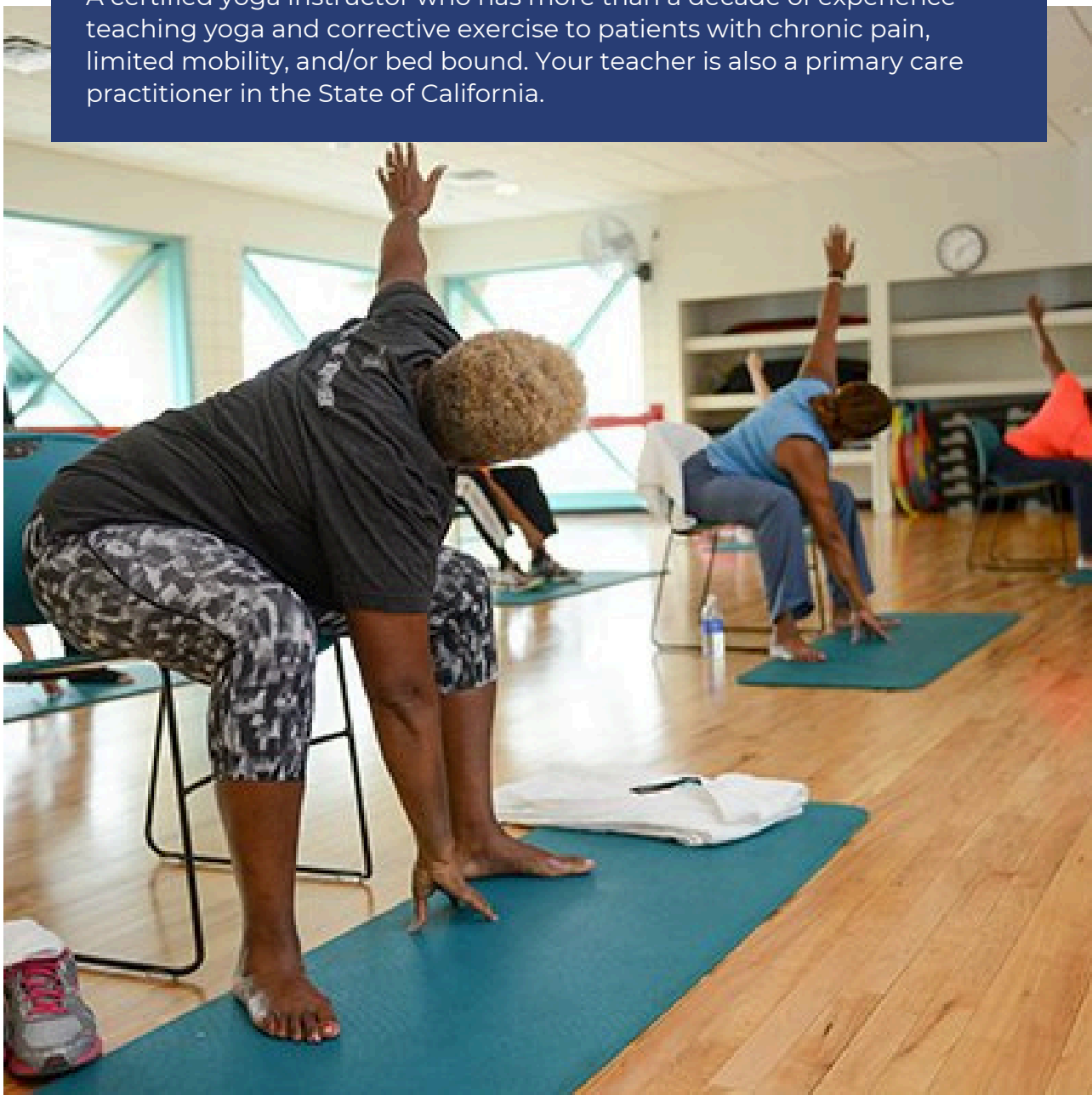
## What Does Oncology Yoga & Meditation Involve?

Our oncology yoga class usually lasts between 45 to 60 minutes. You can attend group classes or see a private teacher. You usually do a series of postures and breath work, at a comfortable pace, and will end with some relaxation and meditation time. Wear clothing that you find easy to move and stretch in. You usually need a non-slip mat, bolster (a big supportive pillow), and blanket. We have chairs if sitting on the floor is not comfortable for you. You're welcome to bring your own mat and props or borrow ours.

**No prior yoga experience is required.**

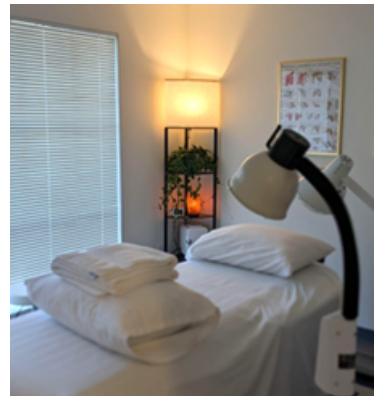
### Who is your teacher?

A certified yoga instructor who has more than a decade of experience teaching yoga and corrective exercise to patients with chronic pain, limited mobility, and/or bed bound. Your teacher is also a primary care practitioner in the State of California.



# Our Clinic - Java Acupuncture

At Java Acupuncture we create a space that is welcoming, inclusive and feels like home for our patients. Our yoga classes are open only to patients and their family so we can maintain the intimate space where you're supported by a small group of people you know and trust. We also have a kid area where your children can read, study and do some arts while waiting for you to receive treatment.





# Why Choose Java Acupuncture for Your Oncology Support?

## Our practitioner is trained in:

1. Understanding components of the Commission on Cancer's guidelines for rehabilitation programs.
2. Correctly articulate common terminology used in oncology medical care such as biopsy, margins, tumor markers, metastatic, in-situ, benign, and remission among others.
3. Understanding oncological staging systems used in medicine.
4. Knowledge of medical treatment options for cancer patients.
5. Knowledge of common sequelae patients can suffer as a result of cancer treatment.
6. Demonstration of manual techniques for fibrotic and adhered tissues in a safe and gentle manner.
7. Recognizing red flag symptoms, and when to immediately refer the patient back to the medical provider.
8. Evaluating a patient's case in order to develop a plan of care for rehabilitation, including treatment techniques and home program recommendations.
9. Develop appropriate exercise progressions for patients suffering from sequelae of cancer treatment, and apply manual techniques for fibrotic and adhered tissues in a safe and gentle manner.



# | We Accept Insurance

GEHA.

Optum

UnitedHealthcare

♥ aetna™

Cigna.

KAISER PERMANENTE®

MERITAIN™  
HEALTH  
An Aetna Company

blue shield  
california

SCCIPA  
Santa Clara County IPA

Anthem BlueCross

*We're unable to accept MEDICARE but happy to work with your cancer support program to offer you a group discounted rate for acupuncture treatments and yoga classes*





# Dr. Linh Taylor, DTCM, LAC

## Education

- Doctorate in Acupuncture and Chinese Medicine,
- Five Branches University
- Master in Acupuncture and Chinese Medicine
- Five Branches University
- Bachelor of Science in Computer Science
- California State University, Northridge

## Certifications

- Certified Myofascial Trigger Point Therapist
- Certified Functional Movement Therapist
- Certified Hospice and Palliative Care Acupuncture
- Certified Yoga Instructor
- Certified in Tune Up Fitness and Corrective Exercise

## Trainings

- Advanced Pelvic Floor Acupuncture
- Myopains Dry Needling and Trigger Points Certification
- Myopains Pelvic Floor Dry Needling
- Herman & Wallace Pelvic Floor Rehabilitation Level 1
- Herman & Wallace Oncology in Pelvic Floor 1 & 2B
- Richard Tan Balance Method of Acupuncture

## Work Experience

- Established an inaugural acupuncture program at Indian Health Center of Santa Clara Valley.
- Currently working as an acupuncture specialist at three of Indian Health Center Locations: O'Connor, Silver Creek, and Meridian dedicated to providing culturally sensitive healthcare services to American Indians, Alaska Natives, and low-income communities
- Currently working closely with physicians at Stanford Residency Program to provide acupuncture treatment for underserved population
- Java Acupuncture serves as an Alternative Medicine rotation site for Stanford residents
- Working as Associate professor at Five Branches University
- Owner of Java Acupuncture Pelvic Floor and Dry Needling
- Founder of Java Acupuncture & Oncology Yoga Program



# Something About Me

I grew up in Southern Vietnam, where Vietnamese and Chinese herbal medicine and dietetics were essential to my upbringing. But it wasn't until my older daughter, Sydney, was diagnosed with autism that I became interested in learning Traditional Chinese Medicine and Acupuncture. This amazing medicine has done miracles for my daughter's indigestion and insomnia. I became very interested in supporting patients going through cancer treatment because it was a cause close to my heart. My grandmother passed away in her early 40s due to cervical cancer. She was a wonderful and loving human being. She took great care of me while my parents were out making a living. We miss her very much.

I was also diagnosed with early signs of cervical cancer in my 30s and have been committing to taking care of my health better ever since. My sister was diagnosed with thyroid cancer last year. My former partner's father passed away from cancer. There hasn't been a day gone by that I didn't wish he could have experienced the love and more carefree childhood with his fun and loving father. He has been my inspiration for the creation of Java Acupuncture & Oncology Yoga Program. It is my greatest hope for you to fight cancer, fight it well, so you can be present for your child and family for many happy years to come.

My mission is to meet you where you're at and utilize my expertise in acupuncture, yoga, and meditation to provide you with some relief from pain and be able to thrive. I will listen carefully to your condition and create a practical treatment plan for your lifestyle. I'll ensure that you feel safe and well during treatment. I'd like to offer you the support you need as you're going through a challenging time.



# What Our Patients Say



I have been seeing Dr. Taylor for a couple of years now for various treatments from neuropathy to frozen shoulder. I have done acupuncture, dry needling, and cupping. I can say she is very knowledgeable and passionate about her work and it has greatly helped me improve my quality of life. I would highly recommend her services to anyone looking to get some relief



Dr Taylor is AMAZING! She helped my mother with some residual issues after chemo from breast cancer. She is so sweet, caring, knowledgeable and very thorough. She genuinely cares about all her patients.



I have been working with Dr Taylor for two years and she has been a godsend in my life. I struggle with endometriosis along with back and neck pain, and since day one, she has been so caring, thoughtful, kind, gentle, knowledgeable, and extremely helpful. With her support, she has completely helped me transform my life experience and the amount of pain I experience is significantly less due to her help. She is WONDERFUL!



Dr. Taylor is wonderful. She is attuned, attentive, and incredibly skilled at acupuncture. She has greatly improved my range of motion, overall pain level, and quality of life. I'm thrilled to have found an acupuncturist I can trust who addresses some of the root causes of my issues. The office is warm and welcoming.



I struggled for 10+ years with chronic pelvic pain and finally found some relief with acupuncture. Linh is incredible at what she does. She is really good about explaining what she is doing and why and what effect it may have. I really appreciate the time she takes with me during our sessions.



## JAVA ACUPUNCTURE



Integrative Medicine



***We're across the street from O'Connor Hospital and  
right off freeways 17 and 280.***

**We're 1-2 minutes away from Santana Row. There is a dedicated parking  
lot for the clinic. Access to bus and public transportation is right on our  
street, a few steps away. Wheel chair accessible.**

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