

Website Format

I. Home page

II. About

III. Fertility & Pregnancy (nest)

IV. Hormone Balance (rocks)

V. Strength & Structure (tree)

VI. Emotional wellbeing (heart)

VII. Online Shop

VIII. Testimonials

I. HOME PAGE:

Philosophy of care plus links to: fertility & pregnancy, hormone health, strength & structure and emotional wellbeing pages with pictures.

Philosophy of Care

Acupuncture & Chinese Herbal Medicine are rooted in over 3000 years of history and tradition. As a complete medical system that has remained flexible and relevant we honor what has worked from the past while embracing the medicine of tomorrow.

At Radiant Point Acupuncture we provide compassionate, respectful and empowering care in a safe and inclusive environment. Our goal is to harmonize physical, mental and emotional wellbeing to strengthen the Radiant Point from which we all strive to live.

II. ABOUT PAGE: in menu bar with subsections for 1. Kate 2. the clinic 3. frequently asked questions

About Kate

Kathryn Cadwgan is a Massachusetts and California Licensed Acupuncturist and Herbalist as well as Nationally Certified in both Acupuncture and Herbal Medicine. She obtained her Masters Degree from Five Branches University in Santa Cruz CA and has studied at the integrated hospital in Hang Zhou China. She has also done extensive study in Chi Nei Tsang in both the USA and Thailand. She worked for Kan Herb Company a leader of high quality, lab tested Chinese patented herbal formulas as a consultant to both Acupuncturists and Western MD's. Every year Kate commits to attending in person and virtual educational events in order to grow as a practitioner and human being.

Area of focus:

"I have focused on hormonal health and fertility through bodywork, acupuncture and herbal medicine for decades. A fascination with how the hormonal feedback loops of our bodies can be accessed through the patterns of Acupuncture led me towards an obsession with fertility and conception. I began my training with Dr. Angela Wu in San Francisco in 1998. After completing my Masters Degree at FBU and then further study in China, I returned to CA to work with the team at Nurture Acupuncture and Bay Area Reproductive Endocrinologists. In 2011 I returned to the East Coast to be closer to my family and began my private practice. Every year I commit to continue my learning through both online classes and conferences. I love my work so you will often find me in the office! But I can also be found hiking, camping, reading, eating vegetables, sitting quietly, feeding the birds while avoiding bears, traveling, laughing at good jokes and enjoying time with my animal, human and extended friend family.

About Dogtor Rosie Day

Rosie came up from Florida in July of 2020. After some (alot) training she began practicing and is currently in charge of operations (not really.) She prefers chin scratches to head scratches and has never met a treat she didn't like. She never enters treatment rooms and air filters are constantly on to combat dander. If you would prefer not to meet Rosie just call ahead and she can retire to her dog office (locked kennel.)

About the Clinic:

Radiant Point Acupuncture is a small clinic off the beaten path in downtown Northampton, MA. Treatments take place in a private, relaxed and quiet setting. Private, non metered parking is available right outside the door.

Non-discrimination policy: Radiant Point Acupuncture does not discriminate on the basis of race or national origin, age, religion, ability, education, height, weight, body type, marital status, sexual orientation, sex, or gender identity. All are welcome.

Accessibility: 6 carpeted stairs with railing. Unfortunately, no elevator or ramp. Gender inclusive restroom. Not a scent free environment.

About Acupuncture: Acupuncture is the insertion of thin needles at specific points which act as guideposts for healing. These guideposts help the body use its own mechanisms for self regulation to restore health. The needles used are sterile, disposable and as thin as a cat's whisker. Often they create a slight tingling sensation at individual points but rarely is there pain or discomfort. After the acupuncture needles are placed, a period of rest allows the "qi" or energy to travel through the channels, mending areas of disharmony.

About Herbs: Herbal formulas aid in extending and enhancing acupuncture treatments. Daily use acts as a reinforcing agent, encouraging the body towards a healthier path until it is strong enough to take over on its own. Herbs rarely have side effects and can be taken as a tea, tablet or tincture. All herbal formulas used at Radiant Point Acupuncture have passed stringent lab analysis within the United States as well as China. This guarantees not only the proper herbal components but also that each product is free from heavy metals, molds and pesticides.

Frequently asked questions:

HOW DO I KNOW IF ACUPUNCTURE CAN HELP ME? Acupuncture has been helping patients for over 3,000 years and it can help you too! The goal of the initial consultation is to fully comprehend your personal health goals and history. From there, we establish a treatment plan that is effective while being time and cost efficient. Kate sets aside enough time so all questions can be answered in a relaxed setting geared towards understanding.

DOES ACUPUNCTURE HURT? Needles can create a slight tingling sensation at the area of insertion but rarely is there ever any pain.

HOW BIG ARE THE NEEDLES AND ARE THEY STERILE? Needles range in diameter and length depending on the area of the body being treated and the amount of stimulation desired by the practitioner. Most treatments require needles about as wide as a cat's whisker. Every needle used is a single use, sterilized medical tool.

WHAT ARE TREATMENTS LIKE AND HOW LONG DO THEY TAKE? Acupuncture treatments include a time for discussion followed by needle insertion then, usually about 30 minutes of quiet rest with the needles in place.

HOW MANY TREATMENTS WILL I NEED? Treatment plans are individual and are often influenced by factors like the depth of disease (chronic vs. acute). In general, patients should be

seen at least once a week until a solid foundation of health is created. During the initial consultation, protocols and timelines are discussed.

HOW MUCH DOES IT COST? Although insurance is not accepted/billed, a sliding scale is offered to make treatments as affordable as possible to as many people as possible. Please reach out for current scale limits.

III. Fertility & Pregnancy : in the menu bar as well as front page picture link

At Radiant Point Acupuncture our goal is to help build families and we happily embrace the diversity that word includes. We warmly welcome the LGBTQ community, single mothers and parents by choice and surrogates.

FERTILITY

Whether you are attempting to conceive at home or with the help of assisted reproductive technologies like IVF or IUI, fertility challenges can feel isolating and overwhelming. Emotional strains, financial concerns and often a western medical diagnosis of “unexplained infertility” can leave families feeling powerless. Our goal at Radiant Point Acupuncture is to help achieve pregnancy while creating a healing space of support and individualized care.

Conception at home/ICI: Difficulties tracking your cycle or repeated unsuccessful conception attempts are often unexpected. This additional stress can further compound fertility challenges. Taking the time to understand your unique menstrual cycle can be the key to fertility. By preparing your body for pregnancy you can improve your chance of a healthier pregnancy and lessen your risk for complications.

IUI and IVF: Recent studies confirm Traditional Chinese Medicine’s positive influence on achieving pregnancy in concert with Assisted Reproductive therapies. Often times a diagnosis of infertility can be stressful enough, but that compounded by complex pharmaceutical regimens and multiple doctors appointments can leave families overwhelmed. Acupuncture provides a safe, healing space to process and recover, allowing for up to 65% increase in conception. Patients who received acupuncture on transfer day alone with no other preparatory treatments, improved their conception rates by 39%.

ACUPUNCTURE CAN HELP:

- mitigate complications from irregular menses and syndromes like PCOS or Endometriosis
- encourage implantation, embryo growth and prevent miscarriage
- counter negative stress feedback loops that poorly influence ovarian/pituitary/hypothalamus axis
- improve follicle count and quality
- increase uterine lining thickness
- promote health for advanced parental age concerns
- lower elevated FSH
- decrease inflammation for PID or fallopian tube factors
- help to calm autoimmune disorders
- address sperm factor issues
- improve success rates of ICI, IUI and IVF
- help prepare a solid foundation for donor sperm or donor egg cycles
- support for single mothers and parents by choice and surrogates
- help heal mild to moderate OHSS

PREGNANCY, LABOR & DELIVERY, POSTPARTUM CARE

Pregnancy: Just as every person is unique so too is every pregnancy. The experience and resulting transformation is deeply personal and should be celebrated in health and happiness. Sometimes this transformation can strain the physical body, leading to discomfort or complications. Through acupuncture we work to prevent that stress from ever beginning. During pregnancy, treatments optimize fetal growth and encourage balance and strength for the parent-to-be. Through proper prenatal care, complications can be averted and the experience of pregnancy can be enjoyed in safety and health.

Labor Preparation: Acupuncture treatments in the time surrounding labor focus on proper fetal position and encouraging a smooth and timely labor so induction can be avoided. Research has shown that parents who receive acupuncture and massage in preparation for birth experienced shortened labor times, reduced cesarian rates and quicker recovery.

Postpartum care: After delivery it is imperative to rebuild and rebalance. The instinct is to nest and nurture but by taking care of ones own body one can better care for those at home. Respect for this recovery time helps to acknowledge all the delivering parent has done to welcome the new baby. Acupuncture treatments focus on relaxation, restoration and creating renewed stores of energy.

ACUPUNCTURE CAN HELP:

- Stop insomnia or restless sleep
- Prevent miscarriage

- Alleviate constipation
 - Ease hemorrhoid discomfort
 - Improve energy
 - Soothe low back ache, sciatica & carpal tunnel
 - Stop heartburn
 - Reduce edema
 - help to control gestational hypertension or diabetes
 - Promote timely labor with proper presentation/breech
 - Postpartum complications like depression or lactation challenges
 - Prevent or help manage morning sickness
- improve sensation and shorten healing time for delivery tears or placental complications

IV. Hormone Balance: in the menu bar as well as home page picture link.

Our hormones are constantly shifting and occasionally this internal orchestra needs to be refined. Acupuncture works to help the body rediscover the positive patterns that lead to improved health and well being. By repeating these patterns we are reminding the body how to access greater health on its own.

ACUPUNCTURE CAN HELP:

Stop painful periods and manage fibroids, endometriosis and ovulatory pain
 encourage regular menstrual cycles
 regulate ovulation for PCOS
 Calm hormone imbalances that can lead to migraines
 hyperthyroid /hypothyroid conditions
 Minimize the symptoms of menopause including hot flashes, night sweats, insomnia, vaginal dryness, depression, brain fog and irritability
 help rebuild after adrenal fatigue/burnout
 hormonal support and surgical recovery for gender affirmation
 help minimize side effects of hormonal birth control methods
 help to manage PMDD

sooth chronic UTI & ICI
help balance vaginal ph to prevent frequent yeast infections

V. Strength and Structure: in the menu bar as well as home page picture link.

Our bodies carry us through all we do. Sometimes they need attention and support. Whether you need a simple “tune up” or help recovering from surgery or illness acupuncture can help.

ACUPUNCTURE CAN HELP

- Heal injuries either acute or chronic
- Stop pain from repetitive motion injury
- Soothe chronic UTI or yeast infection syndromes
- Recover quickly from the side effects of chemotherapy or radiation
- Retain desired activity levels by reducing inflammation and increasing flexibility
- Improve circulation, ease peripheral neuropathy
- Encourage proper digestion & elimination
- Alleviate seasonal and chronic allergy symptoms
- help heal scars after surgeries allowing for improved cosmetic outcome and better range of motion and function

VI. Emotional wellbeing: in the menu bar as well as home page picture link.

Our mental and emotional wellness is imperative to whole body healing. Without the unity of heart and head other systems can suffer. Acupuncture and herbs can help reset patterns of relaxation while teaching the body to access these resources more easily on its' own.

ACUPUNCTURE CAN HELP!

Ease insomnia

manage anxiety and depression

Calm hormone imbalance that triggers PMDD

Help to process trauma or loss

Promote a smooth postpartum transition

Reduces the risk of and manages existing postpartum depression

Minimize the symptoms of menopausal depression, anxiety, irritability and brain fog

Promote healthy cognitive function through relaxation and focus on the present moment

VII. Online Shop

herbs supplements link

payment link

VIII. Testimonials

“Kate is such an incredibly skilled, competent and knowledgeable practitioner. I started seeing Kate because after a year and a half of trying to conceive, and suffering a miscarriage along the way, I was about to embark on trying IVF and I wanted extra support. I had used acupuncture before, but several friends suggested that I see Kate specifically because of her extensive experience with working with clients who are undergoing IVF and have had challenges conceiving. Kate immediately impressed me with her warmth, sensitivity, and vast knowledge of the subject. Kate suspected that I had polycystic ovarian syndrome (PCOS; something that no other practitioner had ever mentioned) and this was confirmed months later by my IVF doctors (something they didn't even catch initially!). Every step of the way Kate had a good sense of what to expect and she was literally always correct with how things ended up manifesting within my body. For example, my first round of IVF the doctors had me on a very aggressive protocol, due to my age, and Kate was quite concerned I might experience ovarian hyperstimulation syndrome (OHSS). She was right and that cycle had to be canceled because I got such severe OHSS. Kate was able to offer very gentle, soothing treatments to help my body heal. During my second IVF cycle (with a much more conservative protocol) I got pregnant and I can't help but feel that the acupuncture and herbs I received during the day of embryo transfer helped with implantation. Unfortunately, I miscarried again from that cycle, but Kate was right there to offer knowledge, a kind heart and listening, and gentle healing with acupuncture. Kate called and

emailed me in-between sessions to check on me and offer holistic guidance throughout this entire experience, something that truly goes above and beyond what most health practitioners do. She is truly a gifted healer and I feel so fortunate to have her in this community supporting me along this journey. It hasn't been easy, but her care has really helped me feel taken care of and supported along the way and for that I will forever be grateful.” - C

When I first came to Kate's office I was very desperate and pretty hopeless. I had been trying to conceive for close to three years and had had 4 failed IUIs and 3 failed IVFs with the final one resulting in a miscarriage. I felt like I was going through this experience without any guidance and needed someone to help me heal and strengthen my body, but I also needed someone to help me navigate this incredibly difficult journey. I am so glad that I found Kate! From the very beginning of our time working together I was struck by how meticulous Kate was, always making sure that she knew exactly what was going on with me, which made me trust her immediately. She worked with me for a few months and was so supportive when I would come in feeling depressed and worried that I still wasn't getting pregnant. She consistently guided me during this time and knew what to do next and what I should be trying. I always felt so reassured whenever I saw her, and I felt like we were making progress even though we weren't there yet. Then, after working together for a few months, I naturally conceived identical twins! Kate was one of the first people I told! She then helped me through an incredibly difficult pregnancy both physically and emotionally and was always there to speak to me when I was panicking and needing advice. And, then when my girls were born prematurely, she supported me again. My girls are now home, working on growing and getting to know the world, and I can't stress enough how crucial Kate was in helping me get here. I am immensely grateful to Kate for supporting me through this incredibly challenging journey and for helping bring my daughters into my life. “ -L

“I highly recommend seeing Kate for anyone having trouble with infertility. I went to her for treatments for over a year at Nurture Acupuncture in California. Kate is the most caring, compassionate, and knowledgeable practitioner you could ask for. She always takes the time to listen to your concerns and talk you through everything. I saw her for both abdominal massage and acupuncture. My cycle changed for the better with her treatments. My luteal phase was elongated and my cycle became more regular. She also opened up the stagnation in my abdomen and improved my femoral pulses. After a year and a half of trying naturally, my husband and I tried IUI twice with no luck. Throughout my failed attempts Kate always tried to find out more about why I wasn't conceiving, she worried she was missing something, and kept trying her best to figure it out. We then went on to IVF this winter and I am happy to say I am now pregnant with twins and continuing with acupuncture to help maintain the pregnancy. I am confident that the work Kate did over the past year has played a huge part in my success, preparing my body to conceive and support this pregnancy. Seeing Kate also kept me sane during such a difficult time. I always knew that she was there for me, doing all she could to help me reach my goal. Even though we are 3,000 miles apart now, she still asks about me and wants updates about my pregnancy. I can't recommend her highly enough!K

I was terrified of needles the first time I met Kate. But I was a week past my due date with my first baby and the thought of an IV of pitocin terrified me far more than needles, so I gave acupuncture a chance. Kate took the time to listen to my concerns and allayed my fears with her calm presence. She made me feel at ease throughout the treatment by explaining what she was

doing during each step of the labor preparation treatment. Even as a nervous first time mom and terrified first time acupuncture patient, I was able to relax enough in Kate's capable hands receive a very effective treatment. I went into heavy, active labor that night and met our baby girl the next morning." -J

"I met Kate when I had been trying infertility treatments for over 10 years and after 3 previous failures of IVF. My body was exhausted and I felt anxious and depressed since I was approaching my mid 40's. However, I wanted to try one more shot (IVF) and I wanted to become as healthy as possible. Previously I had tried acupuncture with several doctors but since I was very sensitive, it often had a reverse effect and caused me to have insomnia. So, I decided to have only a mild form of acupressure treatment — abdominal massage. When I received a massage from Kate, it was almost like spiritual healing. She was very gentle and totally understood me. I was having a difficult time relaxing and whenever I received a massage from Kate, I felt so comfortable and peaceful that I always fell asleep during the treatment. I saw Kate for two years to make my body ready. Because of pressure and desperation, I developed anxiety disorder to the extent that I had to take anti-depressant medication. Whenever I received abdominal massage from Kate, she checked in with me very kindly and listened to my talk very patiently. Although it was not long, I always felt comforted. There was a period of time that I felt that I could never get well enough to even be able to try another IVF but her smile and encouragement made a big difference. Although I went through a lot, at last, I was able to have the fourth IVF and very fortunately, I was able to conceive at this time. I had a difficult pregnancy so I had to stay home most of the time to rest. Due to the hormonal changes I had insomnia and depression so I was delighted when she called me to check to see how I was doing. I really felt she cared about me. During the final stage of my pregnancy, I had a very bad backache. Kate gave me back massage and it really helped to alleviate pain. Kate is not just a skilled acupuncturist/massage therapist, she is a healer, she healed not only my body to allow me to get pregnant but she healed my mind too. I am grateful that I was able to meet her, and I can not thank her enough for all the TLC she provided for me, because I know that without her, I would not be able to conceive and be blessed with a wonderful baby." A

"There are no words that could explain the way I feel about Kate and her services. My husband and I are eternally grateful for all that she has done for us. It is our loss that she is now on the east coast, but such a gain to those needing her services. Unfortunately, my husband and I have been dealing with fertility issues since 2002 (probably even before that). We started going to Nurture Acupuncture in 2008 — because of their services, such as Kate's abdominal massage and acupuncture treatments, I have been ovulating for the past year and a half. We're still waiting for our little angel to come, but I highly believe that what Kate has done for us is taking us much closer to our goal. There was an instance during my second IVF attempt where I almost died due to an error the doctor made. Kate helped me get through that devastating time — she helped me physically and emotionally, and never lost hope. When I thought things were so low that I felt like giving up, Kate was always there to think good thoughts for me and to remind me of what we're doing all of this for. Not only is she a great abdominal masseuse and acupuncturist, but a dear friend. She is highly knowledgeable and experienced, and is always willing to take time to answer any questions you may have. The last thing you want to do when you have questions about your cycle, or feel like the world is falling apart, is to have someone rush you during your session. Our sessions are pretty thorough and depending on what is needed at that particular

time, anything from abdominal massage to acupuncture to cupping may be performed. Don't feel shy to ask Kate about anything – I didn't! Cervical mucus, timing, bowel movements, menses, what to eat/not eat, exercises, herbs, sperm... I asked it all!. It goes without saying, but I highly recommend Kate's services to everyone needing help with fertility issues. If you want a professional who is willing to listen to all that you have to say and will give you customized treatments, look no further." -D

ONLINE REVIEWS CAN BE FOUND AT:

<http://www.yelp.com/biz/radiant-point-acupuncture-northampton>