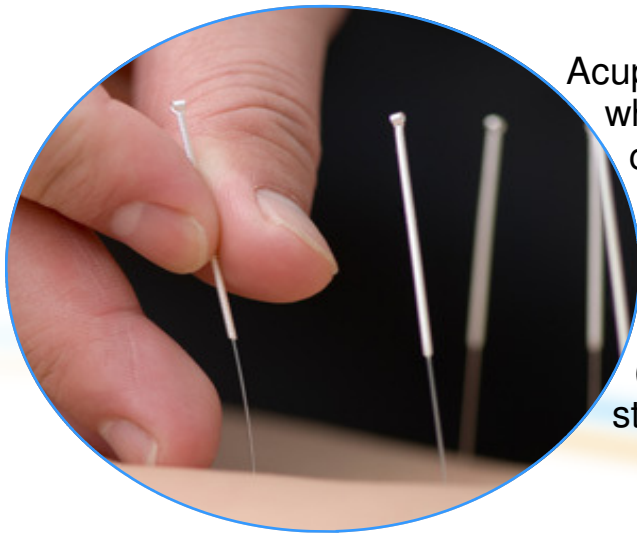


Discover Acupuncture At Ahhh, The Spa at Tamarac

The Intention of Acupuncture

- * Relief from pain
- * Influence the body's natural healing ability
- * Balance and integrate body functions and systems



Acupuncture is part of Traditional Chinese Medicine (TCM) which promotes natural healing by maintaining the flow of chi (pronounced chee).

Chi is believed to be the body's vital energy and is linked to the body's organs and systems through meridians. Acupuncture influences the flow of chi and therefore good health through the use of solid metallic filaments (needles) that are manipulated by hand or electrical stimulation. The process is almost entirely painless.

Call *Ahhh*, The Spa at Tamarac to schedule your evaluation.

231.924.7800

Visit our website, www.tamaracwellness.org, for more information.

Acupuncture is most commonly an out-of-pocket healthcare expense. Check your insurance plan for reimbursement potential.

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Discover Acupuncture

At Ahhh, The Spa at Tamarac

Commonly Treated Conditions

- ◆ **Emotional**
 - Stress and Tension
 - Anxiety and Depression
 - Insomnia
- ◆ **Muscle and Joint**
 - Pain
 - Pre - and Post - Surgical Discomfort
 - Osteoarthritis
 - Back and Neck Pain
- ◆ **Women's and Men's Health**
 - Menstrual and Reproductive
 - Menopause
 - Sexual Dysfunction
 - Prostate Issues
- ◆ **Respiratory and Ear/Throat**
 - Asthma
 - Sinusitis
 - Vertigo
- ◆ **Habit Cessation**
- ◆ **Weight Loss**
- ◆ **Cancer Recovery/Nausea**

Acupuncture Facts

- ◆ Research is emerging on the benefits and outcomes of Acupuncture use.
- ◆ The Food and Drug Administration (FDA) regulates the manufacturing of the filaments used by Licensed Acupuncture Practitioners.
- ◆ National acupuncture organizations credential practitioners of Acupuncture.
- ◆ An open discussion—about your desire to receive and participate in acupuncture— with your health care provider could help in your decision-making.

Irv Marcus is a health educator and provider of acupuncture services. He is a nationally board certified acupuncturist. Irv uses innovative, evidence based programming to promote healing, health awareness and positive lifestyle change.

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