

Natural Healing offers Eastern Medicine in Big Bear

July 18, 2018 - Big Bear Lake - Instead of retiring after practicing natural herbal medicine in Los Angeles, Dr. Sun S. Cho chose to move to Big Bear and open a practice in our community. Her business, Natural Healing, is located across the street from Big Bear Middle School at 41304 Big Bear Boulevard, Big Bear Lake. She opened her trademark orange door for business on April 1st. Read more.

Dr. Cho has been a licensed acupuncturist and herbalist for more than 30 years. She said herbal medicine is the main treatment method within Traditional Chinese Medicine (TCM). TCM is the world's oldest continually practiced professional medicine, dating more than 2,500 years ago. Unlike Western folk herbalism that treats diseases or symptoms, TCM is based on an individual pattern diagnosis and a disease diagnosis. A patient's pattern is made up of body signs and symptoms, emotional temperament and the overall compensation of the body.

Adorned in her orange treatment uniform with a black skullcap, Dr. Cho greets her clients and guests with a warm smile and a dedication to her practice. She enthusiastically believes in the benefits of eastern herbal medicine. Her practice includes acupuncture and massage, moxibustion and cupping therapy, the latter two less known by the public.

For the unfamiliar, moxibustion consists of holding a burning "moxa stick" close to, but not touching, the surface of the skin. Moxa is made from the dried leafy materials of Chinese mugwort. The intention is to warm and invigorate the flow of Qi in the body and dispel certain pathogenic influences. Cupping involves placing special cups on your skin for a few minutes to create suction to help with pain, inflammation, blood flow, relaxation and well-being. It is a type of deep-tissue massage, Dr. Cho said.

Dr. Cho studied acupuncture and oriental medicine at the Korean Cancer Patients Clinic where she studied under the guidance of a 107-year old mentor, who continues to travel the world and is a premiere specialist. She received her Ph.D. in acupuncture and oriental medicine from Yulin University in Compton. After growing up in the large city of Taegu, South Korea, and then L.A., Dr. Cho is now enjoying the "quiet and beautiful" community of Sugarloaf, where she enjoys the mountain vistas. An avid exerciser, Dr. Cho possesses also has a deep commitment to her church, describing herself as "very religious" and enjoys regular bible studies. Dr. Cho has two grown children who both reside in California.

Natural Healing is open Monday through Friday, 10 a.m. to 6 p.m. She suggests making an appointment, but walk-in clients are accepted. She takes most medical insurance and parking is available behind the building. Call Natural Healing to make a consultation appointment with Dr. Cho at (909) 878-0818.

- Ellen Clarke