

WHAT IS ACUPUNCTURE

Acupuncture is an ancient form of Chinese Medicine dating back over 5,000 years. It is based upon the concept that the body has specific channels (meridians) through which energy (Chi) flows. While this energy or Chi is flowing smoothly there will be no pain or disease; the natural energy is in balance. Once this flow is disrupted by mental stress, excess physical demands, or adverse environmental conditions, pain, fatigue or illness will result. Stimulating appropriate points on the meridians causes blocked energy to be released and the natural balance of energy is then restored.

Research in acupuncture is ongoing in both the Western Medical World and in China. Although the exact mechanisms explaining how it works are not clear according to Western Methodology, empirical evidence shows that acupuncture is, in fact, effective in treating many ailments and pain. Acupuncture causes the brain to release natural opiate-like substances called endorphins into the bloodstream. Endorphins have an analgesic effect and are helpful in the treatment of pain. They may also account for the euphoric feeling that many people experience after receiving an acupuncture treatment.

TREATMENT

During an acupuncture treatment, fine, hair-like disposable needles are inserted into the appropriate points on the body for approximately 20-30 minutes. Occasionally one may feel a slight pinch upon insertion of a needle. However, the sensation diminishes quickly. One generally feels a deep sense of relaxation during and after treatment.

The World Health Organization recognizes acupuncture to be effective for over 35 common illnesses, among which are:

- Respiratory Problems: Asthma, Sinusitis, Allergic Rhinitis.
- Gastrointestinal Disorders: Heartburn,

Abdominal Pain, Irritable Colon, Diarrhea, Constipation.

- Gynecological Disorders: PMS, Painful Periods.
- Musculoskeletal Problems: Low Back Pain, Muscle, Tendon, or Joint Pain, Sports Injuries.
- Neurological Disorders: Chronic Headaches, Sciatica, Nerve Injuries, Chronic Pain Syndrome.

Acupuncture is also known to normalize physiological functions, stimulate the immune system, relieves drug and alcohol withdrawal symptoms and aid in behavior modifications such as weight loss and quitting smoking. In the same way, acupuncture is also effective in reducing tension, stress and depression.

WEIGHT LOSS

Lose weight and feel great with the Acupuncture Weight Loss Program. It is true that many of us eat for emotional reasons. When you feel sad or depressed you might eat as a futile attempt to make yourself feel good.

Did you know that acupuncture works on all levels at once? That's right... physical, emotional, and mental. Acupuncture naturally releases those "feel good" chemicals in the body called endorphins. These are the same chemicals released after intense exercise. The Acupuncture Weight Loss has a relaxing, calming effect that can trigger overeating and bingeing on fattening foods. These endorphins affect the digestive and hormonal systems to help rebalance the metabolism.

The Acupuncture Weight Loss Program:

- Reduces hunger and food cravings so you can lose weight.
- Allows your body to take in less fat from the food you eat.
- Feel full so you can eat less.
- Eases the frustration and anxiety that triggers overeating.

FACIAL REJUVENATION

Now you can erase years from your face... safely, painlessly, and without injected poisons. Acupuncture is a natural, health enhancing way to look and feel years younger. Your friends may be envious of how you look when you use the time-tested methods of Acupuncture and Chinese herbs to look and feel younger. Why paralyze muscles with Botox? Discover a rejuvenation process designed to help you look and feel younger. Facial Rejuvenation Acupuncture includes sophisticated acupuncture techniques, exclusive skin care treatment PLUS special herb formula prescriptions for your individual body type.



The benefits of Facial Rejuvenation Acupuncture:

- Reduces fine lines on the face
- Firms and reduces bags under the eyes
- Improves muscle tone and tautness of skin (without paralyzing it)
- Helps eliminate puffiness by improving metabolism
- Improves facial color by increasing circulation
- Reduces stress evident in the face
- Slows down the aging process
- Tightens pores and brightens the eyes
- Promotes overall health and well being
- Improves hormonal balance, thus hormonal acne can be benefited