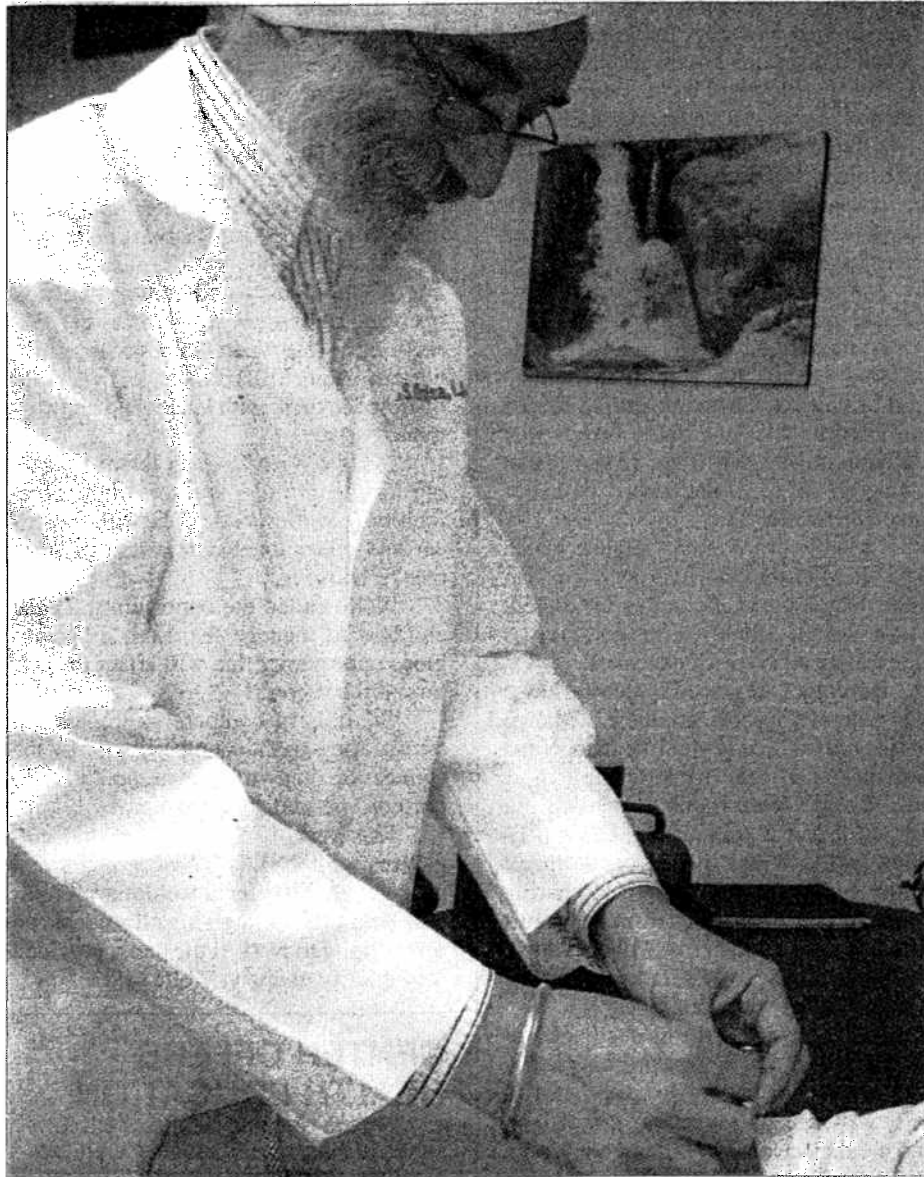


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"The Newspaper
Everybody Reads"

Integrative Medicine Heals Community



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OBSERVER STAFF WRITER

Darshan Khalsa inserts a hair-thin needle into his patient's arm. She does not flinch. The needle is just below her skin but apparently not painful at all—and there is no blood. Khalsa is a licensed acupuncturist, one of many titles he holds, including diplomate of oriental medicine. He is currently working on his Doctorate in both of those fields.

Khalsa and his wife, Carol, own Khalsa Integrative Medicine, a practice dedicated to healing the body from the inside out.

On a gloomy Monday morning outside, the office is radiant inside with bright light and scenic photographs, many of which the Khalsas took themselves. The place is spotless and the smell of something sweet lingers in the air.

Carol Khalsa is walking through the office; proudly explaining that she and her husband take great care in making sure that nothing in their office could trigger patient allergies. There is no carpet, only wood floors, the paint used on the walls has no harmful chemicals and even the cleaner used for the bathroom is made from Grapefruit seed

extract. A disinfectant spray would be unheard of at the Khalsa practice.

Chinese herbal medicine dates back more than 5,000 years ago and Chinese herbology has evolved into a new wave of treating everything from stage fright to the common cold.

Whole foods stores and organic wholesalers boast aisles of remedies from the eastern world and in most cases over-the-counter therapy flown in from the east can be fairly costly.

Darshan Khalsa used to make his living as an engineer and in the 1970s began experimenting in Chinese and herbal medicine. He opened his own organic and herbal healing store and as time went on began studying the practices of Sikhism.

He taught yoga for years and, although he has temporarily taken a break because of his busy schedule, said he plans on teaching again in the near future.

Khalsa has treated patients who range in age from 13 to 94 years old.

"We know this works because it dates back to 2,500 years ago," Khalsa said. "We're not 100 percent effective

but on average we see a lot of improvement in our patients and that's what we want to do, make them feel healed so that they can feel better."

According to Khalsa, the major difference between eastern and western medicine is that, in his practice, they try to restore the body and improve the basic health.

"If you're not digesting properly and your immune system is out of sync, then you're not going to be healthy," Khalsa said.

Khalsa Integrative treats a wide spectrum of medical conditions from insomnia to addictions, stress and anxiety management, and they even offer fertility treatments, all of which are almost completely non-invasive.

Even allergy tests are done without pins and pricks you would find at a family practitioner. Khalsa uses various forms of kinesiology or muscle tests to check for allergies among other things.

But there are still many skeptics about certain forms of eastern medicine, such as acupuncture. The National Institute of Health has publicly endorsed about 40 forms of oriental medicines, some of which can even help arthritis, according to Carol Khalsa, whose background is in alternative medicine.

Carol Khalsa said this style of heal-

ing was around long before anyone even knew of the "MD."

And for the patients who think that healing the body is a thing of the past, Darshan Khalsa said he is not here to convince anyone. He once had a patient

who came in for treatment because his wife made him. After a few treatments, the patient showed little improvement and Khalsa told the man he had to re-evaluate his attitude before any healing could begin.

"If they don't want to be here, they're not going to get better," Carol Khalsa said. "This is about a mind and body connection."

Darshan Khalsa said most of his patients are one of two types. Some are already very holistically oriented, while others come to him as a last resort, after years of trying western therapies that did not help them.

"In the long term, our methods are superior," Khalsa said. "If someone gets into an automobile accident, we'd want them to go to the hospital. But we're confident in our treatment methods and we believe that we can help make people better."

An initial appointment is two hours, which includes the consultation and treatment and costs about \$125. Additional appointments are a minimum of one hour and run about \$75. Khalsa Integrative medicine also accepts some insurance companies. Call 703-326-0817.

“This is
about a mind
and body
connection.”
—Carol Khalsa

Observer Photo by Sabrina Enayatulla
Darshan Khalsa demonstrates an acupuncture procedure on a patient. Khalsa Integrative Medicine specializes in acupuncture and Oriental medicine.