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# WELCOME TO THE FINLEY CENTER

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## introduction

I would like to introduce myself, explain my background and training and give you a summary of my perspective on how I may help you address your health concerns.

I am native to Reno and graduated from UNR with a Bachelor Degree in Psychology. Following that, I attended the National College of Natural Medicine in Portland, Oregon full time for 6 years. I completed a Doctorate in Naturopathic Medicine (ND) and a Master of Science in Oriental Medicine (MSOM). After returning to Reno in 2004, I obtained my State of Nevada license as an Oriental Medicine Doctor (OMD) and my State of California license as a Naturopathic Doctor (Nevada does not, to this date, have a licensing board that regulates the Naturopathic Medicine profession). Recently, I also completed a Master of Science in Holistic Nutrition through Hawthorn University.

After all this training and more than 10 years in practice, I have realized some fundamental truths in health and healing. It is my goal to teach these truths and assist my patients in the implementation of good health practices into their lives. It is also my goal to partner with patients in the investigation of the root causes of illness and provide the tools necessary to successfully heal and achieve optimal wellness and disease prevention.

My nutritional training has led me from the Standard American Diet to Vegetarianism to a Whole Foods/Nutrient Dense diet. I am a big proponent of the Weston Price diet recommendations (please see my website for further information), as well as paleo/ketogenic diets.

## what I can do for you

1. Listen to your story. What are your health concerns? What is your medical history? What has led you to seek out an alternative health care practitioner like me?
2. Perform a general Nutritional Physical Exam. This would include blood pressure, pulse, assessment of tongue, nails, skin, weight, waist to hip ratio, etc.
3. Order necessary lab testing. This includes conventional lab tests such as CBC, Metabolic Panel, Cholesterol, Vitamin D, Body Fat Analysis etc. It also includes Functional Medicine tests such as Complete Stool Analysis, Hormone Panel, Food Sensitivity Panel, Nutrient Analysis, etc.
4. Give you a Traditional Chinese acupuncture treatment. I have studied TCM, Dr. Tung and Dr. Tan methods.
5. Perform the Chinese Medicine technique “cupping”.
6. Provide a Complete Treatment Plan that may include herbal or nutritional supplement suggestions.
7. Provide guidance on implementing a nutrient dense, whole foods diet.
8. See children as young as newborn for Naturopathic recommendations
9. Bill insurance for my services, as long as it is a covered benefit on your plan.
10. Refer to other physicians or health care practitioners as needed.

## what I am not able to do for you

1. I am not an MD or a DO. I am not able to prescribe pharmaceutical medications. I cannot admit patients to the hospital. I am not able to perform full physical exams or female exams.
2. I am not a pediatrician. I am not able to provide typical well child visits, physical exams for schools or sports teams.
3. I do not “take call”. If I am not in the office, and if you need urgent assistance, you must visit urgent care or the Emergency Room. If, it is not urgent, yet you need to speak with me, my front desk will locate me and pass on the message.
4. I cannot provide “email medicine”. Health issues requiring a lengthy paragraph sent in an email, are best saved for a scheduled visit.

## what I request that you do for me

1. Fill out your paperwork before your first visit, OR show up a few minutes early to fill it out. Every minute you are late or spend filling out paperwork during the scheduled time of the visit, is one less minute spent on your care.
2. Turn off your cell phone or leave it in the car. Buzzing, beeping and ringing cell phones during a visit, are extremely disruptive. Please do not answer your phone during a visit.
3. If at all possible, do not bring your children to the visit, unless the visit is for the child specifically. I give much information to patients, especially on the first visit. If you are distracted by your child, you will not remember what I am telling you. You will get much more out of the visit, if you can focus 100 % on what I am explaining to you!
4. If you are receiving acupuncture, wear comfortable clothing that can be lifted, scooted up/down, etc. (E.g. no skinny jeans or one piece dresses).
5. Please do not wear perfume. Many patients seen at our office and office staff included are sensitive to fragrances. Please save them for after the visit.

## what I hope YOU will do for you

1. Be committed to the steps necessary to achieve wellness. It is a lifelong challenge, not a weekend cleanse.
2. Be open-minded and willing to adopt new practices and habits.
3. Come to your recommended and scheduled appointments.
4. If you are here for the Naturopathic Medicine visit, please be receptive to an education on true wellness and disease prevention – this is for you benefit, of course!!

On your first and follow-up visits, you will be asked what type of appointment you are seeking. Your options are as follows:

**Acupuncture only.** This type of appointment is for those who strictly want acupuncture without herbal or nutritional supplement or lifestyle recommendations.

Initial Visit: 65-75 minutes

Follow-up visits: 35-45 minutes

**Acupuncture with herbal/nutritional supplement recommendations.**

Initial Visit: 65-75 minutes

Follow-up visits: 35-45 minutes

**Naturopathic Medicine only.** This is for those seeking a natural medicine approach with full intake, nutritional physical exam, necessary lab work and a full Naturopathic Treatment Plan.

Initial Visit: 60 minutes

Follow-up Visits: 15-30 minutes

**Naturopathic Medicine Visit, followed by an Acupuncture Treatment**

Initial Visit: 1 hour 35-45 minutes

Follow-up Visits: 50-75 minutes

Once you are an established patient, you are allowed to schedule acupuncture sessions on our [Community Acupuncture Shift](#). These are less expensive sessions, while you are seated in a reclined chair, in a room with other patients. The lights are dimmed and music is playing to create a relaxing environment. Once per month, Community Acupuncture becomes [Karma Acupuncture](#). More time slots are opened up and private rooms may be available, for the reduced cost. All the proceeds of this shift will be donated to a cause of the month.