



My name is Monique Rogers, and I am an acupuncture physician. I earned a Bachelor of Science in Biology from the University of Central Florida. Following my undergraduate studies, I went on to study four years at Pacific College of Oriental Medicine in San Diego receiving a Master of Science in Acupuncture and Oriental Medicine. I also completed a clinical specialty at Nanjing University in the People's Republic of China. I would like to tell you how acupuncture might be of benefit to you.

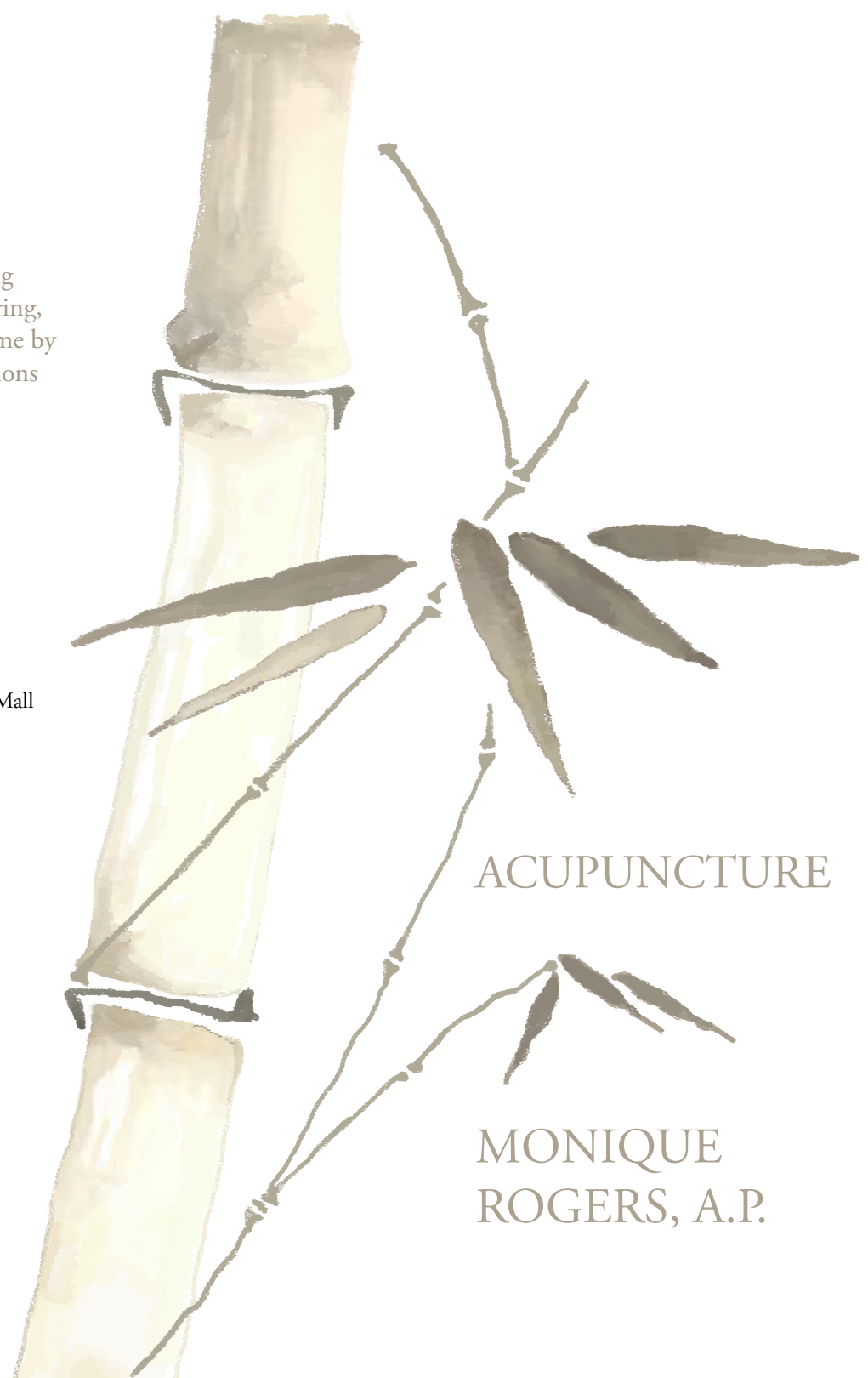


If acupuncture is something that you might be considering, I welcome you to contact me by phone or email with questions regarding your treatment options.

Monique Rogers, A.P.

499 E. Central Parkway
Suite 215
Altamonte Springs,
Florida 32701
Located behind the Altamonte Mall
Phone: 407-701-7841

www.acusolution.com



ACUPUNCTURE

MONIQUE
ROGERS, A.P.



MONIQUE ROGERS, A.P.

What is Acupuncture?

Our bodies are electrical systems. Acupuncturists use needles to conduct current through the body, to ensure that energy is flowing optimally.

Just as an electrical appliance can have a short, our bodies can have too much energy in an area manifesting as headaches or elbow pain, for example.

Using a combination of pressure points with acupuncture needles communicates a very specific message to the body as opposed to using acupressure alone. The body will regulate itself more effectively as a result.

Does it hurt?

Acupuncture is typically a painless experience. Sometimes you may feel a prick, but it is not the same feeling as having blood drawn. Thin, solid, sterile, stainless steel needles are inserted using a guide tube to help minimize discomfort.

Mind. . .Body. . .Spirit

There is much complex theory behind oriental medicine targeted at balancing the body to treat the root of the ailment. This is what makes eastern medicine unique. Acupuncturists look at the body as a whole to discover how the mind, body and spirit interact. Just as experiencing too much of one emotion might lead to a physical problem; an imbalance in the body might lead to mental or spiritual disharmony. When acupuncture regulates one aspect, it will automatically harmonize the others.

Practice specialties

- Sports acupuncture,
- Acupuncture facelifts,
- Stress management,
- Pediatrics (as early as infancy),
- Gynecology,
- Infertility.

What Acupuncture Treats

The World Health Organization considers acupuncture appropriate for the following ailments:

- | | |
|---------------------|---------------------|
| Colds and flus | Dizziness |
| Bronchitis | Impotence |
| Hepatitis | Infertility |
| Hypoglycemia | PMS |
| Asthma | Vaginitis |
| High blood pressure | Irregular period or |
| Ulcers | Cramps |
| Colitis | Morning sickness |
| Indigestion | Arthritis |
| Hemorrhoids | Neuralgia |
| Diarrhea | Sciatica |
| Constipation | Back pain |
| Diabetes | Bursitis |
| Exzem | T endonitis |
| Acne | Stiff neck |
| Herpes | Headaches |
| Deafness | Headache |
| Ringin in the ears | Stroke |