

HEALTH & Vitality

THE WELLNESS NEWSLETTER

ABOUT US

Begin enjoying life with energy!

Now you have a way to experience
LASTING relief from:

- PMS
- Menopausal Symptoms
- Recurring headaches
- Migraines
- "Stress" symptoms
- Weak immune systems
- Respiratory issues
- Sleep disorders
- Digestive issues
- Chronic illnesses
- Cold & flu symptoms
- Sports injuries
- Allergies
- Chronic pain
- Addictions

...WITHOUT the use of harmful drugs or
expensive surgery using acupuncture.

CONTACT

APPOINTMENTS, CONSULTATIONS, INQUIRIES

Alla Milikovsky

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3823 North Clark, Suite 2

Chicago, IL 60613

INVITATION:

EXPERIENCE QI-GONG

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

Join us for a Free Class:

March 10th, 2004

Wednesday, 8:00 am

Location: Health & Vitality.

3823 North Clark, Chicago, IL 60613

Please RSVP 24 hours in advance 773-525-4349

FOOD FOR THOUGHT:

ORIENTAL MEDICAL VIEW ON BODY WEIGHT PART II

HOW TO LOSE WEIGHT AND KEEP IT OFF WITH ORIENTAL MEDICINE

Loosing weight and keeping it of is a complex problem. For weight loss to be successful, a program that encompasses a specific diet, exercises, and stress reduction techniques must be in place. Acupuncture is very effective in making it easier to lose weight and to keep the weight off. Why is acupuncture so successful in helping to lose weight?

There are many studies being done in the US to determine how exactly acupuncture works in losing weight. We know that acupuncture needles inserted in the body and ears release endorphins, which have a calming and relaxing effect on the body. That makes it easier to deal with stress, frustration, and anxiety, which are the primary emotions that trigger overeating and bingeing. Endorphins also affect the digestive and hormonal systems, so people who have digestive issues benefit from acupuncture treatments in healing and as a result lose weight. Acupuncture treatments help the organs that are running too fast to slow down and the sluggish ones to pick up speed. The metabolism slowly begins to change.

During the initial visit to Health & Vitality your specific pattern of overeating is discussed, as well as other ailments and health complaints. Then we evaluate the

condition of your body. That allows us to develop an Oriental Medical diagnosis and treatment plan. The number of treatments necessary depends on

your condition and your goals on losing weight. If

the overeating is severe, initial frequent treat-

ments may be needed to take the edge

off. On the other hand, for a patient

who wants to lose 5-10 pounds and doesn't

have organic health issues two treatments

per week might be needed until the goal is reached.

Following for a few weeks will be a treatment every other week to maintain the balance. Furthermore, the frequency of the treatments will be mutually decided upon. Usually a treatment every three months with seasonal changes is very good to maintain your weight. During seasonal changes the energy levels of the body are unstable, and harmonizing the system is a good practice for everyone, not just for people who want to lose weight. Balancing the energetic systems of your body with Meridian Therapy Acupuncture will keep your health on the right track.

"The Practice of Chinese Medicine. The Treatment of Diseases with Acupuncture and Chinese Herbs" by Giovanni Maciocia.

"Prince Wen Hui's Cook. Chinese Dietary Therapy" by Bob Flows and Honora Wolf.

Are you too focused to "See" your health? Bring 20x20 clarity to your vitality. Presenting "DIET & EMOTIONS." Please join us for a lively exploration of Oriental Medicine and our Western way of life.

Tuesday, March 30th 2004 at 7-9:30 PM. Please call for reservations:

Alla Milikovsky LicAc., (773) 835-4500, or Pam McCord (847) 381-0913