



Dr. Celeste Amaya performs Meridian Therapy on a patient. By treating the root of the health concern through both Eastern and Western medicine, patients often times find complete resolution to long-term pain and other symptoms.

Celeste Amaya, M.D., APC

Mindfulness-Based Medicine

Member: American Board of Internal Medicine; American College of Physicians; Medical Group Management Association; Microsoft Healthcare Users Group; National Board of Physicians and Surgeons

BY TRUDIE MITSCHANG

PHOTOGRAPHY BY CHRIS MILLER / IMAGINE IMAGERY

■ As a board-certified physician specializing in internal medicine, Dr. Celeste Amaya is committed to helping patients heal. With a medical degree from Hahnemann University School of Medicine in Philadelphia and double board certifications from the National Board of Physicians and Surgeons and the American Board of Internal Medicine, Dr. Amaya is well-versed in leading-edge treatment protocols; her successful practice at Eisenhower Medical Center in Rancho Mirage has been a community mainstay for more than 16 years.

A compassionate and dedicated physician, Dr. Amaya specifically chose a concierge practice model to allow for more time with each of her patients. In recent

years, however, she noticed that many patients who showed symptoms of chronic illness, pain, or stress-related disorders were simply not improving, despite multiple referrals to specialists and numerous prescriptions and therapies.

“I began to suspect I was not getting to the root of the problem,” she says. “I started researching the role stress plays in illness. But encouraging patients to relax and think positively was not enough to help them once they left my office.”

Pulling influences from her Asian background, Dr. Amaya eventually began studying and training in the use of a mind-body healing technique called Meridian Access Therapy. For the past six months, this trailblazing physician has been combining Eastern therapies with traditional medicine. The result? “It has been the most effective thing I’ve ever done,” she says.

themselves through physical symptoms. Therefore, to maintain the body’s health and ability to heal, the problems must be approached appreciating the body as a single unit with every physiological system interconnected. “One cannot treat the symptoms without first addressing the true underlying cause, and vice versa, especially if the cause is not structural or anatomical,” Dr. Amaya explains. Of course, much of Western medical philosophy gives little credence to mind-body medicine; Dr. Amaya is a somewhat recent convert herself.

“My first reaction after reading up on it was, ‘This is quackery!’” she recalls. “I come from a background of skeptics — I was educated in a system that says you don’t believe it unless there is scientific evidence. But the bottom line was, I tried it on myself, close friends, and family for over a year, and it was working.”

Dr. Amaya resisted introducing Meridian

techniques into her practice thinking it might be controversial, until a patient who’d tried multiple treatments and medications for chronic pain came to her office feeling frustrated and defeated. Dr. Amaya hesitatingly offered to try Meridian on her, and to the patient’s surprise and delight, it worked.

“Many studies have shown that negative emotions such as shame, guilt, grief, fear, anxiety, anger, hate, frustration, apathy, disappointment, sadness, and regret weaken the body’s immune system. If emotions are suppressed, it results in the patient shutting down, losing

self-esteem, losing confidence, and believing there can be no further relief or joy in life, creating a vicious cycle. Meridian helps release toxic emotions and puts an end to the cycle.”

Case Study Success

Dr. Amaya has been enjoying word-of-mouth referrals from patients who’ve experienced the wonders of Meridian Therapy for themselves. She’s quick to point out, however, that the incorporation of Eastern medicine into her practice has not replaced

her expertise in traditional diagnostic testing and treatment plans.

“I perform the Meridian Therapy only after a complete medical review and examination. Meridian is always done in conjunction with standard medical treatment.”

Dr. Amaya emphasizes that each Meridian treatment plan is customized for individual patients. A recent case study involved an 82-year-old female with a history of hypertension and breast and lung cancer who suffered chronic lower back pain radiating into the feet. The patient had undergone X-rays and MRIs, been prescribed various pain medications, and undergone physical therapy and massage.

“By the time she came to me she wanted a referral for pain management, which I provided. I discussed Meridian Therapy with her, and despite her skepticism, she allowed me to perform it. After two sessions given a week apart, she experienced complete resolution of her pain and she remains pain-free to this day.”

In another case, a 38-year-old female with a long history of fibromyalgia pain with frequent flare-ups, including severe attacks of fatigue, showed signs of acute lower back pain and sciatica. After normal X-rays were obtained, she underwent unsuccessful physical therapy. “I approached her symptoms and frustration with a trial of Meridian Therapy. Expressing skepticism but desperate for pain relief, she agreed. After an hour, her sciatic pain resolved and she reported significant relaxation.”

Although there remains a stigma within traditional medical circles when it comes to incorporating alternative and complementary therapies, innovative and forward-thinking physicians like Dr. Amaya are bravely building a bridge between Eastern and Western schools of thought. Clearly, the ones who stand to benefit most are the patients.

“I use Meridian Therapy to help my patients release and let go of negative emotions, which then diminishes or eliminates their pain, neuropathy, tremors, fatigue, insomnia, and whatever else compelled them to see their physician in the first place.”

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From left to right: Tiffany Land, Jessica Meza, Celeste Amaya, M.D., and Dominique Ewing-Suarez.

Understanding the Mind-Body Connection

Noninvasive Meridian Access Therapy is performed by using repetitive tapping motions and pressure with the fingertips on nine specific Meridian points on the head and body. The basis for understanding its effectiveness begins with understanding the Eastern medicine philosophy of the mind-body connection.

Eastern philosophies maintain that physical pain and disease are intricately woven into all negative emotions and stress. Dr. Amaya explains that health problems create a feedback system; physical symptoms trigger emotional distress, and similarly, unresolved emotional issues manifest