

10 QUESTIONS for:



BREE DELLERSON, MS, L.Ac
Diplomate of Oriental Medicine (NCCAOM)
www.banyanacupuncture.com

acupuncture
chinese herbal medicine
licensed massage practitioner

BANYAN ACUPUNCTURE 425-698-7889

110 N. 36th St., Fremont



1) Why acupuncture?

This is the medicine I was meant to practice. This is the forum which allows me to best express and utilize my natural gifts and talents. All the roads I had taken in my life led me here. I am a licensed massage practitioner, a Montessori school teacher, and I have studied Acupressure and Shiatsu. All my previous studies and experiences have given me the foundation and passion for the more in-depth and life-long study of Acupuncture and Chinese herbal medicine.

2) How is this more in depth?

My previous studies did not go to the depth of training and education that I desired. What I am doing now is the glue that holds it all together and allows me to use my skills in a cohesive way. As a Licensed Acupuncturist I am able to work

within a practice, a philosophy, and holistic medical model that is thousands of years old. I am now part of that tradition. It is amazing to see how it works. I am in awe every time. People leave looking different from when they walked in - more relaxed, clearer, brighter, and you can see the color return to peoples' faces.

3) When did you graduate?

In 2008, from Bastyr University with a Masters of Science in Acupuncture and Oriental Medicine. I am also designated a Diplomate of Oriental Medicine by the National Certification Commission for Acupuncture & Oriental Medicine (NCCAOM). I continue to teach at Bastyr as a Teaching Assistant for the Acupuncture Program.

4) Why Fremont?

This where the opportunity presented itself. I knew Dr. Darla Rewers, who is a Vet Acupuncturist that opened this space - Ancient Arts Veterinary Acupuncture Services. We wanted to collaborate working with pets and their owners together. Sometimes pets manifest and reflect what is happening with the owner, and it would be beneficial for the owner to receive treatments as well.

5) Your goal?

To harmonize the nature of oneself. Everything is interconnected, we are all one. Acupuncture and herbs help to restore, harmonize and regulate one's meridians (pathways in the body through which qi, or vital energy, flows) to protect and maintain the health of the individual. "As within, so without." Shifting the patterns within oneself then shifts the patterns of everything that you are in relationship with - either vitalizing that which continues to resonate with you, or allowing others to fade away - bringing you closer to wholeness.

6) Where are you from?

I grew up in West Palm Beach, FL. I have a B.A. in English Literature from the University of Michigan, Ann Arbor. I have taught English in Greece, worked in London, and traveled all over Europe, Scandinavia, and the U.S.

7) What made you interested in Holistic Medicine?

As a child I never knew what I wanted to be when I grew up, but I was always interested in the esoteric, the metaphysical, and the body/mind/spirit connection. I love what I do. I am fascinated with the transformative effects of this medicine, the art of its practice, and its focus on addressing individuals as the unique beings we are. I am blessed to have the opportunity to share my passion with others, and create a space for my patients to manifest changes within their own lives - be it physical, emotional, or spiritual.

8) You have been very busy. Is there anything else you are doing?

I am also a Certified Matrix Energetics Practitioner, taught by Dr. Richard Bartlett, D.C., N.D. "This entirely new paradigm utilizes the principles and science of Subtle Energy, and Quantum physics, coupled with the incredible power of active imagination and focused intent to produce physical verifiable effects that often defy rational explanation. Miracles happen every day, Matrix Energetics provides a technology and scientific framework to allow for their every day occurrence." taken from matrixenergetics.com

M.E., to me, is the modern explanation for the ancient concepts of Chinese Medicine - it is Daoist, it is Alchemical, it is Quantum, it is transformational, and it is fun! Words do not convey the experience of this work.

9) How long have you been working with people holistically?

Over ten years.

10) Anything else you'd like to add?

Each of us is an individual microcosmic reflection of the universe. If I can create and hold space for another to harmonize and achieve balance within himself or herself, then that in turn will harmonize the world around us. We are all in need of that change right now.