



## HypnoPuncture

HypnoPuncture.....  
brings together the healing power  
of Hypnotherapy and Acupuncture.  
When used together, the  
effectiveness of these therapies is  
multiplied tenfold!

235 W Giaconda Way Suite 233  
Tucson AZ 85704  
1 Block SE from Oracle & Ina  
(520) 544-6603

**AMERICAN**  
**HEALTH**   
**ACUPUNCTURE**  
*Healing the Body, Mind, & Spirit*

[AmericanHealthAcupuncture.com](http://AmericanHealthAcupuncture.com)

Are you seeking a natural way to help heal and restore your overall health and well-being? Our Practice now offers HypnoPuncture in addition to our Regular Services!

Conditions treated with HypnoPuncture but Not Limited to:

- Weight Control
- Quit Smoking
- Panic & Anxiety
- Stress Management
- Confidence Building
- Pain Management
- Sleep disorders
- Promote self healing
- Concentration & Memory

HypnoPuncture works with your **mind, body, & spirit** at the same time, so overcoming conditions like smoking, over-eating and many others, will no longer feel like an impossible task. By using the combination of Hypnotherapy and Acupuncture you will become more motivated and inspired to achieve your goal of a healthy, balanced life.

### HypnoPuncture Package includes:

Your Initial Consultation with our Acupuncturist and Hypnotherapist  
5 – 1 Hour Sessions – Private Room.  
Ear Seeds/needles.  
1 Hypnosis CD  
Chinese Herbs \*  
\*Note: The Chinese Herbs are additional  
(Average price for 2 week supply is \$25.00 per box)

With the HypnoPuncture package you will come in for a series of 5 Private Room Treatments in a period of 3-4 weeks. Treatments must be used within that timeframe to obtain maximum results.

**WEIGHT LOSS** - HypnoPuncture works by changing your subconscious **attitudes towards food**, giving you more **control** over your **eating habits**. This will help you to **stop habitual snacking, eliminate comfort and emotional eating**, and **reduce portion sizes**. You will soon be making **healthier nutritional choices** and find that you have so much more **motivation** to exercise. Not only that, we also give your body an **amazing energy** lift using the ancient body wisdom of acupuncture. This will **boost your metabolism**, banish lethargy and **increase your energy levels**. HypnoPuncture really does make losing weight **so much easier**, and by just eating sensibly and exercising regularly you can **lose the weight**.

**SMOKING** - If you are ready to Quit Smoking and want the help of a natural healing therapy, then what you need is a technique which will help you **physically, emotionally and psychologically** at the same time! These combined therapies will **support your body through the difficult withdrawal period** and the treatments will help you to **focus your mind and emotions** on becoming a non-smoker. HypnoPuncture does all this, and more, by combining the ancient powerful body-wisdom of acupuncture with the modern cutting-edge techniques of hypnotherapy.

**WHY USE HypnoPuncture? When used together, these two healing modalities create significant positive changes in those who are ready to make changes in their lives.** By using Hypnosis during your Acupuncture treatment (**HypnoPuncture**) you will communicate with your subconscious mind to create healthy thoughts that cause healthy behaviors. Experience guided imagery with suggestions for clarity of thinking and motivation to replace outdated patterns with new healthy alternatives. By becoming the master of your thoughts **you can change your world**. It is no secret, successful people do this all the time.

## *Ancient CHINESE Secret!*

Oriental Medicine (OM) is a holistic approach for healing, proven effective for over three thousand years. OM channels our NATURAL POWER (Immune System) to treat & heal health problems so we can be well again. Each treatment is designed to relieve the symptoms & heal the root cause of the illness. The Body, Mind & Spirit become balanced. The patient begins to live life in a more balanced & harmonious way. In the Orient their PRIMARY Health Care is Oriental Medicine and Acupuncture. It is time that we in the USA use this wonderful natural medicine to heal and nurture ourselves.

**The needles** are hair-thin, do not contain medicine, are sterile & used only once. By inserting needles into key acupuncture points, the body moves the QI (translates as **Life force** and is pronounced "chee.") activating the body's ability to naturally heal. Resulting in a sense of well being, life becomes enjoyable again. Patients often take a nap during their treatment & wake up refreshed, relaxed, and feeling good.

**YOU CAN TRUST in American Health Acupuncture.** Our practitioners are specially trained in the art of acupuncture. We will offer you a comfortable luxurious environment and compassionate care. We offer packages for Private or Community Room treatments at very affordable prices. See our website for videos and more information.

**Hablamos Español**

## **How Do We Get Ill?**

Emotions are the beginning of illness. Why? Because we were taught that it is **Wrong** to express how we feel. We bottle up our anger, fear, guilt, and so on. Over time all these repressed feelings become physical illness like pain, cancer, fibromyalgia, headaches, etc. In OM each organ deals with a particular emotion.

- **The Heart: Emotion=Joy**  
If unbalanced you have anxiety, insomnia, feel empty, heavy chest, and bad circulation.
- **The Spleen: Emotion=Worry**  
If unbalanced you have digestive problems, lack of energy, forgetfulness, heaviness in the body, mental & muscle weakness.
- **The Lungs: Emotion=Sadness & Grief** If unbalanced you have breathing problems, sadness, allergies, skin problems, colds, or flu's.
- **The Kidneys: Emotion=Fear**  
If unbalanced you have low back and knee pain, coldness, difficulty breathing, prostate, or sexual and reproductive problems.
- **The Liver: Emotion=Anger & Depression** If unbalanced you have headaches, Extreme PMS, painful periods, digestive/acid regurgitation problems, or constant irritability. You don't like anyone, including yourself.

## • **What Conditions does OM and Acupuncture Treat?**

According to the World Health Organization's (WHO) extensive research on Acupuncture, the following is a **partial list** of the conditions treated effectively by Acupuncture:

Acute Bacillary Dysentery, Acute Bronchitis, Acute Epigastralgia, AIDS/HIV-related conditions, Allergies, Bronchial Asthma, Chronic Pain, Common Cold, Constipation, Correction of Malposition of Fetus (breeched presentation), Dental Pain, Depression (including depressive neurosis and depression after stroke), Diarrhea, Dizziness/Vertigo, Essential Hypertension, Eye Problems, Facial Pain (including Craniomandibular Disorders), Fatigue, Fibroids, Facial Rejuvenation, Fibromyalgia, Gastritis, Headaches (including Migraines), Immune System Deficiencies, Induction of Labor, Infertility, Insomnia, Knee Pain, Low Back Pain, Low Libido, Menopause, Morning Sickness, Menstrual Disorders, Nausea and Vomiting, Nausea from Chemo or Radiation, Neck Pain, Osteoarthritis, Peptic Ulcer, Periarthritis of the Shoulder, Postoperative Pain, PMS, Primary Hypotension, Prostate Problems, Renal Colic, Rheumatoid Arthritis, Sciatica, Sprains, Sports Injuries, Temporomandibular Stroke, (TMJ) dysfunction, Tendonitis, Tennis Elbow, Whiplash Injuries, & More...