



AWAKE
acupuncture & chiropractic

Dr. Anita Ming Lee's Patient Newsletter...

Awake

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Dear Patient and Friend,

How many times have you said to yourself, "I'm going to start exercising today" Or "Today is the day that I'm going to start eating right" and never followed through? How many times have you put your health on hold because other things have taken precedence in your life? Stop and think for a moment. What is it that is most essential in your life for you to have a happy, joyous and successful life? It is your health. And what price are you paying for this



procrastination?

In today's society we are always on the go. The pace is so fast we don't even have time to

listen to what our bodies are telling us. And when our health deteriorates and we are in pain, then and only then do we seek care. But this care isn't health care, it is sick care. It's based on the fact that we are already in the dis-ease and now we want to reverse it. Why not avoid it entirely? Why not prevent all of these dis-eases before they even

occur? When we procrastinate and wait, we suffer even more - physically, emotionally and financially.

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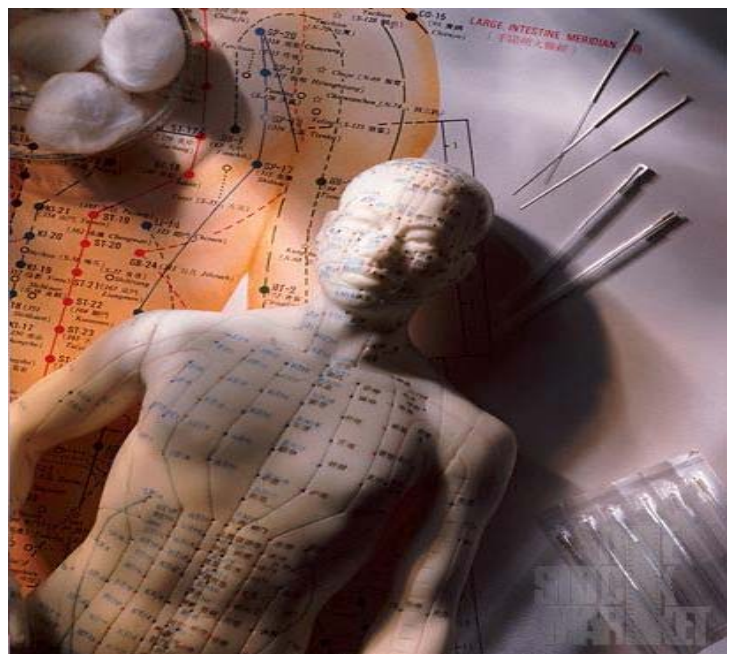
Acupuncture is a natural, drug-free alternative that helps when problems are already present as well as prevents problems from developing in the first place. As an acupuncturist, I help identify any imbalances within the body and facilitate your own body in healing itself. These imbalances between the organs and meridians of the body are present from increased stress, unhealthy lifestyle choices and emotional dysfunction. When the body is able to achieve homeostasis from acupuncture, optimal health can occur!

You have the power to be healthy. You have everything you need to live the best life possible and you deserve it. We live in a beautiful world so let's be present to enjoy it! Stop the procrastination and start taking charge of your life. Health encompasses so much more than just the physical aspect. There is also the emotional, mental and spiritual part of health as well. There are so many avenues you can explore to create balance, peace and harmony in your journey. You just need to walk through whatever is holding you back – whether it is fear, old thoughts, or just not feeling like you deserve it. Breaking through

these old, negative thoughts and making that shift in your paradigm is empowering and amazing. When we walk through the fear and get to the other side, we can live a life that is beyond our wildest dreams. I'm here to tell you that it is all possible. In fact, all that you need is at your fingertips. You just have to make that decision that you want to live the life you've been dreaming of – that you deserve to be the best possible you!! I just heard a great quote – "Action is the worst enemy of worry." So let's take some action and take some responsibility – we can be whatever we choose to be, all we have to do is make the decision. Let's now choose to create ourselves healthy!

Acupuncture care is a health care approach based upon the body's natural ability to heal itself and is a very important step in a commitment to optimal health.

“Regular acupuncture care can be your best health habit now and for years to come.”



Probiotics – A Healthy Gut!

The most important first meal that we'll ever have is the bacteria from the canal of our mothers' when we are born. However, in today's world of C-sections, swabbing and disinfecting – we just don't get enough good bacteria. Why is this bacteria so important to our immunity? We have 10 times more bacteria in our gut than cells in our bodies and there are 100 *trillion* cells in our bodies! The type of bacteria in our gut determines our immunity and therefore the health of our bodies. According to Gary Huffnagle, author of *The Probiotics Revolution*, "Bacteria are not only the causes of disease but also the cause of good health. It is a very different view of bacteria and germs than you usually hear about. "

Your immune system is based in your gut. Within your gut is an entire world of good vs. bad bacteria. When we have more bad bacteria than good, various symptoms such as digestive problems (Irritable Bowel Syndrome), allergies, depression, urinary tract infections and decreased immunity can occur. How does this happen though? How do we end up with more bad than good? Bad bacteria easily proliferate with the Western diet, rich in refined carbohydrates and sugar. Alcohol, antibiotics and prescription drugs don't help either. Further, with soluble fibers lacking in the diet, beneficial bacteria fail to thrive.



To supplement for this obvious deficiency of good bacteria, Probiotics are essential in helping promote healthy bacteria that we require for healthy digestion of food and for immune defense against illness promoting bacteria, viruses and fungi. Also, a diet rich in fiber helps to promote the good bacteria. In Traditional Chinese Medicine, the digestive system is the core to health. It's no wonder why.

For a healthy intestinal and immune system, I recommend taking a probiotic that is 100% vegetarian, wheat and dairy free with a high colony-forming unit (CFU) number. Feel free to contact me if you would like further information on what type of probiotic is right for you.

Closing Thoughts ...

Allow Your Inner Light to Guide You

- www.Indiachild.com

- ◆ There comes a time when you must stand alone.
- ◆ Feel the confidence within yourself to follow your dreams.
- ◆ Be willing to make sacrifices.
- ◆ Change and rearrange your priorities so your final goal can be achieved.
- ◆ Challenge comfort and familiarity.
- ◆ Take a few extra chances and create your own reality.
- ◆ Be strong enough to make your life better.
- ◆ Be confident enough that you won't settle for a compromise just to get by.
- ◆ Appreciate yourself by allowing yourself the opportunities to grow, develop and find your true sense of purpose in this life.
- ◆ Let your sunlight lead your way!!



It is time that you recognize how wonderful, powerful and perfect you already are. All of the answers you will ever need are right inside of you. All you need to do is trust your inner wisdom. Set your goals, raise your standards, and choose to show up as the "Best YOU Ever!" Decide to live in the present and live an "EXTRAORDINARY" life. Share this valuable information with those you care about so they can transform their lives too!