

March 16, 2013 presentation by Joi Thomas L.Ac., Dipl.O.M., MSOM
Gut Feelings: Creating and Maintaining a Healthy Digestive System

Joi Thomas joins us once again on Saturday, March 16 to share with us her insights on the gut as our physical and spiritual center. This is one of her favorite topics and she promises us a really fun time.

Joi is a practitioner of Traditional Chinese Medicine, including both acupuncture and herbal medicine. She is passionate about helping people live a more balanced, healthy and vibrant life. Originally planning a career in western medicine, Joi was frustrated when her own medical condition was shrugged off by doctors as “all in her head.” She and Mary Zelmer took a qigong class with Master Lin together. This spurred Joi’s interest in complementary and alternative medicine and she followed her heart, gaining a masters degree in oriental medicine.

Joi’s talk will focus specifically on the gut which is seen in TCM as being our center. She will discuss the implications of this concept both as it relates to our health and health maintenance and our spiritual wellbeing. Together, we’ll explore what it means to have a healthy digestive tract from both the western medical and the Chinese medical perspectives. She will share strategies and practices that everyone can follow to help to create and maintain health in this all important center.

Joi received her B.A. in psychology from Georgetown University and her Masters of Science from the American Academy of Acupuncture and Oriental Medicine in Roseville, Minnesota. She is a licensed Acupuncturist with additional certification in Chinese herbal medicine. She established her own traditional Chinese medical practice, Red Cricket Acupuncture, located in Minneapolis at 4808 Nicollet Avenue. She can be reached at her practice at 612-824-0037 or by e-mail at redcricketjoi@rocketmail.com.

