



ACUPUNCTURE • WEIGHT LOSS • CHINESE NUTRITIONALS • SUPPLEMENTS • NEURO-LINGUISTIC THERAPY

## Are you looking for a healthcare centre that really cares about improving your quality of life?

At Acu-ease, we treat you as a person, not as an illness.

We know that your sense of health and wellbeing is affected by a range of factors:

- The constitution you were born with
- Your age, diet and the lifestyle you lead
- The environment you are living in
- The quality of your relationships and your sense of support in the world.

Our clients trust us to give them the highest quality health advice and treatment, based on current research, that is tailored to their lifestyle.

## Good health is your most valuable possession

But health isn't automatic. You need to look after yourself. Just like you regularly service your car to prevent it breaking down, you need to regularly service your body and mind to prevent health problems from occurring.

This is especially important as life expectancy continues to increase. Australian women can expect to live to 82 years\*, so it is important to maintain your quality of life for as long as possible.

We provide a unique integrated health service, offering research-based practice and a range of natural therapies to support you to be healthy throughout your life.

\*2002 statistics from the Australian Heart Foundation

## Prevention is better than a ...

Illness usually begins with warning signs which, if treated early, may prevent a deterioration in health. Suppressing these early signs has the same effect as ignoring the symptoms, resulting in illness and chronic bad health. As a famous Chinese proverb puts it; "Before the age of 30, you cheat disease. After 30, disease cheats you."

Everyone's physiological, mental and emotional profile is unique. What causes illness in one person may not in someone else. What we do have in common are the 10 Health Alert signs which, if left untreated, may lead to further health complications.

When compared to the stress, time and money involved in ensuring that you are getting the right exercise, the right food and the right sleep, it makes good sense to reduce your exhaustion and stress by supporting yourself with a short weekly appointment at Acu-ease.

### Acu-ease Health Alert Test!

	Yes	No
1. Tiredness & fatigue	<input type="checkbox"/>	<input type="checkbox"/>
2. Sleep difficulties	<input type="checkbox"/>	<input type="checkbox"/>
3. Uncomfortable or poor digestion	<input type="checkbox"/>	<input type="checkbox"/>
4. Physical or emotional pain	<input type="checkbox"/>	<input type="checkbox"/>
5. Temperature imbalance	<input type="checkbox"/>	<input type="checkbox"/>
6. Period and menstrual difficulties	<input type="checkbox"/>	<input type="checkbox"/>
7. Lowered immunity	<input type="checkbox"/>	<input type="checkbox"/>
8. Unbalanced emotions	<input type="checkbox"/>	<input type="checkbox"/>
9. Lowered libido	<input type="checkbox"/>	<input type="checkbox"/>
10. Excess weight	<input type="checkbox"/>	<input type="checkbox"/>

## What you can expect when you see us

At Acu-ease, we thoroughly investigate what is going on for you at a constitutional, environmental, emotional and mental level to design a treatment program that is right for you and your lifestyle.

After your initial assessment, your Registered Acupuncturist will give you an individual treatment plan, advising the duration and frequency of treatment. A standard course of treatment to alleviate the symptoms of simple complaints is approximately 6 to 12 weeks, with treatment being more frequent initially.

## Our Research Base

Acupuncture has been used to treat the full range of physical, mental and emotional health for over 2000 years. Recent research indicates that a course of Acupuncture may be helpful for people experiencing:

- Allergic Rhinitis (Hay fever) <sup>[1]</sup>
- Anxiety <sup>[2]</sup>
- Depression <sup>[3]</sup>
- Endometriosis <sup>[4]</sup>
- Fibromyalgia <sup>[5]</sup>
- Headache <sup>[6]</sup>
- Irritable Bowel Syndrome <sup>[7]</sup>
- Knee Pain <sup>[8]</sup>
- Lactation Problems <sup>[9]</sup>
- Lower Back Pain <sup>[10]</sup>
- Male Infertility <sup>[11]</sup>
- Menopause <sup>[12]</sup>
- Migraines <sup>[13]</sup>
- Neck Pain <sup>[14]</sup>
- Osteo-Arthritis <sup>[15]</sup>
- Osteoporosis <sup>[16]</sup>
- Painful Periods <sup>[17]</sup>
- Poly-cystic Ovary Syndrome <sup>[18]</sup>
- Post-Traumatic Stress Syndrome <sup>[19]</sup>
- Pregnancy <sup>[20]</sup>
- Restless Leg Syndrome <sup>[21]</sup>
- Sciatica <sup>[22]</sup>
- Shoulder Pain <sup>[23]</sup>



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