



DEPRESSION

“LIFE DOESN'T HAVE TO BE A STRUGGLE”

Depression is insidious. It slowly sneaks in and steals your life away. Medicine can sometimes help alleviate the pain, but often makes you feel disconnected from the joy in life. You may no longer feel anxious, but continue to feel like you are only existing. It can make you feel like being trapped behind a glass barrier. You can see your life but just cannot live it. If this is happening to you: if you feel like you are alienated from your life, your family and happiness, Traditional Chinese Medicine can offer solutions to shatter those barriers and help set you free from depression.

Acupuncture works by balancing energy in the body. Energy blockages can cause disruptions to the function of the body. Accessing certain points in the body can also trigger the release of natural pain killers in the brain that are proving to be effective in relieving depression. Patients have been experiencing dramatic results when combining a holistic approach with their medical protocol. Acupuncture, supplement and herbal therapy, can break those barriers down and give you, your life back.

Studies indicate that 80% of those who receive treatment show improvement within 8-10 treatments. Unfortunately, 2/3 of all depression sufferers do not seek any form of therapy as they are either afraid or feel there is no hope. Acupuncture has been treating this illness for thousands of years.