

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

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 Free Classes held in May & June, 2003:

Every Wednesday morning 9:00 - 9:45am:

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

Please RSVP 24 hours in advance 773-525-4349

WHY DETOX?

The ancient wisdom of Oriental Medicine was recently confirmed by hard science. The Center for Disease Control (CDC) did the first body study in 2001 and tested for 27 chemicals on blood and urine in 2,500 people. A second largest study by the CDC examined 2,500 individuals for 116 contaminants. This study led to the Environmental Protection Agency (EPA) to releasing a warning that environmental chemicals increase children's risk of cancer, cognitive disorders and respiratory problems. EPA estimates that we each contain about 600 chemicals in our bodies.

So what's the good news? We can do something about it.

Spring in Oriental Medicine is associated with the Liver. It is the time for cleansing and detoxifying. However, before initiating a cleansing process we must take into account how much energy the person has, so we can detoxify without harming the energy of your body. The weaker the person is the gentler the detoxifying process must be.

To aid your specific cleansing process you can integrate daily practices such as sweating and dry brushing. Consuming bitter greens (such as parsley and blue green algae) is helpful in maintaining a gradual and consistent detoxification process. On the emotional and spiritual

levels, we also are burdened by the times we live in. It is fascinating that Liver and Kidney, the two organ systems that are most closely linked with physically cleansing the body, are associated with imbalances of the emotions of anger and fear in Oriental Medicine.

For good health, it is important not only to cleanse the body but also to cleanse the mind. One of the best ways to do that is to spend time alone in a natural setting. We become more intune with our natural self.

It is good to have a meditation practice because it helps your mind and body to relax and replenish your energy.

Gentle moving and breathing exercises, such as Qi-Gong or Yoga, will also enhance the cleansing by bringing air and energy to all parts of your body. Meridian therapy acupuncture treatments will balance the energetic systems of the Liver and Kidney aiding deep healing within your body.

References:

The Foundation of Chinese Medicine -Giovanni Maciocia

*"Toxins Are US" - Andrew Rader, Lac, MS
Acupuncture Today, May 2003*

*As always I look forward to your questions
and am ready to address them in my
newsletter and in person. - Alla*



FREE REPORT

"Facial Rejuvenation with Acupuncture"

Now you have another way to achieve a **younger look** WITHOUT expensive injections, chemicals or surgery. You may be surprised to learn that acupuncture and Chinese Medicine provide a safe, effective, natural, and *painless* approach to significantly reducing signs of aging. Call 773-525-4349 for this important report.