

## LOSE WEIGHT NOW!!!

"I didn't believe it was possible for me after years of trying, but I have had one weight loss session and lost and kept off 10lbs. The change has been painless and I also had changes in my sleeping patterns, less stress and improvements in my emotions."

Andrea G. Grimbsy

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 "Free Consultation"  
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# health & beauty matters

FEELING BETTER ALL AROUND

## Anyone afraid of needles?

Acupuncture, the painless way to health

By Dr. NATALIE A. McDONALD, COMPLETE WELLNESS CHIROPRACTIC & ACUPUNCTURE

Acupuncture is used to encourage natural healing, reduce or relieve pain and improve function of affected areas. Acupuncture is safe and effective and is often used as an alternative to

medications or even surgery. Acupuncture is often used in conjunction with other treatments including chiropractic and rehabilitative exercises.

Acupuncture involves the insertion of very fine needles through the skin at specific points on the body. There is no injection of any substance and the treatment itself causes minimal discomfort. "Classical" acupuncture was developed in China as a system of diagnosing and treating pain and disease. This treatment is based on the concept of Ch'I, the life force, which flows along paths called meridians. Classical acupuncture views disease and illness as imbalances or blockages of one's life essence. "Anatomical" acupuncture refers to a more modern approach taken today. It was also found that acupuncture points are anatomically different, often times located in areas of increased sensitivity and rich in nerve tissue and blood vessels. Most meridians also follow nervous pathways. Electro-acupuncture involves the stimulation of inserted needles with gentle electrical impulses.

Acupuncture stimulates the body to produce its own pain relieving chemicals, endorphins. These chemicals mimic morphine by attaching to opiate receptor sites found throughout the nervous system. Endorphins help to block pathways that relay pain messages from the body to the brain, resulting in relief from pain, general relaxation and biochemical restoration of the body's internal systems. The improved energy and biochemical balance produced by acupuncture stimulates the body's natural healing abilities, reducing inflammation, and promoting physical and emotional wellbeing.

Acupuncture is very effective in treating a variety of disorders. The World Health Organization has identified the benefits of acupuncture in the treatment of a wide range of medical problems including:

"Digestive disorders: gastritis,

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hyperacidity, spastic bowel, constipation and diarrhea.

"Respiratory disorders: sinusitis, bronchitis and asthma

"Neurological & muscular disorders: headaches, neck & back pain, neuralgia, frozen shoulder, tennis elbow, tendonitis, sciatica and arthritis.

"Urinary, menstrual and reproductive disorders

"Addictions and insomnia.

People experience differing sensations with acupuncture. Most patients feel little or no discomfort as the needles are inserted and find the treatments to be relaxing. Acupuncture needles are extremely fine and are made from stainless steel. Two or three acupuncture needles would fit inside the barrel of a regular hollow needle used for injections. One of the most striking aspects of acupuncture is the almost complete absence of adverse effects from its use. People with pacemakers should avoid electrical stimulation unless approved by their cardiologist. Women in early pregnancy should be treated with caution. Only sterile needles are used, preventing any risk of infection, particularly with regards to AIDS or hepatitis.

The number of treatments will vary with each individual condition. For acute problems, only a few treatments may be required. For more complex or long-standing conditions, one or two treatments a week for several weeks may be recommended with less frequent treatments as improvement occurs. Relief may be immediate or occur within a few hours, or after a few days. Eighty to ninety percent of patients respond well to acupuncture with noticeable improvement.



### Do you suffer from

- Neck & lower back pain
- Migraines & headaches
- Arthritis & tendonitis
- Digestive & respiratory difficulties
- Allergies

Chiropractic & acupuncture are safe, gentle & effective ways for your entire family to get to the root of the problem and help you to take control of your health.

Dr. Natalie McDonald is looking forward to meeting you and providing you with individualized care suited to your lifestyle and health concerns.

550 Ontario St. S., Suite 205  
 Milton (Corner of Ontario & Derry)  
 Ample parking available.  
 Call (905) 875-2288

And begin to enjoy a pain free life.

Services are covered by OHIP and most insurance plans.



### Carriage Square

#### CHIROPRACTIC HEALTH CENTRE

15 Martin St. Unit #2  
 Carriage Square Plaza  
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**Chiropractor**  
 Dr. Heather Eveleigh

**Sport injury & Registered Massage Therapist**  
 Sydney Evershed

**Naturopathic Doctor**  
 Orest Szczurko

**Chiropractor**  
 Dr. Shaun Demeris

#### Hours of Operation

Monday	7:30am-7:00pm	Thursday	7:30am-7:00pm
Tuesday	7:30am-7:00pm	Friday	7:30am-6:00pm
Wednesday	1:00pm-8:00pm	Saturday	9:00am-12:00pm

Offering safe and effective treatment for conditions including:

- Back pain
- Headaches
- Sports Injuries
- Neck pain
- Whiplash
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**New Patients Welcome**

## Rosann Mc Carville, RPT, MCPA

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