



# essential health ACUPUNCTURE

*Experience the beauty of balance.*

Essential Health Acupuncture specializes in medicine and treatments that provide patients with a broader understanding of health and a more lasting sense of well-being. Instead of a disease-centered focus, our practice of Traditional Chinese Medicine applies a patient-centered approach that addresses the whole person rather than simply his/her symptoms.

We combine the disciplines of modern science with the wisdom of ancient healing and take advantage of the knowledge of several disciplines including, acupuncture, electro-acupuncture, tui na (Chinese body work), cupping therapy, diet/nutrition education, physical, mental and emotional health, and the use of Chinese herbs. Other medical modalities that are being utilized are also taken into account to provide the utmost care for the individual. This allows patient and provider to work together to develop an integrated diagnostic and therapeutic plan that will best address the whole patient.

The Essential Health Acupuncture team has treated a broad spectrum of patients since 2008 and is a part of Kossuth Regional Health Center, affiliated with MercyOne. Rauchelle & Alyse are Licensed Acupuncturist by the Iowa Board of Medicine and board certified by the National Certification Commission of Acupuncture and Oriental Medicine. They are also overseen by on-site physicians along with the clinical manager.





# Meet the Team



**Rauchelle Meschke** has been practicing Acupuncture at Kossuth Regional Health Center since 2008. She is a Licensed Acupuncturist by the Iowa Board of Medicine and board certified by the National Certification Commission of Acupuncture and Oriental Medicine (NCCAOM). She graduated in 2006, from Northwestern Health Sciences University in Bloomington, MN where she earned a Master of Acupuncture and Oriental Medicine. Rauchelle was born and raised in Minot, ND and moved to Algona, IA in 2008, where she and her husband raise their two boys. Meschke grew up with family members that currently hold or have held careers in Nursing, Physical Therapy, Chiropractic, Acupuncture and Massage. With this background of knowledge, Rauchelle was inspired to explore acupuncture and Eastern Medicine due to her interest in health and well-being, along with her personal experience receiving acupuncture therapy for chronic muscle tension and stress relief.

*"I have always been surrounded by various models of healthcare. I strongly believe in a multifaceted approach to helping a patient and what ails them. I gain a comprehensive understanding of what is affecting my patient's health, by looking into their daily lifestyle and surrounding environment, then treat accordingly."*  
- Rauchelle



**Alyse Kern** has been practicing Acupuncture at Kossuth Regional Health Center since 2015. She is a Licensed Acupuncturist by the Iowa Board of Medicine and board certified by the National Certification Commission of Acupuncture and Oriental Medicine (NCCAOM). She graduated in 2015, from Northwestern Health Sciences University in Bloomington, MN where she earned a Master of Acupuncture and Oriental Medicine. Alyse is a native to Algona, IA and graduated from Bishop Garrigan High School. She moved back to Algona in 2015 where she and her husband raise their two children. Alyse's interest has always been in healthcare and caring for others. With this passion, she was inspired to explore Acupuncture and Eastern Medicine. As she gained experience from clinical practice she has enjoyed treating a variety of different ailments and all walks of life.

*"My passion has always been helping people. Acupuncture and traditional Chinese medicine provide a way for me to serve others by providing individualized care for each client. It's also helped me learn the value of my own health and share that sense of balance and awareness with others."* -Alyse