





Marija Joksimovic, Lead Acupuncturist and Owner, Jodie Tassello

Healing That Enlightens And Calms

SOURCE WELLNESS takes a modern approach to an ancient medicine, providing patients with the most effective means of reaching their health potential.

Story by Abby Luby | Photography by Andrea B. Swenson

The delicate needle quickly taps in below my ankle. Acupuncturist Jodie Tassello tells me “These are kidney source points that root the treatment.” A needle slips in near my other ankle – a nimble pinch barely detected.

Tassello is acupuncturist and owner of Source Wellness in Orangeburg, New York. Together, with her colleague Marija Joksimovic, they treat a plethora of ailments using tradi-

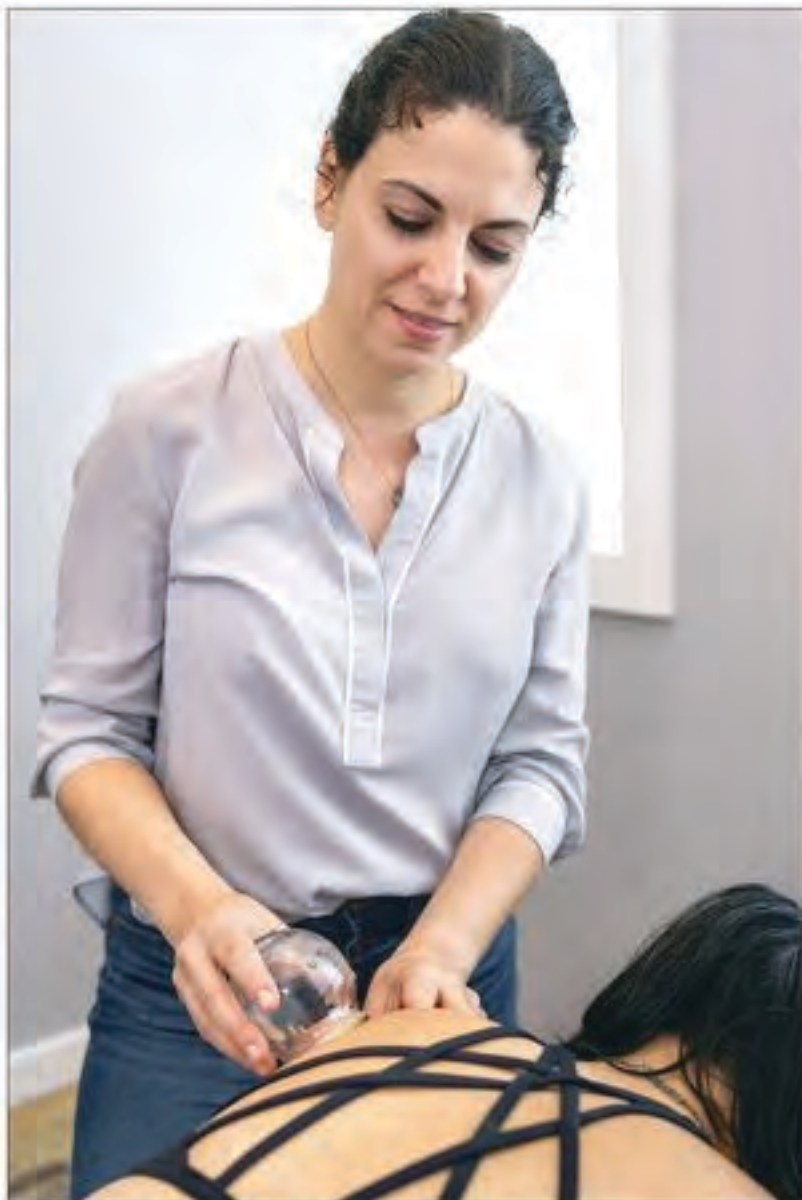
tional acupuncture, trigger point dry needling and other curative practices. Unlike most acupuncturists with a background in Eastern medicine, Tassello was previously a scientist who researched virology and infectious disease, and has helped develop vaccines against viruses and worked on eliminating pathogens from donated blood. At Rockefeller University she managed the Laboratory of Virology & In-

fectious Disease and the Center for the Study of Hepatitis C. She went on to work with the Integrative Medicine Center at the Memorial Sloan Kettering Cancer Center where she experienced first-hand how acupuncture could enhance cancer treatments. It was a seminal moment for Tassello.

“I was intrigued and curious about integrative medicine at Sloan Kettering especially



Fine needles are used to relieve tension and stimulate the body's healing response; Treatments at Source include the use of Classical acupuncture points to treat the root of patients' symptoms.



Cupping along with other techniques are used to complement treatments.

since I had been treated with acupuncture for years, initially for neck pain," Tassello recalls. "I could combine my world of science with Chinese medicine." The wake-up call compelled Tassello to get a Master of Science degree from Tri-State College of Acupuncture.

Laying face down, I relax and inhale scents of cinnamon, clove, lemon and rosemary, a gentle bouquet of oils Source Wellness uses for therapeutic effect but also as an anti-microbial to decontaminate the face cradle and table between patients. "These scents affect the limbic system, the portion of the brain associated with emotions, and they also activate the immune system," she points out. She gently feels the pained muscle in my neck, using a practice known as 'palpation,' an essential part of Tassello's treatment. "I'm getting a sense of your symmetry and which muscles are tight," she says.

For the last six years Marija Joksimovic has been a part of the Source Wellness team and she also holds a Master of Science Degree in Acupuncture from Tri-State College of Acupuncture. Joksimovic specializes in relieving pain using trigger point dry needling as well as manual fascial release, a technique that supports and enhances the effects of acupuncture.

At Source Wellness, the healing doesn't happen only on the table. It starts when you step into the warm and welcoming office, a spacious room with diffused lighting and muted colors that instantly lowers your blood pressure. The sense of comfort also extends to each of the four treatment rooms. About three years ago Tassello renovated the building which was an old carriage house, and moved her 10-year practice to the Orangeburg location.

Source Wellness believes communication with their patients before, during and after each session is essential. "Every patient is involved in their treatment. The patient needs to know exactly what we're doing, what they are going to feel and what is the therapeutic effect. It's part of their own connection to healing," she says. As Tassello feels my neck she tells me, "Most of the time the pain, if it's soft tissue, is related to tight musculature. Your pain is because the muscle is tight, contracted and dense. When we needle [that area] you feel the muscle release because it's elongating just like an accordion." I imagine an accordion silently opening as Tassello inserts the needle. There's a bit of twitching, the muscle unfurls, the pain eases off. About 60 people are treated at Source Wellness every week and about 90% of them come for pain related issues. "They don't want to be on pain medication because they need to function one-hundred percent," Tassello explains. "They get to a certain point where they've exhausted every option. It's a common story. After one or two sessions patients experience more relief than they've had in years."

These prophylactic treatments happen either once or on a weekly or monthly basis; Tassello believes that people suffering with pain need to get treatment before the pain becomes chronic.

Tassello touches spots on ei-



Each of the four treatment rooms are spacious and comfortable with diffused lighting and muted colors that instantly lowers your blood pressure. Painting, Medicine Man by Jodie Tassello.

"They don't want to be on pain medication because they need to function one-hundred percent," Tassello explains. "They get to a certain point where they've exhausted every option. It's a common story. After one or two sessions patients experience more relief than they've had in years."




ther side of my spine and tells me, "These are traditional acupuncture 'back shu' points which release endorphins and target emotions connected to internal organs — the kidneys are associated with fear and the lungs are associated with grief." As she finishes explaining how these points balance emotional states, all the needles are in.

Source Wellness is not only well-managed but puts the patient first. Most health insurance plans are accepted and there is a convenient insurance verification portal on their website. Tassello indicates that about 85% of their patients are covered by insurance. The eight-page comprehensive intake form is thorough and well thought out.

With all my needles in, Tassello quietly exits the room. The soft music is calming and I drift off. Healing has never been so relaxing.

<https://www.sourcewellness.com>

103 S Greenbush Rd, Orangeburg, NY 845.359.4767 



Healing that Enlightens and Calms

By Abby Luby

The delicate needle quickly taps in below my ankle. Acupuncturist Jodie Tassello tells me “These are kidney source points and rooting points.” A needle slips in near my other ankle – a nimble pinch barely detected.

Tassello is acupuncturist and owner of Source Wellness in Orangeburg, New York, where she treats a plethora of ailments using traditional acupuncture, trigger point dry needling and other curative practices. Unlike most acupuncturists with a background in Eastern medicine, Tassello was previously a scientist who has researched virology and infectious disease, and has helped develop vaccines against viruses and worked on eliminating pathogens from donated blood. At Rockefeller University she managed the Laboratory of Virology & Infectious Disease and the Center for the Study of Hepatitis C. She went on to work with the Integrative Medicine Center at the Memorial Sloan Kettering Cancer Center Immunology Department where she experienced first-hand how acupuncture could enhance cancer treatments. It was a seminal moment for Tassello.

“I was intrigued and curious about integrative medicine at Sloan Kettering especially since I had been treated with acupuncture for years, initially for neck pain,” Tassello recalls. “I thought ‘Wow, acupuncture is being used on a large scale.’ I could combine my world of science with Chinese medicine.” The wake-up call compelled Tassello to get a Master of Science degree from Tri-State College of Acupuncture.

Laying face down, I relax and inhale scents of cinnamon, clove, lemon and rosemary, a gentle bouquet of oils Source Wellness uses for therapeutic effect but also as an anti-fungal to decontaminate the face cradle and table between patients. “These scents affect the limbic system, the portion of the brain associated with emotions, and they also activate immune system,” she points out. She gently feels the pained muscle in my neck, using a practice known as ‘palpation,’ an essential part of Tassello’s treatment. “I’m getting a sense of your symmetry and what feels tight,” she says.

For the last six years Marija Joksimovic has been part of the Source Wellness team and she also holds a Master of Science Degree in Acupuncture from Tri-State College of Acupuncture. Joksimovic specializes in relieving pain using trigger point dry needling as well as manual fascial release, a technique that supports and enhances the effects of acupuncture.

At Source Wellness, the healing doesn’t happen only on the table. It starts when you step into the warm and welcoming office, a spacious room with diffused lighting and muted colors that instantly lowers your blood pressure. The sense of comfort also extends to each of the four treatment rooms. About three years ago Tassello renovated the building which was an old carriage house, and moved her 10-year practice to the Orangeburg location.

Source Wellness believes communication with their patients before, during and after each session is essential. “Every patient is involved in their treatment. The patient needs to know exactly what I’m doing, what they are going to feel and what is the therapeutic effect. It’s part of their own connection to healing,” she says. As Tassello feels

my neck she tells me, “Most of the time the pain, if it’s soft tissue, is related to too much energy. Your pain is because the muscle is tight, contracted and dense. When we needle [that area] you feel the muscle release because it’s elongating just like an accordion.” I imagine an accordion silently opening as Tassello inserts the needle. There’s a bit of twitching, the muscle unfurls, the pain eases off.

About 60 people are treated at Source Wellness every week and about 90% of them come for pain related issues. “They don’t want to be on pain medication because they need to function one-hundred percent,” Tassello explains. “They get to a certain point where they’ve exhausted every option. It’s a common story. After one or two sessions patients experience more relief than they’ve had in years.”

These prophylactic treatments happen either once or on a weekly or on a monthly basis; Tassello believes that people suffering with pain need to get treatment before the pain becomes chronic. Tassello touches spots on either side of my spine and tells me, “These are traditional acupuncture ‘back shu’ points which release endorphins and target emotions connected to internal organs — the kidneys are associated with fear and the lungs are associated with grief.” As she finishes explaining how these points balance emotional states, all the needles are in.

Source Wellness is not only well-managed but puts the patient first. Most health insurance plans are accepted and there is a convenient provider portal on their website. Tassello indicates that about 85% of their patients are covered by insurance. The eight-page comprehensive intake form is thorough and well thought out.

With all my needles in, Tassello quietly exits the room. The soft music is calming and I drift off. Healing has never been so relaxing.

<https://www.sourcewellness.com/>

(845) 359-4767

info@sourcewellness.com

Read Article on *Hook Magazine* Website