



Gaya Bhatnagar, Lac, MS, CAP

Acupuncturist and Herbalist

Credentials

Gaya Bhatnagar is a Licensed Acupuncturist and Herbalist. She is also a Certified Ayurvedic Practitioner, as well as holding certificates in Facial Rejuvenation Acupuncture, Shiatsu and Reiki. Gaya has studied with the top Acupuncturist, Ayurvedic Practitioners and Naturopathic Doctors in the U.S. as well as in India. Her teachers and mentors include, Dr. Vivek Shanbhag, Dr. Subhash Ranade, and Dr. Vasant Lad. She has studied with one of the foremost fertility specialists in the country, Dr. Lifang Liang, as well as Jeffrey Yuen. Gaya is also trained in Tibetan Medicine, under the guidance of Dr. Nida Chenagtsang, the pioneer of Tibetan Medicine in the West.

Conditions Commonly Addressed

- Women's Health
- Infertility
- Health Pregnancy
- Post Partum Care
- Menopause
- Immune Disorders
- Gastrointestinal Problems
- Pain Management
- Stress and Anxiety
- Depression and Mood Disorders
- Insomnia
- Chronic Fatigue and many more

Potential Benefit

- Boost immune system
- Enhancing wellbeing
- Increases energy, strength and vitality
- Improvement of body's circulation
- Reduction of stress, anxiety
- Faster recovery from illness and surgery
- Elimination of pain medication

Treatment

Overall health is the primary focus of Gaya's practice. She uses Acupuncture, Chinese and Ayurvedic Herbology, Cupping, Tibetan/ Chinese Moxabustion, Chi Nei Tsang (Abdominal Chi Organ Massage), as well as Reiki, Chakra balancing, tuning forks, and Eastern Nutrition.

Most conditions respond in as few as 3-6 visits. Initial Consultation and treatment last 60-90 minutes and follow up treatments last 60-90 minutes depending on the modalities used.

Philosophy

Gaya uses a holistic approach to wellness by encouraging her clients to practice Tai Chi, Qi Gong, and Yoga, as well as referring them to other complementary forms of medicine. She teaches her patients to view balance and health as the "true nature" of their body and to understand that Chinese Medicine and alternative approaches simply guide the body towards balance. Traditional Asian Medicine and healing are not merely a profession, but a lifestyle that Gaya tries to fully embody.