



My thoughts on Acupuncture

Tall and slender, short and snuggly, tall and snuggly, short and slender, chicken legs, early riser, don't talk to me before my first cup of coffee, thunder thighs, fast runner, good cook, not-so-good cook, weight-lifter, fork lifter, debate champion, the strong and silent type, grandmotherly, hot under the collar, talkative, boisterous, bookworm, all ears, creative, dependable, buffalo butt....

Beautiful, perfectly you.

Now think of yourself as a series of channels, flowing with energy, flowing with blood - designed to nourish and invigorate, protect, warm, cool, transform, digest and eliminate. When the channels flow, we feel well, we sleep well, we eat well, we live well.

Think about life. Sometimes.....we work too hard, we stay up too late, we give too much, we work out in the cold, we wear flip-flops in January, we eat on the run, we injure ourselves (shovelling snow), we suppress how we really feel. We become stressed. Our channels become blocked or our energy becomes depleted.

Think of a blocked channel like a river blocked from it's natural flow and the water becomes stagnant. Think of a river that becomes depleted of water and can't flow any more. When channels are not moving, we do not feel well. When we don't feel well or are depleted of energy, we are more inclined to make up for it by choosing things that are not the best for us like too much sweets, caffeine, alcohol or tobacco.

When things aren't going well, think about acupuncture. Thousands of years old, acupuncture is a holistic, healing art designed to get the channels flowing again. Yes, we will poke you, cup you, warm you up, cool you down, rub you with smelly things. Yes, it takes patience working with subtle energy and you will have to return a few times. You will feel better.

When things are going ecstatically, wonderfully well, think about acupuncture. Book a monthly appointment for an invigorating balancing treatment to keep your body running at it's best. As a holistic practice, it is one of the best forms of preventative medicine. You are beautiful, you are perfect. Live with gusto!!!

Sincerely,
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