

Reasons Why You Should Come in for an Acupuncture Tune-Up

By Toni Eatros, MS, Dipl Ac, AP

Remember the days of rabbit ear antennas on your television sets? If you were lucky enough to find the exact seating position in your living room to optimize your body's own magnetic field and the tilt of the earth's axis, these beauties could tune in your favorite show with the crystal clarity of a thick San Francisco fog.

If - heaven forbid - you wanted to tune to another channel, this required a coordinated, two-handed effort of spinning and rotating the antennas, the likes of which would rival even the most skilled of Olympic fencers.

The point here is that no matter what show you wanted to watch, you could pick it up on your set, but only if the antenna was functioning properly and only if it was aligned in the right position. The signal was always in the air, but whether or not your show came in clearly depended upon the antenna's ability to transfer the signal to your TV set.

For those of you struggling with your health, keep in mind that you always have the potential for improvement. Your body was created by an intelligence that is unerring, infallible, and always on the job, and this intelligence is expressed through the body's energetic meridian system.

Research shows that acupuncture can help with many more health problems other than just for pain and aches. The problem is usually not with the



meridian system itself, but rather with the transmission of energy through the body. Just like the old VHF signals being broadcast over the air, the energy is always present; the signal is always there.

Remaining healthy is a matter of transferring that signal as efficiently as possible to all parts of your body, and in this case your meridian system functions as the antenna. The farther out of balance your system becomes, the weaker the signal gets. Bringing the meridians back into its proper balance allows for the signal to broadcast at full strength.

Imbalances choke off vital energy traveling throughout the body, but instead of a fuzzy picture, you get sciatic pain, headaches, asthma, fatigue, numbness, digestive disorders, allergies, chronic sickness, etc.

Acupuncture works by supporting and balancing the "signals" being broadcast by your body and laying the ground for optimum expression of health. Clearing the meridian system of imbalances allows the free flow of energy to every cell, organ, nerve, and tissue, resulting in crystal clear, HD reception and picture-perfect health.

3 Indicators You Need an Acupuncture Tune-Up

Here is a list of three signs indicating that you should immediately come in for an acupuncture tune-up. Both your body and mind will thank you for getting tuned up as soon as possible.

1) Chronic Back and Neck Pain

If you experience chronic back and neck pain, it is highly recommended to come in and receive acupuncture. Back pain is one of the leading reasons that people seek out acupuncture. So if your neck or back are bothering you, it is time you sought out acupuncture.

2) Trouble Sleeping

Acupuncture is a great cure for those who have trouble sleeping. If you experience restlessness, tiredness or overall fatigue you should try acupuncture. Acupuncture improves the body's functions and promotes overall health due to the needling of specific acupuncture points on the body. Try acupuncture to improve the sleep problems you are currently experiencing.

3) Digestive Problems

A healthy digestive system is important to living an active, healthy and worry-free lifestyle. In order to maintain a high-functioning digestive system it is important that the whole body has a smooth and consistent flow of energy. Acupuncture will help regulate this and promote a smooth flow throughout the entire body, in turn alleviating the symptoms of poor digestive function.

If you have been feeling under the weather, exhausted, tired or just plain worn down, it is time for you to come in for a seasonal tune-up. Schedule online anytime at www.AcupunctureSolutionsOnline.com or call the office 239-260-4566.

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