

## LIFE & HEALTH - IT'S ALL ABOUT BALANCE

Life is all about balance. As a society, we constantly struggle to balance our many obligations and commitments to work, family and social activities. For instance, the media is filled with information about finding the magical diet that will keep us healthy while still allowing for a few sweet indulgences. It's the Yin and Yang or give and take of life, balancing exercise & rest, work & family or salads & sweets. The list could go on forever. At least in my life, the idea of balance seems to be constantly on my mind.

Balance is the key component of Acupuncture and Traditional Chinese Medicine (TCM). Developed in China over 3,000 years ago, TCM doctors developed this holistic health care system by observing the body both in health and in various states of illness. They concluded that illness was brought about by an imbalance in the body, mind and/or emotions. TCM, therefore, looks at the whole body rather than just one particular aspect. Taking all aspects of a person's being into consideration, TCM seeks to restore wellness by bringing the body, mind and emotions back into a balanced state.

Acupuncture is one aspect of Traditional Chinese Medicine. Acupuncture is based on the idea of Qi (pronounced "chee") or energy flowing throughout the body. The Qi is like a river delivering nourishment to every part of your system. If your Qi river is moving smoothly, you enjoy physical, mental and emotional health. When the Qi is blocked, your body does not receive the nourishment it needs to function properly. The resulting imbalance can cause physical or mental pain and illness. It's like building a dam in a river, your body is not balanced because the smooth flow of energy or nourishment has been interrupted.

How does acupuncture restore balance? Hair-thin needles are placed at key points along these energy rivers, called meridians, releasing the blockage and restoring the normal flow of Qi. When Qi flows naturally, your body, mind and emotions are balanced and wellness results. Acupuncture is recognized by the National Institutes of Health (NIH) and the World Health Organization (WHO) as an effective method for treating acute or chronic pain, arthritis, asthma, carpal tunnel syndrome, smoking addiction, depression and much more. It is a safe, drug-free way to complement your existing healthcare program. For more information, contact Polly at Acupuncture & More, LLC: 614/579-7550 or 740/363-2179.

Submitted by:

Polly L. Morgan R.Ac., Dipl.Acu.

Acupuncture & More, LLC

681 London Rd.

Marysville, OH 43040

C: 614/579-7550

Ph: 740/363-2179

[pollymorgan@columbus.rr.com](mailto:pollymorgan@columbus.rr.com)