

From The Desk Of ----- STUART GREENLEAF, L.Ac.



NOT PAIN PROBLEMS ALONE

Most people have acupuncture for pain-related issues:

Back or neck pain, sometimes radiating into the arm or leg;
Strains & sprains, and other problems of the joints, nerves, or soft tissues.

But -- I also treat a much wider range of problems, including

- Digestion problems--constipation, diarrhea, gas, ulcers
- Headaches—migraine, tension, and sinus types
- Immune system weakness, chronic fatigue, recurrent infection
- Joint pain and injury--arthritis, bursitis, sprains
- Menstrual problems--painful or irregular periods, PMS, menopausal symptoms
- Muscular problems--tendinitis, spasm, rheumatism
- Nerve problems--neuralgia, paralysis, carpal tunnel syndrome
- Respiratory conditions--bronchitis, asthma, sinus congestion

NOT BY ACUPUNCTURE ALONE

As an acupuncturist in Oregon, I also use other treatment methods:

- Oriental Herbs
- Clinical Nutrition
- Therapeutic Exercise
- Micro-Current Stimulation

These natural techniques can be applied,
not only to reduce symptoms,
BUT ALSO TO TREAT THE CAUSES OF ILLNESS.

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ADDRESSING ILLNESS AT ITS CAUSE

The acronym 'FAST THING' reminds me of the imbalances which give rise to illness:

F – Free radical oxidation, often the cause of inflammation

A – Allergies, including hidden reactions to foods or chemicals

S – Stress, from emotions and overwork; yes, this includes about all of us

T – Toxins; about 100,000 chemicals released in the last 60 years

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T – Torsion, or displacement of joints, also affects nerves and soft tissues

H – Hormone imbalances

I – Infection and immune compromise

N – Nutritional deficiencies, with individual requirements varying

G – Genetics, where gaps can be compensated with nutritional supplements

I WILL BE SENDING ANOTHER HEALTH-LETTER SOON.

WATCH YOUR INBOX !!