

allergy relief



Whether you are a weekend warrior, a serious competitor, or a casual walker, allergies can take the fun out of your ride, stroke, swing, or stride. For many allergy sufferers, having allergies under control means a choice between prescriptions and/or over the counter products to reduce or temporarily eliminate allergy symptoms. While temporary relief is better than nothing, wouldn't it be great to get rid of the allergies once and for all? Imagine life without the worry of side effects from allergy medicines. No more sluggishness, sleepiness, or thirst; and no more wondering if "long lasting" will last long enough.

Oriental Medicine provides adjunctive and alternative choices to conventional allergy treatment programs. Modern World Acupuncture Clinic offers these approaches as well as treatments using NAET*.

Don't be forced to hibernate during the beautiful days of spring or deny yourself the foods you love. It doesn't have to be this way. Oriental Medicine can change your world from the inside out.

*NAET (Nambudripad's Allergy Elimination Technique) is a non-invasive, drug free, natural solution to eliminate allergies of all types and intensities using a blend of principles and procedures from acupuncture, allopathy, chiropractic, nutrition, and kinesiology. Originated in 1983, this technique is practiced around the world by many types of health practitioners. It is based on the principle of retraining the body's response system, which goes into a hyperactive mode to certain stimuli.



Lesley Hamilton, L. Ac.

Lesley Hamilton has been treating patients as an Oriental Medical practitioner since January 2001, as an intern at AOMA in Austin and as owner of Modern World Acupuncture Clinic. Lesley's credentials include State Medical Board License AC00644, Master's

of Science in Oriental Medicine, Diplomate of Acupuncture and Diplomate of Chinese Herbology (NCCAOM), Acu-Detox Specialist (NADA certified), Allergy Elimination (NAET trained), and Hepatitis C Specialist. She is co-author and editor of TCM student manuals in use at AOMA in Austin, and a TCM tutor.



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acupuncture clinic

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Allergy Relief



Promoting
Health
and Vitality



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Oriental Medicine for

Health and Vitality

Acupuncture in a Modern World

Pain Alleviation

- Acute or chronic soreness from activities or trauma
- Post-injury pain or movement limitations, post-operative pain
- Muscles, joints, and soft tissue injuries with pain or stiffness
- Generalized pain, fibromyalgia, sciatica
- Headaches, migraines, TMJ

Stress Management

- Stress related to social, occupational, financial, emotional, or physical
- Stress induced tightness or pain, fatigue, feeling "not quite right"
- Reduced immunity or frequent illnesses
- Insomnia, moodiness, irritability, feeling "stuck"
- Emotional upheaval, depression, anxiety, PMS
- Smoking, weight control, alcohol and drug abuse

Allergies Relief

- Air-borne and seasonal allergies
- Food and pet allergies
- Chemical and environmental allergies

Hepatitis C Support

- Palliative symptomatic relief
- Alleviation of treatment side effects
- Improved immune function
- Liver support, pain and stress relief
- Increased sense of well-being

Our lives are in a constant state of change, ever adjusting to the stresses of daily life on its quest to achieve balance. In viewing the mind-body human as a wholly integrated system, the physical being is connected to emotions, mind, and spirit. An imbalance in any aspect can affect the system as a whole. At such times, assistance is needed to restore balance and regain harmony. This is the core of Oriental Medicine.

Oriental Medicine's roots are in philosophy and traditions dating well over 3000 years. Today, many of its therapies are clinically successful in treating modern health issues; acupuncture is the most commonly known treatment. The Oriental Medical practitioner may also prescribe Chinese herbal formulas to guide the mind-body system toward health and vitality. Lifestyle changes may be considered too, such as adjustments in eating, sleeping, exercise, and social interaction.

Oriental Medicine serves as a complementary component of integrated healing, alongside allopathic, chiropractic, and psycho-social medicines. It can offer preventative, primary, adjunctive and palliative options. Both the World Health Organization (WHO) and the National Institute of Health (NIH) endorse Oriental Medicine as effective in the treatment of many disorders.

Please visit the rest of the Modern Acupuncture website for more details on Oriental Medicine, acupuncture, herbal formulas, and other therapies such as moxibustion, cupping, and Oriental bodywork and exercise.

www.modernacupuncture.com