

Minnesota Integrative Medicine & Acupuncture (MIMA)

The foundation of Kierstin Beaman's career was formed by helping a loved one navigate through the struggles of chronic pain. Beaman's mother went on a health journey visiting many doctors and specialists to try alleviate her pain and suffering but nothing seemed to work. Beaman was by her Mother's side trying to be as helpful as she could be. After researching the benefits of Eastern Medicine and seeing firsthand how acupuncture helped her mother when nothing else seemed to, Beaman switched the direction of her career and she became a nationally and locally board certified Acupuncturist & Oriental Medicine Practitioner.

Once Beaman received her license, her goals were to open up her own acupuncture clinic. Life took an unexpected turn when Beaman's husband was diagnosed with Stage 4 Stomach Cancer and her plans were put on hold. However, her knowledge of Eastern Medicine was put to good use. While he fought for his life undergoing chemotherapy, Beaman applied treatments to help him manage his symptoms, aid in his recovery, and treat his CIPN (Chemotherapy-Induced Peripheral Neuropathy). "Although the experience was difficult, this solidified what I am supposed to be doing," says Beaman. "It has become my dream and hope for this clinic to be the bridge that connects western and eastern medicine for the benefit of the patient."

MIMA offers an array of services and will soon be growing as Beaman hires more integrative specialists. As of right now, patients can receive acupuncture treatments, cupping therapy, electro-simulation, light therapy, ozone therapy, ATP Resonance Biotherapy, and Reproductive Therapy. The location of MIMA is essential as Beaman uses her network of references to make sure her patients get the best care, whether that care comes from her or another specialist in the area. Beaman explains her willingness to partner with nearby resources, "It's not just my approach or their approach, but an integrative approach that's best for the patient."

MIMA is new to Coon Rapids and is ready to help people who are experiencing chronic pain get on track to a healthier pain-free life. MIMA also offers advanced comprehensive fertility acupuncture to assist patients in any stage of infertility. Beaman says, "I have been the daughter, the wife, the sister, and the friend of someone who suffers from chronic pain. I have been where you have been. There was a lack of hope and healing. I know what you're going through. I want to be here if you feel you have no hope. Usually, acupuncture is the last resort with the best results. Call us, check us out, and we can see if we can help you with your future and being pain-free!"

Quick Facts:

- » Address: 3818 Coon Rapids Blvd.
- » First-time patients will have an initial consultation to go over their health history and concerns. If patients are a good candidate for the clinic, Beaman then develops a customized comprehensive treatment program utilizing Acupuncture and Integrative Medicine.
- » Beaman and her husband are very adventurous and enjoy hiking and the outdoors.



Beaman heats a cup as part of cupping therapy.