



◆ THIS WEEK'S FEATURE

## Harmonizing Digestion: The Integrative Approach to Gut Health

If you struggle with bloating, acid reflux, or unpredictable digestion, you know exactly how much it can disrupt your daily life.

[READ THE FULL ARTICLE](#)

[EXPLORE MORE](#)

*Digestive disorders, from GERD and IBS to simply feeling uncomfortable after every meal, are incredibly common. While conventional treatments often rely on medications to mask symptoms, these can come with adverse side effects from long-term use.*

*At Las Vegas Integrative Medicine, we believe in treating the root cause of your concerns. We combine the precision of Traditional Chinese Medicine with the investigative depth of Naturopathic Medicine to provide a complete, drug-free solution.*

◆ FROM OUR BLOG

### How We Harmonize Your Digestion

In Traditional Chinese Medicine (TCM), digestive issues are viewed as a disruption in the flow of Qi (vital energy). Complementing this, our Naturopathic Doctors view the gut through a functional lens, investigating the root cause of systemic imbalances through the environment, nutrition, and internal physiology.

◆ KEY HIGHLIGHTS

### The Power of Integrative Care

**By combining acupuncture with naturopathic protocols, we provide an integrated approach to your gastrointestinal wellness:**

- **Acupuncture – Regulating Muscle & Flow:** It stimulates your autonomic nervous system to regulate peristalsis and naturally alleviates abdominal tension

and cramping.

- **Naturopathic Medicine – Functional Root-Cause Analysis:** Our doctors go beyond surface-level symptoms. Through personalized consultations, we utilize clinical nutrition, targeted supplementation, and lifestyle modification to restore the integrity of your gut lining, balance your microbiome, and address specific food sensitivities.
- **The Gut-Brain Connection:** Both our acupuncture and naturopathic modalities promote relaxation, lowering the physiological stress that exacerbates digestive complaints.

Acupuncture and Naturopathic care don't just manage symptoms; they support your long-term gastrointestinal health. By integrating these modalities, we offer a safe, natural, and highly effective path to restoring your vitality.

**You don't have to just "live with" digestive discomfort.**

[READ MORE ON OUR BLOG](#)

◆ OUR PRACTITIONERS

**Meet Your Care Team**

Our licensed acupuncturists and naturopathic doctors are here to guide your healing journey with expertise, compassion, and personalized care.



**Dr. Yoojin Lee - Sedera,**  
N.D., O.M.D.



**Dr. Rachel Ong, N.D.,**  
O.M.D.



**Dr. Alex Kong,**  
O.M.D.



**Dr. Caroline Zhao, L.Ac.,**  
O.M.D.

◆ [BEGIN YOUR HEALING JOURNEY](#)

# Ready to Experience the Difference?

**BOOK ONLINE NOW**

**ALL SERVICES**

[\(702\) 708-2207](tel:(702)708-2207) [info@lvimed.com](mailto:info@lvimed.com) [lvimed.com](http://lvimed.com)

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Las Vegas Integrative Medicine  
3030 S. Jones Blvd. Ste 107, 89146, Las Vegas

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