

Alistair Jones

ADVISOR MEMBER

Alistair T. Jones is a Licensed Acupuncturist and herbalist who has been practicing for 18 years. He grew up in Ohio and earned his B.A. in Religious Studies from Reed College in Portland, Oregon, where he also began a lifelong practice of Tai Chi. After attending the Yale Divinity School, where he discerned that his true calling was to help heal people through Chinese medicine, he received his Masters of Acupuncture and Oriental Medicine from the Academy of Oriental Medicine at Austin in 2005. He worked for several years alongside doctors in family practice until he moved to Richmond, Virginia in 2009. In 2010, he began working at the Advanced Wellness Centre in Richmond, where he served as Director of Oriental Medicine until 2020.

Alistair has developed a style of acupuncture called Empirical Acupuncture, which focuses on producing instantaneous results that are demonstrable to the client and practitioner simultaneously. In working with veterans for the last 12 years, Empirical Acupuncture has proven itself to be an effective and efficient modality that addresses a wide variety of complaints simultaneously. Empirical Acupuncture is grounded in Japanese acupuncture theory and is informed by specialized studies in Traditional Chinese Medicine (TCM), Auricular Acupuncture, Korean Hand Therapy as well as the teachings of Robert Doane, Richard Tan, Kiiko Matsumoto and David Euler. His motto is, "You don't have to believe in acupuncture to experience results."

In addition to acupuncture, Alistair also compounds Chinese herbs to make customized herbal medicine to address internal medicine issues. He maintains an extensive pharmacy of both single herbs and classical formulas which he combines to make medicine which can be modified on a weekly

basis so that as the body changes, the herbs are adapted to best support the body's return to health.

Alistair is an avid adventurer and outdoorsman who loves to hike, bike, ski, and camp with family and friends. When he's not in the clinic he's probably doing something fun outside with Sylvia, his wife, and their three children.

