

HEALTH & Vitality

THE WELLNESS NEWSLETTER

ABOUT US

Do you suffer from back pain, menstrual difficulties, dry skin, sinus problems, sleeping problems, or allergies? **Health & Vitality** is the fast growing, alternative-healing resource for any of the health problems that EVERYONE seems to have.

During the treatments at Health and Vitality we perform a comprehensive analysis of your state of health. Based on our findings, we prepare an Oriental Medical diagnosis and administer painless Meridian Therapy Acupuncture treatments specific for you. In addition, we provide dietary and exercise suggestions as well as recommendations for the life style changes specific to your diagnosis.

CONTACT

APPOINTMENTS, CONSULTATIONS, INQUIRIES

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HOW STRESS AFFECTS YOUR LIVER

It is often said that stress is one of the most insidious health issues that we have to deal with. Stress takes a toll on the body, mind, and spirit. Stress creates migraine headaches, heart palpitations, high blood pressure, insomnia, digestive disorders, and menstrual difficulties such as PMS.

According to Chinese Medicine each emotion corresponds to a particular organ. Emotions like stress, frustration, and anger correspond to the Liver. The Liver's nature is to freely move energy. The most important Liver functions are storing blood, and smoothing and regulating the flow of energy and blood through the entire body. As a result, the Liver smoothes and regulates emotions like stress, frustration, anger. The Ancient Chinese Text (Nei Jing) describes the Liver as the "the root of stopping all extremes".

In times of stress, Liver energy becomes stagnant in some areas and overpowering in others. The excess Liver energy flares upward, causing irritability and anger, which lead to stress. If the Liver is continuously

processing stress, its energy becomes out of balance. The energy of the body cannot move freely and difficulties occur such as migraine headaches, heart palpitations, high blood pressure, insomnia, digestive disorders, menstrual difficulties such as PMS, and blurred vision.

Along with its partner organ the Gall Bladder, the Liver is responsible for ensuring good digestion and affects the function of Spleen and Stomach. Digestive problems such as poor digestion, food retention, belching, gas, and stomach distention are associated with Liver and Gall Bladder.

Stress has a powerful affect on a person's vital energy, internal organs, and overall health. In today's world, stress is a normal part of life. Acupuncture has the unique ability to relieve stress and its symptoms.

Through Acupuncture, your organs return to a state of harmony and unlock your body's own healing ability.

"The Foundation of Chinese Medicine"
Giovanni Maciocia

HAVE A JOYFUL
AND HEALTHY
HOLIDAY
SEASON!

INVITATION:

EXPERIENCE QI-GONG

Calm your mind and nourish your body with this gentle moving and breathing exercise.

Join us for Free Classes held in January, 2003:
Wednesdays, 9am: 8th, 15th, 22d, and 29th.
Thursday, 7pm: 9th, 16th, and 23rd

Location: Health & Vitality.
3823 North Clark, Chicago, IL 60613

Please RSVP 24 hours in advance 773-525-4349

Dear Alla,

I wanted to take a moment to thank you for helping me during my 'flu attack episode.' I woke up thursday morning with incredible pain in my back, a hacking cough, sore throat, nausea, and headache - classic flu symptoms. The next day, you agreed to see me without an appointment (which I really appreciated!), and during the actual treatment the back pain and nausea disappeared! I couldn't believe it.

Your herbal preparation helped to treat my remaining symptoms, all naturally without having to resort to over the counter drugs. Thanks again for your kindness and help in getting me back to health!

Sincerely, J. Desmarais

For questions about treatment, or for an appointment, call (773) 525-4349

