



Englewood Hospital  
welcomes our  
Acupuncturist:

Alexander (Al) Krych, L.Ac

Al is a graduate from the Eastern School of Traditional Chinese Medicine in Montclair, NJ.

He was trained in Traditional Chinese Medicine (TCM), Five Element, Scalp Acupuncture, Auriotherapy, and Kiiko Matsumoto Japanese Style Acupuncture.

He specializes in the practice of Kiiko's style acupuncture along with a specialized scalp acupuncture known as the 5 needle method from Dr. Zhi Liang Huo.

Al has thirty years of experience in the practice of Health & Wellness methods covering: from the movement methods of Tai Chi and Tao Revitalization techniques to Shiatsu and Chinese massage known as Tuina.

# Introducing Acupuncture at The Center for Integrative Healing

*Caring for Your Mind, Body & Spirit*

**Acupuncture is a non-invasive medical system that promotes natural healing and restores well-being. The World Health Organization recognizes acupuncture as effective therapy for over 50 major conditions including:**

- *Chronic pain disorders*
- *Autoimmune disorders*
- *Stress-related disorders*
- *Disorders of muscles, joints, bones and nervous system* such as: arthritis, neuralgia, migraine headaches, insomnia, dizziness, sciatica, and back, neck and shoulder pain
- *Gynecological disorders* such as: irregular, heavy or painful periods, premenstrual syndrome, menopausal symptoms, infertility
- *Chronic Fatigue Syndrome and Fibromyalgia*
- *Eye, Ear, Nose and Throat disorders* such as: cataracts, poor vision, toothache, gingivitis, tinnitus
- *Gastrointestinal disorders* such as: food allergies, peptic ulcer, constipation, chronic diarrhea, indigestion, anorexia, gastritis, and irritable bowel syndrome
- *Respiratory disorders* such as: asthma, bronchitis, common cold, sinusitis, smoking cessation, tonsillitis
- *Emotional Disorders* such as: anxiety, depression, insomnia, nervousness, neurosis

**Appointments available Monday and  
Wednesday from 10:00am to 6:00pm.**

For an appointment or price information  
Call: **(201) 894-3767**

Englewood Hospital and Medical Center,  
350 Engle St., Englewood, NJ 07631