



# May Newsletter

May 2009

*Give Mother the Gift of Wellness.*

## Acupuncture



## Mother's Day Gift Packages

**Wellness Package for Mom**

*Package Price \$140*

This series includes one 60 minute massage therapy session, one acupuncture treatment that focuses on relaxation, and a chiropractic evaluation. This package also includes an Infrared Sauna Session and diet/herbal consultation to ensure that balance and longevity become your gift that keeps on giving.

**Mom's Tai Chi or Yoga Package:**      *5 class card \$50      10 class card \$90*

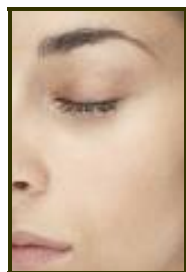
**Tai Chi**      *New Class Hours 9am - 10:00am*

Join us on Monday and Wednesdays at 9am to experience our beautiful Lake Tahoe mornings doing Tai Chi. Anyone, regardless of age or physical ability, can practice tai chi. It doesn't take physical prowess. Rather, tai chi emphasizes technique over strength. Reduce stress and increase flexibility while improving muscle strength and definition.

## Chiropractic



## Healthier Than Botox



Our skin rejuvenating treatments are a hit at the Lake Tahoe Wellness Center. Clients are commenting on how young their face looks after just one treatment. This electro stimulating facial rejuvenation treatment promotes multi layer circulation to keep your skin youthful and to stimulate collagen production. Long-term effects promote anti-wrinkle and anti-aging processes. Come in today for an introductory treatment. During the month of May, we are offering a 20-minute treatment for \$40.

**Call (530) 546-8201 for an appointment.**

## May Classes



## May Events: click titles for additional details

**"Living a Created & Successful Life"** with Fanny Muller Tues 5/12 7:15-9:15pm \$60  
**"New Patient Chiropractic Orientation"** Dr. Jeff Tues 5/19 7:15-9:15pm Free  
**"Essential Oils Workshop"** with Diana Timmermans Sat 5/16 10:45-12:30 \$20  
**"Taoist Dream Analysis Workshop"** with Kari Brown 5/24 1-3pm \$25

**RESERVE YOUR SPACE TODAY (530) 546-8201**

## May is Mental Health Awareness Month

The mental health of our country is definitely under attack. From the fear driven media reports about the swine flu, to the economy, to our healthcare system, to lack of jobs, to teenage peer pressure, it is no wonder we are 'depressed'. And where do most people turn in 2009 when they are depressed? If you said 'medication' you are right. But 40 years ago, people would actually turn to counselors, friends, family and clergy for support. Why now, do not only adults' turn to medication, but also our children?

The answer begins back at a meeting of psychiatrists in 1967, in which they mapped out their vision of the future of psychotropic drugs by the year 2000. Psychiatrist Wayne O. Evans, MD stated this, *"We see a developing potential for nearly total control of human emotional status, mental functioning, and will to act."* How is their vision unfolding today? Quite well, over 100 Million people worldwide are taking psychotropic drugs.

These drugs aren't like ibuprofen or aspirin either, they all come with 'black box warnings' stating increase risk of suicide, homicidal ideation, manias, tics, tremors, sudden death due to heart attack, increased stroke risk, and many more. As many of you read this, you are thinking a few things I'm sure:

- 1) *'I don't take these drugs, so this has nothing to do with me.'* WRONG. One startling fact of recent history is that 8 out of the last 12 school shooters were known to be taking or coming off of these medications. So I'm sure you have children and grandchildren who go to school, so that means this has EVERYTHING to do with you.
- 2) *'I take these medications (or my child) and I've never had these types of side effects, so it must be safe for me.'* WRONG. These drugs are so powerful that they CHANGE THE BRAIN. You never know when the day will come that your heart gives out, or you have the thought of killing yourself or others. Even worse, FOLLOWING THROUGH ON THAT THOUGHT.
- 3) *'But these drugs work for me. I am better after taking them.'* I ask you to think if you are TRULY better. Your 'symptoms' may be better, but have you found the TRUE cause? There is no blood test, x-ray, MRI, or any medical test to diagnose that you have this 'chemical imbalance' that these drugs 'treat'. Many people feel much happier when they drink alcohol, smoke marijuana, or even use cocaine. A similar approach to psychotropic drugs, the only difference is these are illegal drugs. And with the risks above, I would urge you to think about FINDING ANOTHER answer, one that addresses THE CAUSE, naturally, safely, and sanely.

This generation is now being referred to as GENERATION Rx. There are over 10 million prescriptions written for stimulants like Ritalin, Adderall, and Concerta alone for children. Isn't it time that people find another answer? YES IT IS. And that answer is MAXIMIZED LIVING. In our office, I have lost count of how many people have come off of antidepressants, stimulants, anxiety meds, and bi-polar drugs. To find themselves HAPPIER and in TOTAL CONTROL unlike before. The plain and simple fact is THESE DRUGS ARE KILLING PEOPLE. And it's time to STOP THE MADNESS.

We will keep you updated for the showing of the new movie Generation RX in the

## Herbal Supplements



## May Events



## A Proven Method of



## Weight Loss Stress Relief and

## Acupuncture Can Alleviate Headaches

Headaches can be a sign of an imbalance in your system and are caused by any number of factors, including tension, muscle contraction, vascular problems, or withdrawal from certain medications. All of these conditions can be treated with acupuncture.

Traditional Chinese medicine (TCM) offers a very consistent and philosophically-based framework for headache treatment which includes physiology, diagnosis and treatment strategy. Acupuncture offers an effective treatment modality, which has been tried and proven since its early inception.

Acupuncture is not only effective for migraine headaches, but also works very well with tension headaches, cluster headaches, post-traumatic headaches, and disease-related headaches that might be due to sinus problems, high blood pressure or sleeping disorders. The greatest advantage of acupuncture over Western medicine is that it does virtually no harm. Some medications can have serious side effects and can (in some instances) actually lead to patients experiencing a "rebound" headache. Unlike synthetic drugs, acupuncture has virtually no side effects, and the procedures for treating headaches are much less invasive with acupuncture than with surgery. Our herbal supplements can also be used to treat many conditions without the side effects of most drugs.

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