

January 2010

Advanced Healthcare Solutions Winter Newsletter



Upcoming Seminars:

- January 11th at 7:00 pm- Weight Loss & Detox for the New Year (Updated & Improved!)
- January 27th at 6:30 pm- New Patient Workshop (highly suggested by Marc for New & Old Patients)
- February 9th at 7:00 pm- Harps Mill Library Workshop (topic TBA)

If you would like us to have a seminar on any specific topic, please email Ginny at gmt.ahs@gmail.com with your ideas!

20 % off Annual Breast Thermal Imaging Scan

(cannot be combined with any other offer)
Expires Feb. 28, 2010

No-Charge Consultation & Evaluation

(cannot be combined with any other offer, if you are currently receiving care please pass this gift certificate along to a friend, family member, or co-worker.)
Expires Feb. 28, 2010



Advanced Healthcare Solutions Update

We at Advanced Healthcare Solutions hope that you and your family had a safe and happy holiday season. We are looking forward to many changes and advancements ahead in the year 2010!

We'd like to take this time to thank each and every one of our wonderful patients (both past and present) for supporting our mission to help as many people as possible without the use of harmful drugs and surgery. It is because of referrals from people like you that

we had one of the busiest years our practice has seen.

If you know someone who could benefit from holistic healthcare, please pass this newsletter to them - there is a gift certificate for a New Patient Evaluation in the left column!

We look forward to meeting many more of your friends, family, and co-workers this coming year! We wish you a happy, healthy 2010!

The Wonders of Winter

Winter is the season when many mammals retreat into hibernation. For humans, it is a time to slow down too. This is the time of year to reflect on our health, replenish our energy and conserve our strength.

The water element, which is associated with the kidneys, bladder, and adrenal glands, dominate in this winter season. According to the philosophy of Chinese medicine, the kidneys are important organs that store our inherited and vital constitutional energy. They are the source of all "Qi" within the body. This vital Qi energy is called Jing Qi (consider it your body's internal battery).

According to the ancient Chinese, our internal kidney batteries are charged with the energy that will carry each of us throughout our lives. At the moment of conception, this power supply,

imparted from our parents, provides us with the energy and power for all of our bodily functions.

Throughout our lives, every action we take draws on this power supply. Some people quickly deplete their Jing Qi; others preserve it. Jing Qi is finite. If not protected, it can be easily wasted and depleted.

When we do exercise, low impact sports are better this season. Save extreme exertion activities for the spring and summer months.

During the winter it is important to nurture and nourish our kidney energy. Our bodies are instinctively expressing the fundamental principles of winter - rest, reflection, conservation and storage. It is the season to go to sleep early, rest well, stay warm, and expend a minimum quantity of energy.

*The office will be closed
for acupuncture patients
January 18th - January 22nd
(massages and
consultations are
available)*

***New Hours effective
January 25, 2010:***

Mondays: 8-6 (closed 1-3)
Tuesdays: 8-6 (closed 2-3:30)
Wednesdays: 1-6
Thursdays: 8-6 (closed 2-3:30)
Friday: 8-12

Please stay tuned for
upcoming information on
our new weight loss
program for 2010!!

Keeping Healthy Through the Season

Here are a few extra ways to keep yourself healthier this season and to avoid potential colds and flus:

- Sleep! (early to bed, early to rise, makes a person healthy, wealthy and wise.) Get plenty of rest, regularly.
- “C” it. Load up on Vitamin C and other multi-vitamins. These can help support your body’s natural processes.
- Exercise. You have heard it a thousand times. Exercise, exercise, exercise. There is no substitute for the health-promoting benefits of this easy task. Get up to 20 minutes of heart pumping exercise daily.
- Water, water everywhere. Drink water. Every cell of your body requires this liquid gold to keep it lubricate and running smoothly.
- Stress. Try to avoid it as much as possible. If you can’t, adopt habits that will enable you to de-stress, such as meditation, yoga, dance, reading, painting, and Acupuncture too!
- Take herbs that support the immune function. Astragalus, Osha root, reishi or shiitake mushrooms are helpful. These have been used for thousands of years in China to keep people healthy and strong.
- If you do develop a cold or flu, use Echinacea and/or goldenseal to stimulate your immune response and shorten the duration of your cold.
- Come in for acupuncture treatments. Acupuncture works exceptionally well when you have a cold, or to keep your immune system tuned up.

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