

THE BALANCING POINT

Open in Trussville



Ashley Lundy

Ashley Lundy, LAc, DOM has recently open her new acupuncture clinic The Balancing Point located at 104 S Chalkville Rd, Suite 105 in Trussville. She is a Licensed Acupuncture Physician and Chinese Herbalist. Services offered are acupuncture, Chinese Herbal Medicine, dietary therapy, exercise and lifestyle counseling. Dr. Lundy also offers a

variety of Chinese herbs.

The Balancing Point has two treatment rooms that offer a relaxing atmosphere for patients to receive their treatment. In the future Dr. Lundy hopes to add a Rare Herbal Pharmacy.

Dr. Lundy grew up in the Florida panhandle and moved to Orlando to pursue a Bachelor's Degree in Health Sciences and a Master's Degree in Acupuncture and Chinese Medicine. In 2004, she was selected to participate in an internship program in Yantai, China. There she worked in a Traditional Chinese Medical Hospital. Being immersed in the Chinese culture and philosophy on medicine and being able to treat patients with acupuncture and Chinese herbs gave her a fresh perspective on the effectiveness of this type of medicine. Upon graduation, she worked with a Chinese Master in Melbourne, FL who taught her the best way to treat patients so that they quickly achieve the desired result. She has recently moved to Trussville with her husband and two little boys to closer to family.

She is currently active in the Association for the Advancement of Oriental Medicine in Alabama (AOMA). The mission of the association is to educate and inform as to the safety and efficacy of Oriental Medicine along with helping to get legislation that would bring a regulator system for acupuncturists in Alabama. Alabama is one of 6 states that do not have any regulations for acupuncturists.

Dr. Lundy is also a member of the WORTH team (Women's Ongoing Road to Health). She has partnered with Kelly Love, a Holistic Nutritional Consultant, and Jennifer

Cole Conn, a Natural Food Chef, to bring monthly community educational classes to the women of the Birmingham area. The mission of the WORTH team is to promote health and well being along with showing women there are better alternatives. For more information on classes call Jennifer Cole Conn at 205-218-7255.

To schedule an appointment, or for more information, visit ALAcupuncture.com or call 205-234-4033. See ad, page 6.

