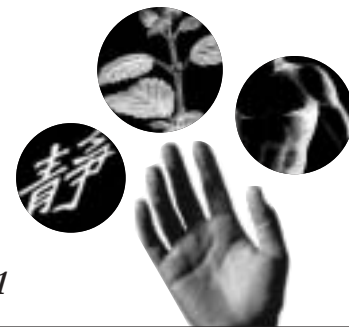


# Acupuncture...Ancient Medicine Healing the Modern World



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*Acupuncture is a complete medical system that is used to diagnose and treat illness, prevent disease and improve well-being. It is effective for physical, psychological and emotional problems. Acupuncture originated in China more than 3,000 years ago and due to its proven effectiveness has been embraced throughout the world.*

## Acupuncture:

- strengthens the immune system by stimulating leukocytes to fight infection and increase T-cell counts. This may be why it works on allergies and chronic fatigue syndrome.
- releases pain-killing endorphins which also play a big role in the functioning of the hormonal system. This is the reason acupuncture works well for back pain, arthritis, P.M.S. and ulcers.
- stimulates endorphins, which not only relax the whole body when released, but they regulate serotonin in the brain which plays a big part in our moods. This is why depression is often treated with acupuncture.
- breaks the spasm cycle which muscles can get caught in, causing unrelenting tightness and pain. It does this by increasing circulation which in turn provides needed nutrients to nerves and muscles to begin healing.
- works with our "life force" (Qi), which is similar to our electrical energy which circulates throughout the body along well-defined pathways. Points on the skin along these pathways are energetically connected to specific organs, body structures and

systems. If this energy circulation is disrupted, optimum function is affected and this results in pain or illness. Acupuncture points are stimulated to balance the circulation of energy which influences the health of the entire being.

- stimulates the autonomic nervous system to regulate specific physiological actions in the body. Acupuncture works without drugs or chemicals. It has no known side effects and is perfectly safe and comfortable for almost anyone.

## Here's How It Works:

Acupuncture needles are as fine as human hair. The needles are left in place for 20 to 40 minutes during which time the patient usually relaxes under a heat lamp while soft music plays. In areas where you are especially tight, electrodes are often attached to the needles inducing a steady vibration. The vibration feels like a gentle massage.

The number and frequency of treatment will vary. Some symptoms are relieved after the first treatment while others take four to ten treatments. Your body chemistry, your particular problem, and the length of time you have been ill will all play a part in the number and length of treatments.

## Commonly Treated Conditions:

Allergies/Asthma  
Anxiety/Depression  
Arthritis/Joint problems  
Back problems  
Bladder/Kidney problems  
Candida  
Childhood illnesses  
Colitis/Crohn's Disease/Parasites  
Constipation/Diarrhea  
Colds/Flus  
Cough/Bronchitis

Dizziness  
Drug addiction/Stop smoking  
Eczema/Hives  
Fatigue  
Gallbladder disorders  
Gynecological problems  
Headache/Migraine  
Health maintenance  
Heart problems/Palpitations  
High Blood Pressure  
Hormonal Disorders

Immune system deficiency  
Infertility  
Insomnia  
Knee pain  
Menopause  
Menstrual disorders/PMS  
Neck pain/Stiffness  
Paralysis/Numbness  
Poor digestion  
Prostate problems  
Rheumatoid Arthritis

Sciatica/Sprains  
Sexual Dysfunction  
Shoulder pain  
Skin problems  
Sports injuries  
Stress/Tension/Irritability  
Tendonitis/Bursitis  
Ulcers/Gastritis  
Vision problems  
Weight Loss

*Your Most Valuable Asset Is Good Health. Invest In It Wisely...Consider Acupuncture.*