

[Health Point Acupuncture & Natural Health Clinic](#)

Kate Canfield

108 N. Pine (built: 1910)

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Before Kate Canfield became licensed to practice Traditional Chinese Medicine, she was a patient searching for answers. Her journey started here in Florida after a knee cartilage repair. The hot summer weather spurred her toward the usual heat relief: soaking in the river near where she lived in Oak Hill. Unfortunately, this dip was likely too close in time to the knee surgery and resulted in a serious leg infection, one that an intense and long-term antibiotic regimen eventually cleared. However, a new facial swelling and low-grade fever arose (no, it was not mumps), that remained for over a decade while she traveled the country seeking a cure.

During one visit home, Kate purchased 108 N. Pine,



imagining she'd return to live there someday. Located in one of oldest neighborhoods on Coronado Beach, a kind description for the nearly 100 year-old-structure would have been: well worn. Kate loved its character. Electrical upgrades and some cosmetic improvements were made to the interior (the extant bath and bedroom floor paintings by Tom Rose, for example), and Kate's brother took up residence for a time, while she returned to her life out

west. Then some long-term renters wore it down a good bit more, possibly fearing that any requested maintenance would raise their rent.

In 2001, exhausted and further depleted by her fruitless medical quest, Kate returned home to the care of her family. Her illness finally resolved over the next few years through traditional Chinese medicine treatments. As Kate healed, the idea solidified of becoming a TCM practitioner herself, of being able to offer solace and improved daily life to others. Kate trained over the next three years at Orlando's Florida College of Integrative Medicine, earning a Master of Science in Oriental Medicine. She began Health Point Acupuncture Clinic in 2006.

In 2010, an addition for her parents took form at 108 N Pine. The elder Canfield's had lived in various places in town, including 508 N Riverside (built in 1883) in the 1970s, and on the top floor of Captain's Quarters in the early 2000's. But now they wanted to return to the close comfort and simplicity they'd experienced when



raising their young family on a Miami houseboat. The 36' long by 12' wide "small house" that resulted resembles that earlier residence, with counters and furniture that offer stability to those walking through the spaces. But for an extended family convening around the sumptuous meals both Kate and her mom loved to put together, this new space would be a tight squeeze.

So in 2011 change came to the original 108 N Pine structure: making a kitchen large enough to seat everyone. Bud Gilbert designed and built much of the 400 square foot space, so of course



it bears his wonderful inlaid concrete countertops. He created maple with ipe accent cabinetry to complement an antique glass-fronted cabinet found on the street. The cooking island has a bar area that seats up to 14 for festive meals, that can be seamlessly followed by post-prandial lounging on the sofa and easy chairs. While the cooking area does predominate, the space also boasts a separate drinks bar that Bud collaboratively designed with Diane Marshall, a small lavatory made larger by one of Diane's murals and a window wrapped office nook.

When she began her New Smyrna Beach practice in 2006, Dr. Kate kept her home and work place separate, never imagining she'd enjoy working at home. Not surprisingly though, the office rent kept rising. Dr. Kate's first move was to purchase a small building, the State Farm office at Magnolia and Douglas, to renovate for her clinic. But in 2014 she decided a better move was to convert the less-used half of 108 into her clinic. Bud turned the wall between the kitchen and the clinic office area into one that folds open or closed, as desired. The clinic side holds remedies and the kitchen side is of the cabinet's warm maple and ipe. In one treatment room, clients recline amidst a two-wall palm and palmetto studded beach vista mural (Diane, again). The other suggests an early 20th century country doctor's exam room, complete with plush Chinese rug and period appropriate seating.

With 108 N Pine located almost exactly midway between ocean and river, the structure may have been built as a home and business. The full wainscot walls and ceilings in the front rooms, now the clinic reception area and first treatment room, could easily have served similar purposes 100 years ago.

For more information about acupuncture and the Health Point Acupuncture clinic, see Dr. Kate's website by clicking on the link at the top of this article.

