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NATURAL HEALING & ACUPUNCTURE INC.

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The year of the wood horse...



...began on the Lunar New Year January 31st and lasts until February 18th, 2015. The energy of wood is about reaching upwards and out. Its about making plans for the future and seeing them through. The energy of this year is about moving forward! Just make sure to stay grounded and focused amidst the momentum...

Self-Renewal

Recently, I received a phone call from a 44 year old man who had been diagnosed with Pancreatic Cancer. He was searching alternative treatments to "cure" his cancer.



Denise Wiesner, L.Ac., FABORM, CEFP



Carla Vidor, L.Ac., D.A.O.M, FABORM



Jolee Godino, L.M.T.



Anna Cherekovsky, C.M.T.

What Do All Those Letters Mean?

L.Ac. Licensed Acupuncturist

FABORM Fellow of the American Board of Oriental Reproductive Medicine

CEFP Clinical Excellence in Fertility Program

He went to see an oncologist who wanted him to go on chemotherapy. He asked the doctor, if, after he went on chemo, would his cancer be cured. The doctor replied that the chemo might buy him more time but that there wasn't a cure for his cancer. Upon hearing what the chemo side effects would be, the patient decided to look for other options. The conversation we had moved me deeply. I already understand the preciousness of life but in my day to day interactions I tend to forget. Am I really taking the best care of myself that I can? I want to live in the present with the understanding that life has so many blessings to offer me and not worry about the future. I ask myself, am I taking advantage of all that I can?

Yoga, followed by an amazing acupuncture treatment reminded me of the blissful state that can happen when there is nothing to do but become receptive to the healing life force which is within ME. How many times have I run around with my huge "to do" list and forgot to melt into myself and just be still? It is a lesson worth remembering.



Namaste,

Denise Wiesner L.Ac, A.B.O.R.M., C.E.F.P.

Why should I get acupuncture? I'm

DAOM Doctor of Acupuncture & Oriental
Medicine

LMT Licensed Massage Therapist

CMT Certified Massage Technician

WordPress Blog

We're on Word Press! We are bringing our specialists' thoughts & opinions on a variety of topics, including but not limited to, articles on women's health & fertility, men's health, general well-being & cancer support. You can find our latest blog, "Why Massage" [here](#)

Visit us on Yelp

If you enjoyed your sessions with any of our amazing practitioners, please post a review on our [Yelp](#) page

Benefits of Massage

by Jolee Godino, CMT

Experts estimate that upwards of ninety percent of disease is stress-related. And perhaps nothing ages us faster, internally and externally, than high stress.

Massage is an effective tool for managing this stress, which translates into:

- * Decreased anxiety.
- * Enhanced sleep quality.
- * Greater energy.
- * Improved concentration.
- * Increased circulation.

fine.

Occasionally at social gatherings people's curiosities are awakened when they find out I practice Chinese Medicine. A common reaction is, "I've always wanted to try acupuncture but I have nothing wrong with me." Chinese Medicine and the World Health Organization (WHO) agree that health does not exist in absolutes. As in, health is not simply the lack of an official diagnosis. The WHO defines health as "a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."

Being healthy exists on several planes. It depends largely on what we put in our bodies and choices we make daily. Being healthy also depends on how often we take a much needed break from our busy brains so our physiology can function as it should, so we have the space to heal ourselves. Acupuncture can put a pause on the thoughts that invent things and trick us to believe that we are in a state of heightened stress. Acupuncture lets the body do what it was designed to, like digest food, mend damaged tissue and bone, and procreate.

Several conditions have been linked to these chronic or prolonged stress states such as, certain autoimmune conditions, problems with the gut, and fertility. Often we don't know how stressed and tired we are until we actually lie down and relax!

Some benefits of regular acupuncture are: increased immunity, better digestion, increased libido, decreased anxiety, and feeling more balanced. The ancient doctors used to get paid to keep patients well. So, come, take a relaxing break in your day and let your body, mind and spirit get that deep relaxation that is provided from an acupuncture treatment. And if you get really motivated, you can add a massage

- * Reduced fatigue.

Massage can also help specifically address a number of health issues.

Bodywork can:

- * Alleviate low-back pain and improve range of motion.
- * Assist with shorter, easier labor for expectant mothers and shorten maternity hospital stays.
- * Ease medication dependence.
- * Enhance immunity by stimulating lymph flow-the body's natural defense system.
- * Exercise and stretch weak, tight, or atrophied muscles.
- * Help athletes of any level prepare for, and recover from, strenuous workouts.
- * Improve the condition of the body's largest organ-the skin.
- * Increase joint flexibility.
- * Lessen depression and anxiety.
- * Promote tissue regeneration, reducing scar tissue and stretch marks.
- * Pump oxygen and nutrients into tissues and vital organs, improving circulation.
- * Reduce post surgical adhesions and swelling.
- * Reduce spasms and cramping.

too.

Acupuncture can treat:

- Pain - all types
- Eye, ear, nose, throat disorders - such as sinusitis, allergies
- Gastrointestinal disorders - such as irritable bowel disorder, colitis, diarrhea, constipation, gastritis
- Gynecological disorders - such as PMS, painful or irregular menses, endometriosis, menopause, fibroids, morning sickness, infertility
- Immune disorders - such as chronic fatigue, lupus, MS
- Circulatory disorders - such as high blood pressure
- Addictions - smoking, alcohol , others
- Emotional and Psychological disorders - such as anxiety , depression, insomnia
- Oncology - side effects of chemotherapy and radiotherapy

Carla Vidor, L.Ac., D.A.O.M., FABORM

Welcome Back, Anna Cherekovsky!!

Anna has worked seasonally in the Natural Healing office for the past three years, while based in Northern California. She has recently moved back to Los Angeles permanently. Her technique is based on acupressure, structural alignment work, CranioSacral Therapy, and Visceral Manipulation.

Anna's clientele comes to address rehabilitation of injuries (including dance and sports injuries), scoliosis, recuperation after surgery or dental work, headaches/migraines, TMJ, pregnancy and postpartum issues, and chronic pain. Please

- * Relax and soften injured, tired, and overused muscles.
- * Release endorphins-amino acids that work as the body's natural painkiller.

Tele-Medicine

If you or anyone you know cannot make it into the office but needs herbal medicine and/or supplement advice, we are now offering consultations by phone and Skype. This is a wonderful way to get expert advice long distance. Please visit the [tele-medicine section of our website](#) for details.

Natural Healing & Acupuncture

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Find us on Facebook 

come wearing loose clothing.

Anna sees clients six days a week, Monday through Saturday, by appointment only, in our West Los Angeles Office. Please contact the office to book an appointment.

Maya-Abdominal Massage

This non-invasive massage technique helps to relieve physical and emotional congestion in the abdomen and pelvis. It improves the flow of fluids - blood and lymph. It is often used for addressing female complaints such as: fertility, PMS, fibroids and endometriosis, digestive disorders, menopause, hormonal imbalances and lower back pain.

This technique can also help men who suffer from swollen prostate, impotence, digestive disorders, muscle spasms or lower back pain. Call our office to schedule an appointment with our talented massage therapist, Christina DeMarco.

Schedule:

By Appointment only, Monday through Saturday.

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