



Yamin Chehin is a doctor with the soul of a poet. During her presentations, she speaks deeply from the heart about our hopes, fears, needs, and dreams. Her gift is to combine these cries of the spirit with concrete knowledge of the body, the ongoing study of the physical universe.

Yamin inspires listeners with the vision that they can take control of their own destiny—their problems can be understood and eventually solved, not just managed.

“We became dependent on technology or on specialists. We kind of gave up our own powers, and potential, and knowledge. It’s “you” who carry the knowledge.”

Background:

Yamin Chehin is a native of Argentina who has lived in California for eleven years. She is a licensed acupuncturist and herbalist who has also undergone extensive Western medical training. The hallmarks of Yamin’s practice are vast medical knowledge conveyed in understandable terms and a vision of the patient as the partner in achieving and maintaining health.

In addition to acupuncture and herbal treatments, Yamin is a certified senior instructor in Chi Kung, an ancient Chinese art form of movement and breathing which helps the body awaken its natural healing potential. She also uses the Alexander Technique to help patients improve their body mechanics and alignment so they may get relief from pain and pursue a full life.

“We connected immediately and Yamin’s sincere and gentle and intelligent manner coupled with her expertise in her field of Chinese medicine has given me enormous relief from some problems and given me plenty of “food for thought” as to changing some bad habits and living a healthier more centered life.”—Joy Smelzer, Los Angeles

Yamin is currently offering the following two presentations as lectures or workshops in either English or Spanish.

Stress: Techniques and Life Lessons for Dealing with the Daily Grind. This includes issues such as back and neck pain, insomnia, alignment, and balance. Beyond these physical manifestations, what are the underlying sources of stress? How can we engage with them and improve our overall well-being?

Environmental Pollution. How internal and external toxins affect our health and wellbeing. Eastern-Western approaches, including home-made recipes, on how to Detox your body and mind.

Women’s Health: How can we as women cope and heal while also taking our place in the world? What can we learn from menopause, fibroids, pre-menstrual symptoms....?

Presentations can be tailored to specific needs in terms of length, format, and content.
