



Monique Rogers, A.P., DOM and Dipl. Ac. (NCCAOM)
830 East State Road 434, Suite 1
Longwood, Florida 32750
407.701.7841 | www.acusolution.com

An ounce of prevention is worth a pound of cure. Benjamin Franklin

Notes from My Desk: Spring is Here!

Jn Chinese Medicine, we look at the body as a landscape to be tended and brought into balance. To stay in optimal health, it's good to get an acupuncture treatment with every season change.

Right now, plant life is beginning to turn green and grow. This ascending and active nature of spring is taking hold of us as well. It's time to wake from winter's slumber and make positive changes in our lives.

Have you been feeling stressed, living with pain, or feel like your emotions are off-kilter? Acupuncture is an ancient approach to health that has a wisdom that transcends the latest technology. This is achieved by the acupuncturist through asking detailed questions about all the body systems.

After this is done, all the symptoms together tell a story that point to a pattern. It is this pattern that we identify and target to bring the body to homeostasis through acupuncture and Eastern pharmacology. Chinese Medicine gets to the root of the problem by targeting the underlying condition and not just chasing or masking symptoms.

Take advantage of our free consultations to see what pattern you are constitutionally and how acupuncture can help you.

Find more of Monique's nutrition, health and well-being tips at www.acusolution.com.

© 2009 Monique Rogers, A.P., DOM. All Rights Reserved.