

**NEWSLETTER
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WHAT WAS YOUR NEW YEAR'S RESOLUTION?

Stop Smoking: Usually takes three consecutive treatments. Highly effective.

Pay Attention To My Diet: There are five ground rules for restoring your health, all of which can be addressed using acupuncture: correct faulty digestion, decrease toxic overload, release healing energy, rebalance, identify and support weakened organs by correct supplementation.

I suggest the use of raw thymus, a glandular supplement called "Nine Gland", and a basic multi-vitamin called Earth's Green Essentials.

Concern Myself With Longevity: I suggest raw thymus for this also, along with acupuncture balancing, Human Growth Hormone (Regenesis, sub-lingual spray at \$125 a bottle), GLA-90 (from *ribes nigrum*, Black Currant Seed) as an essential fatty acid, Cal-Mag with vitamin D3 for bone density, Gingko Biloba for memory, DHEA (dehydroepiandrosterone, the master hormone), Bilberry to protect the vision, Perna (green-lipped mussel to protect the joints), vitamin E, and others. We also carry sandalwood and white camphor oil for the face.

Work Out More: I carry Hydroxymethylbutirate (HMB) for faster conversion of fat to muscle and Whey Protein from Body Tech which is lactose free.

Lower My Cholesterol: acupuncture plus Cholestatin, plant-based supplement.

The clinic also carries many Western Herbs, such as Blueberry Leaf for those with Diabetes II, Wood Betony for those suffering with gout, and Milk Thistle for the liver.