

Acupuncture Services

Healthy. Mindful. Balanced.



Acupuncture is the anchor of Traditional Chinese Medicine (TCM) and is a complete medical system to treat ailments, promote health, & prevent disease. It involves the placement of fine sterile needles into specific points on the body to activate Qi (a term used to represent the collective biological activity in your body). This stimulates your body's internal mechanisms to heal disease, restore balance, and promote health.

We are thrilled to partner with Louisville-based AcuBalance: Acupuncture & Integrative Medicine to offer a wide variety of acupuncture and body therapies. We can treat nearly any condition you would go to a primary care physician for - from chronic pain & inflammatory conditions, to hormonal imbalances & emotional imbalances.

Meet Our Providers



Dr. Colby Helton,
DAOM, L.Ac



Andrea Helton,
MSAOM, L.Ac

Schedule an Appointment Today!

- ✓ One-hour appointments on Tuesday & Thursday afternoons 1:00 pm - 5:00 pm
- ✓ Class Price: \$75 per session
- ✓ Held via In-Person
Have questions about our COVID-19 safety precautions? Give us a call!
- ✓ Schedule Your Appointment at:
www.tragerinstitute.org/acupuncture



204 E. Market St., Suite A, Louisville KY

502-588-4340 | www.TragerInstitute.org



Call 502-588-4340 or visit www.tragerinstitute.org/acupuncture to schedule an appointment today