



In this fast paced world, with all the pressures and expectations we face daily, we all need a little help sometimes, and a little help can go a long way.

Stress affects every aspect of our lives, taking a physical and emotional toll on the human body. You know — that "not quite right" feeling that doesn't go away? The fatigue that seems to stay even after a full night's sleep? The insomnia that won't let your brain turn off as you lie in bed? Or the nagging cold that you seem to catch every season? Stress expresses itself in a myriad of ways. Perhaps for you, it may be tension in your shoulders, weight gain, cloudy thinking, draining moodiness, anxiety, depression, or the sensation of "being stuck."

It doesn't have to be this way. Acupuncture can help — it can help change your world from the inside out.



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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Stress Management



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