

I was referred to Dr. Wang by a friend. I was looking for a good acupuncturist because, while I had nothing wrong according to a recent medical checkup, I felt a lack of energy. I had successful treatment by an acupuncturist, a “barefoot doctor” from China, some 30 years ago on a more serious matter and though it worth a try.

Dr. Wang has been trained in both western and oriental medicine. During my first examination she was very thorough in her questions and expressed a genuine concern for my overall health. I scheduled an appointment the next day for my husband. We now have both seen Dr. Wang and my health has generally improved.

Her approach is a holistic one that represents a blend of western and oriental medicine and incorporates acupuncture, nutrition, various forms of oriental movement, herbs and other methodologies. She has instructed us on Qigong which is helpful in promoting fitness, maintaining energy and a general sense of well being. Her husband, Jeff Gao, is also very accomplished in Qigong and other techniques to promote health.

Dr. Wang also provides instruction about nutrition. She has taught me to make “Chinese biscuits” with whole wheat flour and green onions as a more nutritious (and easy to make) substitute for domestic breads. And, she makes a variety of delicious foods. One was a scrumptious dessert soup of beans, tapioca and cinnamon. Another was sweet potato leaves steamed, then sautéed with olive oil and garlic, and sprinkled with sesame seeds and other spices. Dr. Wang also provides instructions on herbal teas which I drink regularly. These dishes are simple, taste good and healthy, three qualities we need in our busy lives. I am looking forward to learning Tai Chi and calligraphy from her as well.

My husband and I have also met their daughter, Shirley, who is a lovely, smart and talented young lady that excels at Tai Chi, as well as academics, and plays the piano beautifully.

We feel blessed to have met the Wangs and look forward to continue learning about the Chinese culture, oriental medicine and discovering new ways of maintaining health.

Diann Shipione