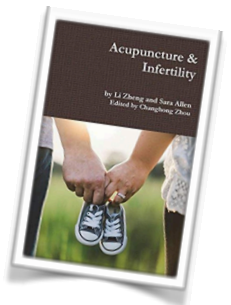




# Sara Allen

**NCCAOM National  
Board-Certified  
Acupuncture Physician  
and public speaker**

Co-author of *Acupuncture  
& Infertility* (Lulu Press,  
2018)



Acupuncture Physician and Herbalist with  
degrees in Oriental Medicine and Health  
Science. Owner of Allen Acupuncture &  
Wellness, LLC in Greenacres, FL.

Writer and Public Speaker with over 20  
years of experience, offering talks on  
many health topics including:

- reducing stress, anxiety and depression
- eliminating sick days
- living allergy-free
- how to get kids to eat their veggies
- treating ADHD naturally
- acupuncture, herbs, and infertility
- self-acupressure treatments for menopause
- food as medicine
- treating pain with acupuncture

Included in the talks are slide presentations, live demos, and informational handouts

Great for parent groups, corporations, doctor's offices and  
community centers. Call 561-922-7535 or visit  
[www.allenacupuncture.com](http://www.allenacupuncture.com) for more information.



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## My Story

My name is Sara Allen, owner and acupuncture physician of Allen Acupuncture & Wellness, LLC. I'm also an author, speaker, and advocate for natural health. I have a passion for helping people achieve wellness.

Why did I become interested in acupuncture and Oriental Medicine? I always loved medicine. As a small child, I would pour through my mom's nursing books, reading up on anatomy & physiology, diseases and treatments. After a mission trip to Ecuador, I decided to become a doctor, and studied pre-med and chemistry in college.



*Sara Allen, AP, Dipl. OM*

My mother, a nurse, was suffering with 30+ food allergies. Going places and eating out were scary challenges. I was determined to find a cure for her. Then, her doctor recommended that she try an allergy elimination therapy with an acupuncturist. She had her doubts about it, but after many treatments, she was healed of her allergies. We were thrilled to watch her eat a birthday cake for the first time!

Now that she was fine, I focused on my other passion: education. Fast forward 15 years... I was starting to deal with an increasing number of allergies myself, finding my foods were becoming limited. After tracking down a local acupuncturist for the same allergy elimination treatments, I also left behind my allergies!

This made me want to understand how it worked. The more I learned about Eastern medicine and acupuncture, the more it made sense to my Western medical and chemistry background. My own allergy elimination reminded me of my original passion to help people get rid of their allergies!

So I enrolled in acupuncture school... During my studies, I learned so much more than how to help people with allergies. I also love helping people get rid of their pain, regulate hormones and the immune system, and improve their stress and mental health. And all my years of working with young people gave me a special skill-set and desire to do pediatrics.

I use many therapies in my practice: acupuncture and acupressure, electro-acupuncture, auricular (ear) therapy, laser therapy, herbs and supplements, allergy elimination, injection therapy, cupping, food therapy and lifestyle management.

