

PACIFIC ACUPUNCTURE CENTER

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"Being a veteran suffering multiple injuries. I was at my wits end. I would deal with debilitating pain and emotional trauma everyday. Every doctor tried to prescribe me antidepressants and sedatives, which produced side effects that wound up making me more miserable than my original problems. After going to Dr. Ping for three months, everything began improving: my tinnitus subsided, trigger sounds began to lose their power, exercise worked its way into my schedule, and with that, my bodily aches and pains were eased as well."

~T.M.



870 Market Street. #353
San Francisco, CA 94102
(Half a block away from the Powell/Bart Station)

Phone: (415)-434-9008

Email adamsping@yahoo.com

Schedule

Mon-Fri 7:30 am- 4:30 pm

Sat 7:30am-12:00 pm

Please make an appointment by phone.

Submit Inquiries

Name *

	First
	Last

Email *

Comment *

SUBMIT



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Frequently Asked Questions

How many treatments will I need, and how frequently?

Treatments can be scheduled as often as daily or as seldom as once a month. This will depend on your unique condition and response to acupuncture. Patients usually go through a series of treatments. The length and duration on the plan will be determined after a thorough evaluation of your individual case and conditions.

Do you accept health savings accounts (HSAs) or flex spending accounts (FSAs)?

Yes, we are in partnership with American Specialty Health (ASH) and all flex spending accounts.

Will I need to keep coming once the condition has improved?

Usually, more complicated condition require more follow up visits after relief has been achieved. Specific timelines and expectations will be communicated to the patient.

Does it hurt?

Typically, insertions of needles into channels can range in sensation from imperceptible to small aches or slight, local twitching. We do our best to minimize discomfort while maximizing effectiveness. Most patients report their experiences as being relaxing and pleasant.

Do you take Insurance?

We are currently out of network with all insurance companies. Our goal is to provide high quality care. The treatments we provide are not contingent upon insurance limitations.

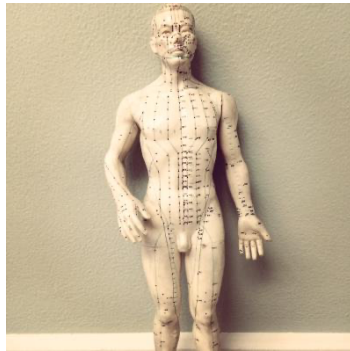
PPO health insurance plans that are inclusive of acupuncture as a treatment option will be processed by our administrative department. Please have your insurance information with you on your first visit. We will verify your insurance on your first visit, and notify you about your benefits at your follow-up visit.

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With Dr. Ping's help, I've been able to drop my PSA levels from 10.9 to 6.3, almost an astounding 5 points. That is a 42% improvement in the course of a solid two months. Now, I only get up to go to the bathroom about twice a night and my anxiety levels have gone way down.

~F. Porter



I am a 50 year-old male and I've noticed that I'm starting to have problems holding in my urine, and that when I do go, I urinate very slowly. I wake up many times every night to release urine and this is beginning to interrupt my sleeping patterns. Can you do anything for me?

Chronic Prostatitis is a common disease among middle-aged and elderly men. Many patients have recurring episodes of prostate problems.

Patients with mild cases feel fatigue and weak, especially in the lower back and knees. In more serious cases, patients will experience swelling and pain in their low abdominal region and testis.

Prostate problems will directly affect ejaculation. Western physicians classify prostatitis into bacterial prostatitis and non-bacterial prostatitis, with the latter being the most common. Treatment with antibiotics often does not work.

We prescribe herbal medicine, acupuncture, and physical therapy for treatment of chronic prostatitis, prostate enlargement, as well as improving men's sexuality. Having cured numerous patients, her unique treatment yields outstanding results.

Male Infertility

For men, infertility may be caused by:

Abnormal sperm production

Coexisting diseases such as diabetes or infections

Problems with sperm delivery due premature ejaculation.

Too much exposure to toxins like radiation, tobacco smoke, alcohol, marijuana, and excessively greasy food

A pregnancy is a coordinated effort between spouses.

We will review all previous hormonal charts, assess hormone levels, the woman's menstrual cycle, lifestyle, and nutrition, to create a diagnosis and define what support is needed. If the patient has had no previous assessments, we will recommend which tests, at which times will be the most helpful.



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Top-Tier Acupuncturist in the Bay Area



Dr. Ping Xiao Adams practices acupuncture as a method of naturally and holistically treating infertility for both men and women in downtown San Francisco. She was a medical doctor in China for 10 years. She is thoroughly adept in both Eastern and Western medicine philosophies.

Education

- Academy of Traditional Chinese Medical Arts & Cultures, Oakland Ca. 1994-1997
- Master of Chinese Medicine.
- Shanghai Medical University P. R. of China. Degree: 1984 Medical Doctor

Experience

- She has operated Pacific Acupuncture Center in San Francisco for 20 years.
- Hung Pu Hospital Urology Department manager in Shanghai, China (1984-1987)
- Shanghai Pushi Hospital E.R. Department Lead in Shanghai, China (1987-1989)
- Shanghai Pushi Hospital Infertility Department Lead in Shanghai China (1989-1993)



Specialized in Treating:

Frozen Shoulder
Arthritis
Upper and Lower Back Pain
Insomnia
GI and weight problems
Stress and exercise injuries
Carpal tunnel syndrome
"Pinched Nerve"
Chronic Fatigue Syndrome
Hormonally-Induced Migraines
PTSD
Urinary Tract Infection
Yeast Infections

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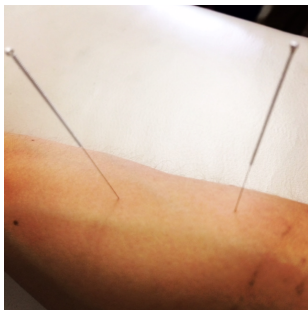
Our techniques can provide immediate relief for people in acute pain. For those in chronic pain, we identify root causes then create a treatment plan.

Needle Technique

The use of disposable, solid needles involves stimulating certain acupuncture points along the different nerve meridians in the human body. This corrects imbalances in the flow of "Chi" (Qi) through those channels.

Dr. Xiao applies physical pressure to certain acupuncture points along the patient's nerve meridian to bring about relief by rebalancing the body's Yin and Yang and to circulate the flow of Qi.

Needle technique is an very important for treating pain affecting the muscles and fascia. It activates hyperactive trigger-points that relay pain through across nerves and connective tissue.



TDP and Steam

Herbal steam treatment tables and TDP infrared heating lamps are effective in treating lower back pain and a myriad of arthritis-induced problems.

The technique is optimal for patients suffering from arthritis, bursitis, muscle spasms, and chronic joint inflammation. The infrared waves penetrate deep into the human body for the cell's to absorb the energy, rendering a very recuperative effect.



Herbal Supplementation

Traditional herbal medicine is sometimes compounded with acupuncture to treat the patient's specific range of internal illnesses. The powdered concentrated herbs come from the purest sources of organic plant elements processed by a safe harbor company that uses state of the art equipment in the manufacturing and processing.

Herbs help reduce symptoms, support immune systems, and increase the body's own natural ability to regulate hormonal balance. Herbal remedies can be taken internally as capsules, caplets. All our herbs are concentrate-powdered, naturally sourced, and FDA approved.



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"Dr. Ping made my dream come true! My husband and I had been trying for almost a year to get pregnant without any luck. We were beginning to get very frustrated and felt as though we were never going to be parents. Luckily, I was introduced to Dr. Ping by a friend and as soon as I met with her I was excited and looked forward to beginning my treatments.

Dr. Ping spent a lot of time with me during my first appointment in order to get my full health history. She set up a treatment plan for me that consisted of acupuncture three times a week and weekly herbs.

After two months, I am happy to report that we are pregnant with our first child. Thank you again Dr. Ping for all of your support and guidance through this journey. If you are seeking acupuncture to help with fertility I highly recommend her!"

-Johanna D.

Women's Health Services

We offer a wide range of outstanding options for women's infertility and menstrual complications. We assess and create treatment plans tailored to each patient. We also work together with couples who wish to conceive naturally.

The specialty in our practice lies in treating infertility, irregular periods, abnormal absence of period, and menopausal symptoms.

We look at the entirety of the patient, including past injuries, current activity level, and emotional conditions to create goals for each patient.

We do not offer specific Western diagnoses or official screenings for severe illnesses. We expect that our patients have a working relationship with their primary care provider, with whom we may communicate with.

I'm a 45 year-old woman and my husband and I have been trying to conceive, unsuccessfully for the past two years. We've gone to fertility clinics and the personnel informed us that our chances of success at IVF treatments came to an unfortunate 10%. I'm still hoping to naturally conceive. Is this in any way possible?

To achieve a pregnancy, the complex processes of ovulation and fertilization need to work in tandem.

Causes of infertility usually involve one or both partners.

For women, infertility occurs when ovaries cannot release eggs. This may be caused by:

Hormonal Imbalances

Fallopian tube blockage from inflammation

Early menopause (menstruation ends before age 40)

Thyroid problems like hyperthyroidism and hypothyroidism that can interrupt the menstrual cycle

We've seen many patients with similar stories and have tailored specific treatment cycles for struggling couples, most of whom come to fruition with sometimes more than one pregnancy.



I always get terrible migraines during time periods before my periods arrive. They're sometimes so bad that I can hardly get out of bed. What's up with that? Can you do anything for me?

A sudden drop in estrogen levels that occurs shortly before and during the peri-menstrual time period is usually the most plausible trigger for menstrual migraines. We use quick pain-relief therapies to stop the migraine attack once it has begun. We use preventative therapies that regulate hormones to halt the development of menstrual migraines.