

Member of

- **American Organization for Bodywork Therapies of Asia**
 - **International Massage Association**
 - **American Medical Massage Therapist Association**
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Testimonials...

I had rheumatoid arthritis for 15 years. I experienced severe pain from the top of my head to the bottom of my feet. I developed depression, insomnia, shortness of breath and loss of concentration. My body pain was so severe that I thought of suicide just to end the suffering. In only 6 weeks, my body pain dropped from 15 (the worst) to 2. I am very happy with Mamie's service, and I strongly recommend her to everyone.

Vickie, Sacramento

I have Parkinson's disease. After practicing Tai Chi with Mamie for one year, I can take care of myself like a normal person. Not many people notice that I have a problem anymore.

Joseph, Sacramento

I had joint and body pain. I went through pain management and took lots of Western medicine. I went to Mamie out of curiosity, just to see what she could do. I followed her suggestions, including a change of diet. Amazingly, within 30 days, my pain and other problems went from 10 (worst) to 1. I just could not believe it!

Roger, Lodi

I moved from New York, under a homeopathic doctor's care for 7 years. When I first saw Mamie, she detected a respiratory problem. I ignored her advice and ended up in the emergency room! When the cough returned, I took her herbs. The cough was gone! Now I attend her workshops and learn her way of cooking and brewing herb teas. My health has improved and I've cut the cost of other medicines in half! Thank you Mamie!

Jennifer, Sacramento

I had whole body pain 24/7--stiff neck, headache, swelling of the face and fingers in the morning, insomnia, and loss of concentration. Her technique is different from other masseuses. In months my pain was completely gone, I feel like a 25 year-old again.

Steve, Lodi

Mamie Woo

Chinese Herbalist

Certified Massage Therapist

Tai Chi Instructor

Improved Daily Health

through Chinese Cooking



For Appointments **(916) 616-1688**

Sacramento – 3120 O Street

Lodi – Inside Fitness Work Gym

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ANCIENT Chinese Medicine
for a **NEW You!**

About Mamie's Work...

Mamie Woo is a certified acupressure massage therapist who uses acupressure, therapeutic massage, herbal supplements, health-supporting diet, and Tai Chi Chuen exercise to promote physical health.

Mamie has over 20 years of experience treating sufferers of advanced arthritis, Parkinson's disease, MS, bursitis, tendonitis, sciatica, and other neurological and movement impairing afflictions. Balanced, individualized healthy eating and herbal therapy combined with acupressure, massage, and exercise join forces to help eliminate physical problems and establish a foundation for health.

Her approach is based on the ancient principles of Traditional Chinese Medicine, in use for thousands of years that balances the Yin and Yang elements of the body. With a balanced body, ailments can be improved or overcome.

Innovative massage therapy and Chinese herbal programs have firmly established Mamie's reputation in the Sacramento region for many years, bringing beneficial results to the elderly and movement-impaired.

Her intensive and individualized approach focuses on those who experience severe pain and discomfort, and provides relief from symptoms of wide-ranging occasional and recurring distress. For sufferers of lesser complaints such as allergy/sinusitis, muscle spasms, migraine headaches, body and joint pain, tension/anxiety and insomnia, Mamie Woo knows the pathway to relief. Convenient office locations are in Sacramento and Lodi.

Services Include...

- Health consultations
- Therapeutic and Oncology massage
- Chinese herbal formulas mixed to meet specific health needs.
- Cupping for the removal of toxins
- Tai Chi Chuen instruction – individual or group.
- Wellness workshops: Chinese Systems of Healing; Pressure Points; Cooking for Health with natural Chinese ingredients, spices, and herbs.

Host a Private Wellness Class

You and your co-workers or friends choose the place, time, date and topic, including these popular concerns:

- Stress relief
- Insomnia
- Gain Vitality
- Head and Shoulder pain
- Ease Back and Leg pain
- How Chinese Medicine Works
- Controlling Cholesterol
- Preserving Your Vision
- Symptoms and Disease Systems
- Cooking to keep the body young
- Supporting the major organs

Mamie's Professional Training

- Guangzhou College of Traditional Chinese Medicine, Guangzhou, China.
 - Acupressure Institute of America
 - East-West Institute of Hand Therapy
 - Institute of Chinese Herbology
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