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## **Monna Laird, LAc, Dipl.Ac.**

Licensed Acupuncturist, Chinese Herbal Medicine

Monna has a BA from the University of Michigan and an MS in Oriental Medicine, acupuncture and Chinese herbology, from the Phoenix Institute of Herbal Medicine and Acupuncture in Phoenix, Arizona. Monna's practice combines the best traditions of Chinese acupuncture and modern needleless techniques of electroacupuncture. With treatment, old patterns of body and mind are gently released, and clients report not only changes in physical symptoms, but improved emotional outlook.

Monna first experienced acupuncture in 1983 when she was a highly stressed young mother and business owner with chronic pain. Over the next few years acupuncture treatments were an important part of restoring her health and transforming her life. This journey led her to Arizona where she helped found the first Chinese Medicine school in the state, The Phoenix Institute of Herbal Medicine and Acupuncture. She worked for the school until moving to Annapolis in 2001. Monna has also been interested in the role of a healthy diet and medicinal herbs for healing since college. She uses these dietary insights in her practice and enjoys finding the most effective and appropriate herbal formulas for her clients.

Monna has a gentle, compassionate touch, and works well with sensitive clients and those who are new to acupuncture. She has a particular interest in women's health issues. Working with fertility patients in all stages of the process from planning a pregnancy to providing support in medically assisted reproductive procedures is a special joy. Through acupuncture and Chinese herbal formulas, Monna assists women in finding effective solutions for dysfunctions of the menstrual cycle or premenstrual pain and discomfort. She also enjoys supporting women through the changes of the menopausal years.

Monna has extensive experience in microcurrent electroacupuncture for pain, injury, or chronic musculoskeletal conditions. Using a combination of microcurrent and traditional acupuncture, she frequently works with seniors to alleviate arthritic symptoms, stiffness and ease mobility.