

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

773-525-4349

773-835-4500

milikovsky@aol.com

www.health-and-vitality.com

3823 North Clark, Suite 2

Chicago, IL 60613

STAGES OF HEALING WITH ACUPUNCTURE

We exercise, cut carbohydrates and/or fat from our diets depending on what is popular in the moment - the end result being that we want to stay healthy, look and feel good and live longer. No matter where you are, Acupuncture can help you along your path to optimum health and performance.

In Chinese Medicine we go beyond the absence of illness. Good health is refreshed sleep, adaptability to different environments, appetite for food, sex, life, clarity of mind, sense of well-being, calmness, a sense of humor, humility, love for life on Earth.

We are talking about physical, emotional and spiritual health.

We as human beings usually come for help when it hurts or we've decided to have a family. We come for a quick relief from pain, discomfort or other symptoms. This is how most of us are introduced to Acupuncture. As Chinese Medicine Practitioners we call it acute care. During the Acute care stage, the visits to your acupuncturist are frequent; treatments build on each other to promote quick recovery. Acupuncture treatments help to ease the pain allowing the body to heal faster. Repeated treatments over next few weeks or month may be needed to further reduce the symptoms. The number of

treatments are determined by your condition, strength (quality and quantity of your energy - Qi), life-style and age. You will notice that your pains reduce significantly or disappear.

The next stage is Maintenance care. During the Maintenance care stage acupuncture treatments support the changes achieved so far providing a foundation for deeper healing. The underlying imbalances are addressed during the Maintenance stage of treatments. The

Acupuncture treatments are less frequent. Stopping treatments at this point could disrupt the progress you've made. Sometimes the problem can re-occur.

The last stage is of care with acupuncture is Wellness care. Wellness stage of care preserves the progress made until now. The Acupuncture treatments could be monthly or seasonal. Wellness care serves to keep the body in energetic balance it is like a tune-up for a car to insure a smooth ride and longer use. In Chinese Medicine we also call the Wellness care Preventive Care. Preventive care is the root of healing for the body, mind and spirit. Treat before you get ill.

To your health!



INVITATION:

EXPERIENCE QI-GONG

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

Join us for a Free Class:

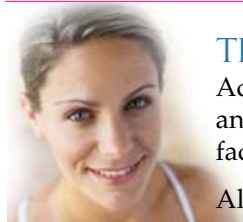
August 11th, 2004

Wednesday, 8:00 am

Location: Health & Vitality.

3823 North Clark, Chicago, IL 60613

Please RSVP 24 hours in advance 773-525-4349



TRY FACIAL REJUVENATION WITH ACUPUNCTURE

Acupuncture can give you a natural "face-lift" by strengthening and stimulating the circulation of energy especially those on your face. Please call us for more information.

Alla Milikovsky LicAc., 773-835-4500, 773-525-4349