

HEALTH & Vitality

THE WELLNESS NEWSLETTER

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We're on the Web!
www.health-and-vitality.com

Did you know?...

The International Journal of Clinical Acupuncture reported in 1996, that among 300 cases treated with Facial Acupuncture, 90% had marked improvement with only one treatment.

The Benefits:

- Acupuncture:
- Regulate periods
 - Relieves cramps
 - Relieves premenstrual syndromes
 - Calms morning thickiness
 - Helps resolve infertility issues
 - Relieves menopausal symptoms
 - Relieves stress

- Facial Rejuvenation:
- Look 5-15 years younger
 - Relaxation
 - Look well rested
 - Skin looks luscious
 - Face feels full and firm
 - Suppleness
 - Rejuvenation

GIVE THE GIFT OF REJUVENATION TO THE WOMEN WHO GIVE SO TIRELESSLY OF THEMSELVES!

Gift certificates available now!

Call us to reserve yours today:

773-835-4500



HAPPY MOTHER'S DAY!



FOR EVERY SEASON...

Long days of getting up before everyone to make sure their day start off smoother, of remembering all of the details-small and large, of making time no matter how little of it you really have, or provide pats, hugs, kisses and encouragement, not just because it's your job, but because you want to.

Motherhood - the hardest job there is, for no monetary compensation. But after all, who can put a price on love that is so pure and self-less.

If you are not a mom I suspect you can think of someone (your own mother, mother-in-law, sister, aunt, grandmother, best friend, or cousin) who takes her role to heart.

May 8th is the day to honor these people. Mothers, friends and loved ones. Most women, but Mothers especially, seem to crave time for them selves. Time when they can relax and unwind. Can you imagine being able to offer them the ultimate in relaxation, along with an overall sense of feeling refreshed, combined with looking vibrant and positively glowing - without pain? You can this Mother's Day, with one little word...acupuncture.

The goal of acupuncture is to treat the whole person and restore balance between the spiritual, physical and emotional planes. This said, Traditional Chinese Medicine says that women lives go through the following hormonal stages of development:

- * Ages 1 - 14 - Birth through Menarche
- * Ages 14 - 35 - Menarche
- * First Peremenopausal Period - 35 - 42
- * Second Peremenopausal Period - 42 - 49
- * Post Menopausal - 6 month after the cessation of menstruation to the end of women's life

Acupuncture offers females from the beginning of menarche through the whole life serious benefits. At the start and through menarche acupuncture has shown to reduce and eliminate symptoms of PMS,

CITRUS WATER

Citrus water is refreshing and tightening for every skin type. Use a few times per day for quick rejuvenating experience. Simply dip a cotton pad in to the water and swipe the face.

1. Wash a grapefruit under cold running water.
2. Cut the skin off in large pieces including the pith.
3. Place the skin in a bowl with distilled/filtered water, just enough water to cover the skin.
4. Cut the skin in small pieces with scissors, making sure that all the cuttings are done in water so as not to lose the fragrant oil of the fruit.
5. Let it stay over night, covered and away from the sunlight.
6. After 24 hours decant the water, and get ready to use.

Note: Keep refrigerated. Citrus water typically lasts for several weeks. If it is too strong, just dilute with distilled water.

*Enjoy this Grandma's Recipe!
Makes an excellent
Mother's Day gift basket addition!*

Receive ONE BONUS Facial Rejuvenation

with Acupuncture treatment when 10 sessions are pre-paid

Call to schedule your appointment today!

773-835-4500

such as headaches, backache, fatigue, bloating, tenderness, depression, irritability, etc. But it doesn't stop there. Acupuncture has also aided women in solving infertility problems, quelling nausea during pregnancy, resolving back pain, and in helping babies move into position in readiness for childbirth. After birth, acupuncture has helped many women recover from depression and replenish their energy in preparation for their busy new life as a Mom.

During menopause and in the post menopausal stages of life acupuncture can be used to bring the body into balance. It helps resolve digestive symptoms and such symptoms as hot flashes, night sweat, heart palpitations, weight gain, depression, anxiety, insomnia and headaches. All without the use of HRT (hormone replacement therapy).

Acupuncture treats the root cause of the imbalance (in whichever stage), by stimulating the body to heal itself. The best part, acupuncture does not have side effects. There is no conventional medicine that can tout that claim.

At any stage when you look in the mirror and you look and feel good, your mood improves, your overall feeling of well being elevates, you smile and laugh more, relaxation occurs and energy levels skyrocket. The better you feel, the more positive energy you will have to share with your loved ones.

Give your favorite Mom(s) the gift of looking and feeling their best. Helping them feel their best is a wonderful way to acknowledge all the great things they do. And guaranteed, their relaxed state will have a positive impact on you too. Better yet, make a date for the both of you to experience facial rejuvenation with acupuncture together!

HAPPY MOTHER'S DAY TO YOU!

Satisfied Clients Comments:

*"Alla, I feel balanced,
my face is tight and full"*

"Doing a course of facial rejuvenation treatments makes it easier for me to stay on track with my other life goals, like losing weight"

"My face looks refreshed and not exhausted"

My commitment is:

To work with each patient towards harmonizing the body's vital processes and as a result be free of pain, feel and look healthy, radiant, and vital.

To bring knowledge of what healing with Acupuncture and Homeopathy can do to our health and well being (healthy body, mind and spirit).

Alla Milikovskiy