

# Westchester County Times

## A Complete Healing System

### Talking Acupuncture With Janet Bardini

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Photograph by Rick Paris



Eight years ago Janet Bardini had a successful career in broadcasting. Her radio resume showed she was hosting a number of metropolitan area radio shows on Q104.3, Z100, Shadow Traffic, Westchester's 107.1 and Sirius Satellite Radio. In fact, her life seemed just about perfect right up to the point where she began experiencing the symptoms of the dreaded disorder known as Chronic Fatigue Syndrome (CFS), a poorly defined ailment characterized by recurrent or chronic debilitating fatigue lasting more than six months. The most frustrating part of CFS is that medical doctors are at a loss as to how to treat it. Many doctors dismiss it altogether, pointing out that the illness is not life threatening and eventually most people who have it recover. Eventually.

Janet Bardini wasn't satisfied with "eventually." Rather than take her condition lying down, she stepped outside of the boundaries of traditional Western medicine to seek help from an acupuncturist. Bardini was so impressed with the results after a course of acupuncture treatments that she decided to enroll in an accredited program to begin training to become an acupuncturist. "Once I understood the concepts, it all came together for me," she said.

Janet Bardini received her Master of Science in Acupuncture from the Pacific College of Oriental Medicine, New York. She is a Diplomate of Acupuncture with national certification by the NCCAOM. Her studies of Oriental Medicine have taken her to China, where she studied in hospitals and clinics in Beijing. Bardini's local hospital experience includes an internship at St. John's Medical Center in Yonkers. In 2001, she volunteered her services for the rescue workers of the World Trade Center in Manhattan during the 9/11 tragedy. She is an active member of the Acupuncture Society of New York.

"The 2,500-year-old practice of Acupuncture and Oriental Medicine is a complete healing system that can successfully treat many health problems," Bardini said. "It is used to treat infertility, PMS, fibromyalgia, menopausal symptoms, migraines, stress, anxiety & depression, irritable bowel syndrome, Chronic Fatigue Syndrome, allergies, carpal tunnel, tennis elbow, sciatica and herniated discs." She said that acupuncture has proven extremely successful in stopping smoking and treating drug and alcohol addiction.

"Most of my clients come to me because of back, neck, and knee pain," said Bardini. "And ever since the TV show, "Sex in the City," women have contacted me for fertility problems and treatment during their IVF (In Vitro Fertilization) procedure." Bardini also sees male clients specifically for sexual dysfunction. "They don't need Viagra!" she exclaimed. "I just have to see them to diagnose which meridian is out of whack."

Janet Bardini may be an acupuncturist, but she hasn't totally abandoned her role in radio. She gave an on-air interview on CDIO1.9's "Dialogue" morning show about her career in acupuncture last fall. "It's my calling," Bardini said of her practice. "It found me, I didn't find it." As a not totally reformed member of the media, she quipped, "Once you're in radio, you're never really out of it," adding that she would like to do more interviews about acupuncture in the future.

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