



Can the persistent, debilitating condition of chronic pain be managed or resolved? If there was a chance that you could eliminate or greatly reduce the problem instead of accepting a life of pain management, wouldn't you try it?

These are the days of life management. We are busy managing our money, managing our time, managing our careers, and managing our families. In the same way, managing chronic pain is a method we use in an attempt to control the situation. Pain management choices are diverse and often invaluable to those suffering. Often such choices involve a life of harsh drugs, financial demands, and pressure on career and family. However, the underlying assumption with chronic pain management is that it is something that cannot be fixed.

Fortunately, there is another choice: Oriental Medicine.

Oriental Medicine approaches the treatment of chronic pain as a solvable situation. Rather than masking pain and committing you to a life of doctor appointments and drug side effects, Oriental Medicine treats imbalances in your body and your life, allowing you to resolve your fight with pain.

The success of chronic pain management, as with any health treatment technique, is based on the personal response of each individual. While there is no guarantee pain will be eliminated, the approach has provided success for many individuals by eliminating or greatly reducing chronic neck and back pain, symptoms of fibromyalgia, arthritic pain, pain in joints and muscles, numbness, tingling, and headaches. As chronic pain conditions have persisted in the body for relatively long periods, the treatment process will vary in duration. However, it is the objective of Oriental Medicine to rid you of pain as quickly as possible and eliminate the need for future pain management.



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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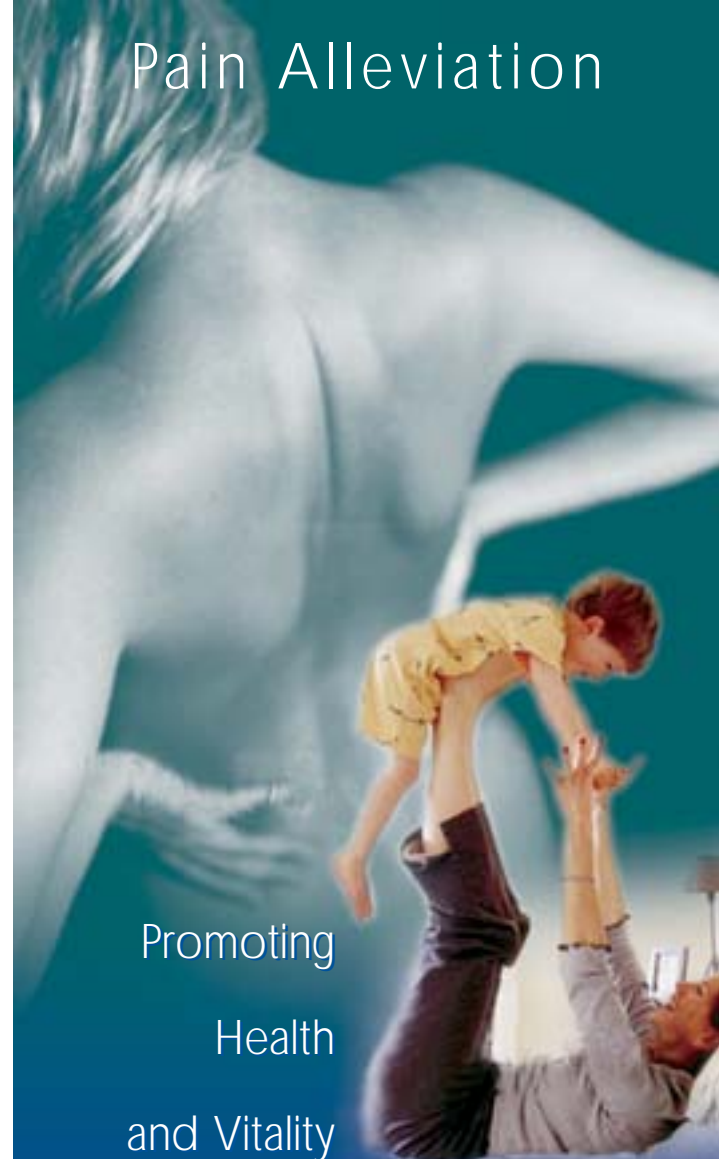
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Pain Alleviation



Promoting
Health
and Vitality





MODERN WORLD
acupuncture clinic

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.

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