

Carlos A. Alea, AP, DOM, MD, an Acupuncturist with VitalBalance Acupuncture and Healing

Get to know Acupuncturist Dr. Carlos A. Alea, who serves patients in South Miami, Florida.



New York City, New York Jan 29, 2024 ([IssueWire.com](https://www.IssueWire.com)) - A prominent acupuncturist, Dr. Alea is the Medical Director of VitalBalance Acupuncture and Healing, based in South Miami, Florida. He sees his practice as a lifelong commitment to health and vitality. Each day, he is humbled by the opportunity to witness the positive impact acupuncture has on his patients. Being a part of their healing journey is a privilege, and he eagerly anticipates helping more individuals discover the remarkable benefits of

acupuncture.

Excelling in pain management, he specializes in distal needle acupuncture. By precisely targeting distant points on the body, he has successfully helped countless individuals find relief from chronic pain, significantly enhancing their quality of life.

In his pursuit of holistic well-being, Dr. Alea has also explored the realm of anti-aging. Using the principles of acupuncture, he has developed a specialized technique known as facial acupuncture. This innovative approach not only enhances natural beauty but also stimulates collagen production, promoting skin tonification. Beyond mere cosmetic treatment, it represents a rejuvenation journey that goes beyond the surface, enhancing both inner and outer vitality.

Developing a passion for acupuncture during his early years, he has witnessed the profound and transformative power of this ancient healing art in numerous lives. Seeking excellence, he ventured to the vibrant city of Shanghai, China, where he immersed himself in the heart of traditional Chinese medicine. There, he mastered the integration of acupuncture and herbal remedies with modern allopathic medicine, establishing a unique fusion that forms the foundation of his practice.

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.

Speaking several languages, Dr. Alea is fluent in English, Spanish, and Italian. He attributes his success to his years of experience in treating patients and their feedback on how well they are doing after receiving them.

Learn More about Dr. Carlos A. Alea:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/1298849-Carlos-Alea-Acupuncturist>, or through VitalBalance Acupuncture and Healing, <https://www.vitalbalanceacupuncturehealing.com/pages/about-us>

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