

Kathleen Lynch - Bio

My current practice has been evolving since 1984 when I graduated the Swedish Institute of Massage in NYC. Shortly after receiving my license I was fortunate to meet and apprentice with Trion Poppa L Ac who was combining many forms of bodywork, movement and acupuncture to treat professional dancers in NYC. I learned the importance of basics like lengthening the muscles, opening the joints to neutral and releasing the flow of energy. Those three principles have persisted as a foundation in my treatment of pain or discomfort in patients since.

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It was from Trion I experienced acupuncture for the first time and was deeply impressed by the results and I continued to utilize acupuncture in my own self-care and healing with good results. I also deeply wanted to learn to do this mysterious form of medicine.

I remained in NYC until 1992 when I moved to Rochester, returned to school and became a licensed respiratory therapist. I enjoyed working at Lakeside Hospital as a respiratory therapist while also working at the Daisy Marquis Wellness Center at the hospital as a massage therapist. Six years as a respiratory therapist taught me tremendous respect for the commitment and courage of western medicine practitioners and the awe inspiring results they achieve for intensely critically ill patients.

My heart however was in preventing such tragedies and my chance to learn Acupuncture and Oriental Medicine theory came in 200?. Three happy and exhausting years later I received my license and began to practice this wonderful and exciting medicine. Acupuncture is not a cure-all for all conditions, but if used wisely to treat a multitude of ills from headaches to infertility to fibromyalgia, it can appear to perform miracles.

~ Kathleen