

Anthony Megna, DACM, DIPL-AC, MS, CSCS, AKP, an Acupuncturist with The Country Club at DC Ranch

Get to know Acupuncturist Dr. Anthony Megna, who serves patients in Scottsdale, Arizona.



New York City, New York Sep 15, 2022 ([IssueWire.com](https://www.issuewire.com)) - A licensed acupuncturist and human performance coach, Dr. Megna is the Director of Fitness & Wellness at The County Club at DC Ranch in Scottsdale, Arizona. Previously, he worked in private practice as well as in the oncology, physical therapy, neurology, and emergency department at Aurora Medical Hospital in Milwaukee. He was also the Clinic Director at the Midwest College of Oriental Medicine, where he lectured and taught graduate students acupuncture theory, orthopedics, philosophy, and Traditional Chinese Medicine.

In his professional experience, he specializes in sports medicine, injury rehabilitation, nutrition, and human performance training. He is a certified strength and conditioning specialist through the National Strength and Conditioning Association and has been coaching and designing training programs for athletes since 2011.

Highly committed to bringing the most advanced techniques to his clients and patients, Dr. Megna empowers their bodies through movement, fitness, and integrative medicine which can be combined to promote sustained wellness. His treatment philosophy is rooted in the ancient precept of preserving health and prolonging life. He encourages his patients to stay curious about the world and to claw everlastingly towards their best selves.

Originally from Milwaukee, Wisconsin, the doctor holds four degrees from university and graduate colleges including a doctorate in Acupuncture and Chinese Medicine from the Pacific College of Health and Science. His alma mater is the University of Wisconsin. He was a division I linebacker and two-time letter winner for the Wisconsin Badger football team. He started his career in sports performance training when he was done playing football and was hired as a strength and conditioning coach where he helped train the 2011 Rose Bowl team.

After his undergraduate studies, he went on to graduate school to study sports medicine and acupuncture specifically for the purpose of learning how to heal traumatic injuries from contact sports. He has traveled the world shaping and adapting his philosophy of maximizing health which has been influenced by his education and experience with many coaches, mentors, and teachers who have all inspired him to help others in their quest for ideal health.

Acupuncture is a form of holistic medicine and a key component of Traditional Chinese Medicine. It is a technique in which thin needles are inserted into the body often with electro-stimulation which gently increases blood circulation, stimulates the nervous system, and reduces inflammation. Acupuncture is also used to maintain general health and well-being. Acupuncturists treat a variety of health concerns including women's health & fertility, autoimmune disorders, digestive disorders, joint & muscle pain, insomnia, and emotional concerns such as stress management, anxiety & depression.

On a more personal note, Dr. Megna was a four-sport athlete, is an avid chess player, and in his free time enjoys traveling, cooking, and snowboarding with his wife, Adisa.

Learn More about Dr. Anthony Megna:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/82548630-Anthony-Megna-Acupuncturist>, or through The Country Club at DC Ranch, <https://www.ccdcranch.com/hacienda-clubhouse/tony-megna-184c21.html?LayoutID=21>

About FindaTopDoc.com

FindaTopDoc is a digital health information company that helps connect patients with local physicians

and specialists who accept your insurance. Our goal is to help guide you on your journey towards optimal health by providing you with the know-how to make informed decisions for you and your family.

Media Contact

Your Health Contact

clientservice@yourhealthcontact.com

Source : Anthony Megna, DACM, DIPL-AC, MS, CSCS, AKP

[See on IssueWire](#)