



DIANE STANLEY

DACCHM, L.Ac., CFMP

LICENSED ACUPUNCTURIST
NCCAOM Diplomat

DEGREES

*AOMA Graduate School of
Integrative Medicine*

Doctor of Acupuncture with
Chinese Herbal Medicine
Specialization (DACCHM)

Master of Acupuncture with
Chinese Herbal Medicine
Specialization (MAcCHM)

University of Texas at Austin
Bachelor of Arts, Plan I Honors

CERTIFICATIONS

- Chinese Medicine
Immersion Program,
Chengdu University School
of TCM
- Functional Medicine
Practitioner
- Wahls Protocol Health
Practitioner
- Brain Health Professional
Coach

WHERE TO FIND US

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OUR APPROACH

We want to support patients in their health goals by providing support, empowerment, and care, and at the heart of great patient care is collaboration.

ACUPUNCTURE + HERBAL MEDICINE

Chinese medicine has seen exponential growth in peer reviewed research. It is a holistic and patient centered medicine. We work to provide evidence based care, balancing a clinical tradition that is thousands of years old with the best clinical evidence and patient preferences and values.

LIFESTYLE CHANGE SUPPORT

WAHLS PROTOCOL

The Wahls protocol is a research centered approach to fostering health through diet, exercise, stress reducing techniques, e-stim, and social health. It was piloted in through a quest of neurologist, Dr. Terry Wahls to slow the progression of her MS, and has achieved significant results in healing TBIs, reducing MS symptoms, and autoimmune conditions.

BRAIN HEALTH PROFESSIONAL COACH

Brain health methods are based on the work of Dr. Daniel Amen, MD (Psychiatry & Radiology), an approach also utilizing lifestyle change to foster brain health for TBIs, dementia, and overall mental wellness. His work is focuses in the usage of SPECT scans for deeper understanding and natural interventions where possible.



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RESEARCH

Chinese Medicine

CM + Neurology 5,945 Pubmed publications in the last 5 years

Stroke recovery:

- Lu L, Zhang XG, Zhong LL, Chen ZX, Li Y, Zheng GQ, Bian ZX. Acupuncture for neurogenesis in experimental ischemic stroke: a systematic review and meta-analysis. *Sci Rep*. 2016 Jan 20;6:19521. doi: 10.1038/srep19521. PMID: 26786869; PMCID: PMC4726177.
- Guo X, Cheng B. Clinical Effects of Acupuncture for Stroke Patients Recovery. *J Healthc Eng*. 2022 Feb 14;2022:9962421. doi: 10.1155/2022/9962421. PMID: 35222902; PMCID: PMC8872684.
- Chen A, Gao Y, Wang G, Li J, Shen W. [Effect of early acupuncture intervention on post-stroke depression: a randomized controlled trial]. *Zhongguo Zhen Jiu*. 2018 Nov 12;38(11):1141-4. Chinese. doi: 10.13703/j.0255-2930.2018.11.001. PMID: 30672192.

Multiple Sclerosis

- Khodaie F, Abbasi N, Kazemi Motlagh AH, Zhao B, Naser Moghadasi A. Acupuncture for multiple sclerosis: A literature review. *Mult Scler Relat Disord*. 2022 Feb 26;60:103715. doi: 10.1016/j.msard.2022.103715. Epub ahead of print. PMID: 35259684.
- Criado MB, Santos MJ, Machado J, Gonçalves AM, Greten HJ. Effects of Acupuncture on Gait of Patients with Multiple Sclerosis. *J Altern Complement Med*. 2017 Nov;23(11):852-857. doi: 10.1089/acm.2016.0355. Epub 2017 Apr 14. PMID: 28410453.

TBI

- Guo ZQ, Huang Y, Jiang H, Wang WB. [Randomized clinical trials of early acupuncture treatment of limb paralysis in traumatic brain injury patients and its mechanism]. *Zhen Ci Yan Jiu*. 2019 Aug 25;44(8):589-93. Chinese. doi: 10.13702/j.1000-0607.180744. PMID: 31475493.
- Lucke-Wold BP, Logsdon AF, Nguyen L, Eltanahay A, Turner RC, Bonasso P, Knotts C, Moeck A, Maroon JC, Bailes JE, Rosen CL. Supplements, nutrition, and alternative therapies for the treatment of traumatic brain injury. *Nutr Neurosci*. 2018 Feb;21(2):79-91. doi: 10.1080/1028415X.2016.1236174. Epub 2016 Oct 5. PMID: 27705610; PMCID: PMC5491366.

Dr. Terry Wahls

- Titcomb TJ, Brooks L, Smith KL, Ten Eyck P, Rubenstein LM, Wahls TL, Snetselaar LG. Change in Micronutrient Intake among People with Relapsing-Remitting Multiple Sclerosis Adapting the Swank and Wahls Diets: An Analysis of Weighed Food Records. *Nutrients*. 2021 Oct 5;13(10):3507. doi: 10.3390/nu13103507. PMID: 34684508; PMCID: PMC8540533.
- Wahls TL, Chenard CA, Snetselaar LG. Review of Two Popular Eating Plans within the Multiple Sclerosis Community: Low Saturated Fat and Modified Paleolithic. *Nutrients*. 2019 Feb 7;11(2):352. doi: 10.3390/nu11020352. PMID: 30736445; PMCID: PMC6412750.

Dr. Daniel Amen

- Raji CA, Tarzwell R, Pavel D, Schneider H, Uszler M, Thornton J, van Lierop M, Cohen P, Amen DG, Henderson T. Clinical utility of SPECT neuroimaging in the diagnosis and treatment of traumatic brain injury: a systematic review. *PLoS One*. 2014 Mar 19;9(3):e91088. doi: 10.1371/journal.pone.0091088. PMID: 24646878; PMCID: PMC3960124.
- Amen DG, Willeumier K, Johnson R. The clinical utility of brain SPECT imaging in process addictions. *J Psychoactive Drugs*. 2012 Jan-Mar;44(1):18-26. doi: 10.1080/02791072.2012.660101. PMID: 22641962.
- Amen DG, Harris WS, Kidd PM, Meysami S, Raji CA. Quantitative Erythrocyte Omega-3 EPA Plus DHA Levels are Related to Higher Regional Cerebral Blood Flow on Brain SPECT. *J Alzheimers Dis*. 2017;58(4):1189-1199. doi: 10.3233/JAD-170281. PMID: 28527220.
- Amen DG, Taylor DV, Ojala K, Kaur J, Willeumier K. Effects of brain-directed nutrients on cerebral blood flow and neuropsychological testing: a randomized, double-blind, placebo-controlled, crossover trial. *Adv Mind Body Med*. 2013 Spring;27(2):24-33. PMID: 23709409.