



Chicago Touch

Feel better, stress less

Acupuncture for Pain management

[Acupuncture](#) has been providing mental and physical relief for thousands of years. Ning, at [Chicago Touch](#), is a master. Her belief and understanding of healing through energy balancing is rooted in her Thai/Chinese heritage and years studying both eastern and western medicine. With a master's degree of Science from the Pacific College of Oriental Medicine and a passion for helping people, Ning uses acupuncture effectively, helping the body to heal itself.



What to Expect?

Well-versed in bodywork, [Ning](#) often starts an [acupuncture session](#) with gentle manipulation. Proficient in Zen Shiatsu, Chinese Tui Na Massage, Thai Massage and Cranial Sacral Therapy, she may use one or a combination of techniques to open the body's energy channels and identify areas of stagnation through touch. By analyzing patterns of blocked energy Ning can make her diagnosis and plan her approach.





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She uses acupuncture to address a wide array of issues, from specific areas of pain to general fatigue and depression, allergies, digestive problems, a weak immune system and even infertility. Adept in herbology and nutrition she may recommend supplement and dietary adjustments.



Your Personal Path to Well-Being

Taking a personalized approach to each client, [Ning](#) uses acupuncture to guide the body to heal itself. By gently inserting tiny needles into specific points on the body, stagnated energy is stimulated, encouraging fresh blood flow and increased circulation. This can speed recovery for muscle pain and injury. And because of the body-mind connection, acupuncture can also provide relief for emotional issues such as chronic anxiety, depression, and insomnia.

Today Ning sees stress as the most common complaint, which has a direct relationship to energy imbalance. Through acupuncture she can rebalance the energy to relax the entire body. Clients sleep better and enjoy an overall feeling of well-being, which in turn reduces additional stress.

Why wait to “Feel Better”?

Now embraced by hospitals, chiropractors, and sports medicine alike, the ancient skill of healing [acupuncture](#) continues to provide relief to people around the world. Chicago Touch is proud to have Ning on board.





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Her expertise in acupuncture combines a unique understanding of the blending of eastern and western medicine with a deep belief in helping the whole person.

<https://www.youtube.com/watch?v=sl-fS-2c5co>

[Seek help from our Top-Rated Acupuncturist in town!](#)

Ning Suanthong

Help Your Body Heal Itself

If you want to book an appointment with NING just call 312-929-3083 or do it online [here](#).

