

JENNIFER E. WINER L.AC., DIPL.AC., MSOM

THE ULTIMATE GUIDE TO TAMING THE STRESS MONSTER

3 ALL-NATURAL STEPS TO RECLAIMING YOUR CALM



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WELCOME



Welcome! You're probably here because you're struggling with chronic health concerns, stress, or pain. Maybe you're noticing that you're not able to enjoy life as you once did. If you feel drained, frustrated, or worried, you are not alone. Many of our Patient's come to us after years of feeling 'off' in their life. Many of them try everything that conventional medicine has to offer, yet never get lasting results. Jennifer E Winer L.Ac., Dipl.Ac., MSOM has been there too and understands how difficult this can be.

Eventually, chronic health challenges begin to take their toll on all important areas of life. If you're noticing that your work performance has suffered, or that you can't be as present for your kids as you want, or even that your relationships aren't as fulfilling or healthy as they should be, it's time to change this starting NOW.

You are not meant to suffer!

Without your health, it's impossible to feel truly fulfilled and happy in life. The truth is, without the right intervention, most health conditions naturally get worse over time.

Stress alone can be a cause of this. You're here because you are ready to take control and get your health and life back. You know that putting this off, or continuing to do what you've been doing, is NOT the solution.

What you're about to learn is a proven path to healing. The approach that we offer is designed to treat the root cause of your health concerns, not just put another band aid on your symptoms. Not only does this approach help to manage your symptoms; it often leads to many unexpected benefits. Our clients typically report that their energy level is better than it's been in years. They feel more comfortable in their body. They sleep better and wake up feeling refreshed. Their confidence and peace of mind is restored. They are able to handle stress and the ups and downs of life without feeling overwhelmed or drained.

Can we guarantee a specific result for you? No.

But what we CAN promise you is that if you commit to the process and make your health a top priority in your life, we will meet you there and do everything possible to get you better FAST. The clients who get the incredible outcomes described above are the ones who take responsibility for their health, value our suggestions and guidance, and commit to the recommended treatment plan.

Let's jump in and cover the three main steps you can take right now to get your health and life back! Be sure to give this information your full attention! Take notes and, most important, take ACTION!

STEP 1: TAMING THE STRESS MONSTER



Stress alone can be a huge hurdle when dealing with any health issue and the ups and downs of everyday life. When we don't feel right, our bodies aren't working right, or we are dealing with a chronic condition or illness our stress level only increases more.

Trying to find the right solution by trying multiple treatment options, feeling heard by practitioners/doctors, and working with your body and emotions, can be an exhausting process. It can feel like a second or even third job in your life. Sometimes you might feel overwhelmed trying to accomplish all of the exercises and techniques recommended to you yet they may not feel helpful. It might just feel impossible and just add more stress.

Stress can affect multiple functions and emotions in the body. For many patients they privately go through these struggles. They can't find their balance; balance in mind, body, and spirit. Often the reason people don't heal is their imbalance is on more of an energetic level. You have to work on that level as well as sometimes the physical to get results. Acupuncture and Chinese medicine works on this level and you can TAKE A STAND for your health by incorporating this medicine into your life.

Self-Care should be your number one priority. There is only one you and you need to take care of you. You MUST become your own advocate for your health. The cost of staying stressed and in this cycle of imbalance is far greater than working with your body and using techniques to help heal it and have it not affect your health. In our practice, not only do we use Acupuncture and Chinese medicine, we work with patient's giving them a combination of techniques to help them heal while they are away from the office. This helps to get them to optimal balance and stress reduction faster. Here are some great suggestions to help you get started in taming the stress monster:

MEDITATION

Meditation can be a huge help in calming the mind and body which lowers your stress level. It does more than temporarily help you relax and de-stress. Meditation actually reprograms your brain to be less anxious. Studies have shown that it can create improved connectivity between brain sections, create changes in grey matter volume, and reduce activity in the part of the brain that continually references back to you, your experiences and your perspective.

Many people at first have difficulty with meditation as their mind starts to wander. This is very common and just takes practice like everything else. Imagine you are in grade school learning a new subject. It took repetition and trying over and over before getting good at it. This is the same with meditation. The more times you practice it you will have an easier time getting into that state of calm. Be compassionate with yourself as you are learning a whole new healthy practice.

Classes can be helpful. There are also many popular phone apps that are effective. It is really about being in that moment. If you start thinking about other things, go back to concentrating on meditating in the moment and your breath. There is no special training required and meditation can be effective in lowering stress and anxiety in as little as **10 minutes** a day. When Jennifer E Winer L.Ac., Dipl.Ac., MSOM was studying meditation with the Buddhist nuns in Thailand, their explanation about living in the moment through meditation was very simple. The past does not exist. The future does not exist. What exists is this moment.

GRATITUDE JOURNAL

The importance of realizing and focusing on the good things that happen to you on a daily basis can be a very powerful tool to improving your joy in your life and your health. Keeping a gratitude journal and writing down three things a day you are grateful for can help keep your mindset on the positive things that are happening in your life. Scientific studies have shown that many people who keep gratitude journals have less aches and pains and sleep better when jotting down the few things they were grateful for that day before bed. The growing body of research on gratitude also suggests it can be beneficial in lowering stress, improving interpersonal relationships, and improving overall happiness. A recent study done by researchers out of Indiana University showed gratitude actually can physically change your brain.

We recommend this to every patient we see as the positivity ups your energetic level which needs to be worked on to heal. This is a simple and quick practice every day that really helps people see the good things in the day, as tiny as they may be. With practice patients then see and feel more positive events and experiences. This can be essential for mood and stress reduction

Some patient's will start journaling and think it's strange or goofy, but after staying consistent with it they have said they truly see the benefit. By implementing this technique everyday our patient's see and feel more positive events and experiences. They are happier because seeing more good leads to less stress. This can be essential for mood and stress reduction, as well as raising your energy levels, all of which is key for lasting healing. There is a great quote by Eckhart Tolle "Acknowledging the good that you already have in your life is the foundation for all abundance." We truly believe that.

SLEEP

When you have poor sleep, you can experience fatigue which can lower your motivation for exercise and daily life. Poor sleep or few hours of sleep can also affect your hormones. Both of these issues can lead to weight gain and /or obesity. If you are experiencing poor sleep due to apnea or in general, studies have shown this can cause a decrease in leptin in your body, which helps maintain weight and an increase in ghrelin which is an appetite stimulator.

Getting enough sleep is essential for your body, mind and spirit. Good sleep is one of the mainstays of health and wellbeing. If you are seeking optimal health it is a must to get proper sleep. Going to bed at the same time every night, low light or no light when trying to fall asleep, and not having electronics on or near you while sleeping are all very important.

Immune system, mood, concentration, emotions, and athletic performance can all be hindered by lack of sleep and/or poor quality of sleep which again can lead to stress.

What we do in our practice is an extensive evaluation and part of that is about sleep. Many patients are waking up at night, not able to get back to sleep, waking from pain, or waking from the stress monster; stressing about the next day, work, or things they need to get done and not feeling refreshed in the morning. We work with our patients with a combination of Chinese medicine and supplementation that has been very effective. Many patients are extremely happy and excited that they are finally sleeping well.

GROUNDING

Grounding has to do with connection to the earth. Remember when you were a little kid and you would play outside barefoot? You were connecting with the earth. Scientific studies have shown that doing this practice can reduce inflammation and stress levels. Below is a link to a great article about grounding, also referred to as Earthing. A video link is also included which is an exceptional explanation of the science behind grounding.

<https://chopra.com/articles/grounding-the-human-body-the-healing-benefits-of-earthing>

<https://www.facebook.com/ascendpodcast/videos/235681797309212/?t=4>

I bet you are thinking "Wait! I live in a state where it is winter 6 months out of the year. How do I ground myself if I can't get outside and put my feet on the ground?" Here are some techniques you can use during those winter months:

- **Hematite** - Wear as a necklace, bracelet, or just carry a rock of it in your pocket. This stone is known for lowering stress and absorbing negative energy while increasing positive energy which keeps you grounded
- **Take a hot bath** - Water is an element of the earth. Immersing yourself in this element can connect you with it.
- **Use natural fibers for bedding or clothing (for example bamboo sheets)** - Natural fibers from the earth connect you to the earth.
- **Bring some earth inside** - Have some sand or dirt in a container big enough to place your feet in inside your home
- **Eat food from the earth** - root vegetables such as turnips, beetroot, potatoes, and pumpkin can keep you grounded.

Adding grounding to a daily routine can be a great benefit for your health and stress level. It is a great way for our patients to especially take break during work and walk barefoot in the grass. Many have commented how amazing and refreshed they felt just spending 10 minutes doing this. Living in Minnesota our patients have gotten great benefit by simply wearing or carrying hematite, but they do incorporate all of the grounding recommendations. Our patients report feeling more energy, less stress and more clear; better than they have in years.

“Walk as if you are kissing the Earth with your feet”

Thich Nhat Hanh



STEP 2: LIVE HAPPY AND EAT CLEAN!



Lifestyle change and diet change can also be extremely effective for your wellbeing. Many people are affected by working night shifts or 60 hours or more a week which can shift your whole body out of balance. This not only can affect your hormones but also your mood and your immune system. Paying attention to the food you eat and how you feel after is very important.

A person can be sensitive to a food without having a full blown allergy or anaphylaxis. Oftentimes sensitivities to food can affect your mood, sleep, and cause inflammation in the body. Sometimes the sensitivities can come from pesticides or other additives used to preserve food. Eating organic as much as possible is of great benefit to your body. Meat and dairy would be first choices to eat organic. As well as these foods often referred to as the dirty dozen:

1. Strawberries
2. Spinach
3. Nectarines
4. Apples
5. Grapes

6. Peaches
7. Cherries
8. Pears
9. Tomatoes
10. Celery
11. Potatoes
12. Sweet bell peppers

However the more foods you can eat organic the better and nutrition needs to be looked at by both a western perspective and Chinese Medicine perspective. Eating organic and clean can drastically improve your health and wellbeing; however your body may not fully be in balance. Chinese medicine nutrition helps to bring you back to energetic balance with eating the foods according to your thermal nature (hot/cold) and also eating according to the seasons. For example: in the winter you would not want to eat a lot of broccoli because it's property is cold, but adding garlic to it can make it a neutral snack thereby not making you colder in a cold month. Cooking the broccoli helps minimally but the property is still cool/cold.

When we work with our patient's in our practice we work a lot on their nutrition. What we find is a lot of patients really don't know how to eat right and they are sabotaging their health because of this. If you are struggling with a sluggish metabolism, pain, stress, poor sleep, and/or inflammation there is a good chance that food is playing a role in that. When we work together we will help you make a detailed nutrition plan to overcome this issue. Food is such a complex issue and everyone is different. What we do is help you get customized clarity that you need to optimize your nutrition. If you don't do this there is a good chance that food will become a problematic trigger for you. You may be doing all of the other things right in your life but if you are not eating the right foods for your unique constitution you are going to find that it is difficult to heal. When we work together we will help you make a detailed nutrition plan to overcome any of these issues.

One of the great things about Chinese medicine is we can diagnose your constitutional type and then prescribe a diet that is 100% reflective of your constitution. Just from this one step alone patients find their energy improves, their stress goes down, they feel more mental clarity, pain decreases and they lose those extra pounds they couldn't before.

STEP 3: YOU DON'T HAVE TO DO THIS ALONE! INCORPORATE ACUPUNCTURE AND CHINESE MEDICINE INTO YOUR SELF CARE

Stressed out? Acupuncture and Chinese medicine do a body good. Acupuncture is one of the most powerful modalities if you have chronic stress. Chronic stress and diet are the two primary culprits in all kinds of health issues. So what we do in our practice is not only alleviate the symptoms but help find the root cause of your stress by prescribing meditation, by getting your diet on track, and by using acupuncture and Chinese medicine to regulate your energy and restore your nervous system to get you to a deep place of balance. You will probably feel more rested than you have in years. Your relaxation level will skyrocket. And the biggest benefit is acupuncture not only treats your stress, it is treating your whole body. We can touch on everything causing issues in one treatment.

This is not saying it will resolve in one treatment, but if you have insomnia, pain, allergies or other issues, including stress we can tap into all of that.

What is acupuncture? It is an ancient medicine that has gained more and more popularity due to its astonishing results. Acupuncture and Chinese medicine have been used by over a million people worldwide. This medicine is over 3000 years old and was created as a preventative medicine to keep you healthy. However it was found to be amazingly effective for pain, anxiety, stress, disease and many other ailments. The Yin Yang symbol represents perfect balance and that is what we work to achieve with acupuncture and Chinese medicine

The theory of acupuncture is based on energy pathways. These pathways are called meridians. In the meridians Qi flows. Qi is a person's "vital energy." In Chinese medicine, the reason for pain, disease, and other health problems is because of blockages of Qi in the meridians. With Acupuncture and Chinese medicine we tap into the blockages and open up the meridians so the energy can flow freely. When this occurs, healing takes place and body, mind and spirit are happy, healthy and balanced.

To some this may sound a little strange so let's look at this from a western medicine perspective. Acupuncture stimulates your natural pain killers in the body (endorphins). It increases circulation, reduces inflammation, can balance hormones, calms and balances the nervous system, can boost your mood, and can calm your response to stress. It is based on finding the root cause of a condition with the advantage of little to no side effects or complications.

Why does acupuncture work when nothing else does? Because it is working on your entire body as a whole, not just one symptom. Acupuncture is not a placebo effect. There have been live MRI studies done in which a person was administered acupuncture and the MRI showed different parts of the brain lighting up. After seeing patient after patient get amazing results it is apparent it works.

Jennifer made the decision and was inspired to take back her health and lower her stress by becoming an acupuncturist and Chinese medicine practitioner. When she found acupuncture and it helped her pain she was amazed and knew that this medicine, that is over 3000 years old, needed to be available to everyone in the world. Jennifer was going to be one of the people to do this. At Winer Acupuncture, Inc., we use a synergistic combination of modalities to give the best results to our patients. We work to balance your body and focus on your main complaints, but also look for the root cause. We uniquely focus on your pattern and treatment with acupuncture and Chinese medicine, as well as, look at every aspect of your lifestyle, past treatments and tests you have had in a way no other practitioners do. It is through our method many patients succeed and gain relief.

“The good physician treats the disease; the great physician treats the patient who has the disease.”

Sir William Osler

We work very diligently to give you the optimal treatment and help you feel and be your best possible self. Over the past 15+ years in practice we have been very successful with our patient's outcomes. The focus is on you and we take great pride in listening to all of our patients concerns, giving exceptional care, and supporting you though your treatment process. It's not just about your chief complaint, it's about you optimizing your life and getting you to a place where you literally feel better then you have in years, you feel younger, you look in the mirror and don't recognize yourself because you feel so good.

If you don't start paying attention to your body's signals and how stress is affecting you it can affect your entire quality of life. TAKE ACTION NOW. At our practice we go above and beyond for our patients like no other practitioner. We are continually upgrading our treatment methods to give you the highest quality care. Because many times people have only tried to heal themselves on a physical level they don't always heal. It is with acupuncture and Chinese medicine that you can work on the energetic level to get results. If you have just worked on the physical level or with other modalities and are not getting the results this is where acupuncture and Chinese medicine can really be beneficial. See case studies below

CASE STUDIES



TOM, 32 YEARS OLD

When Tom came to us he had injured his back at work and was in excruciating low-back pain. He was crying and could not concentrate; he was in so much pain. He was taking muscle relaxants and narcotics just to try and be able to function. Tom felt hopeless about his situation. He couldn't imagine being 32 and having to live like this the rest of his life. How would he pick up his children again? How would he be able to exercise or even enjoy life? Would he ever be able to sit on the bleachers and watch his son play baseball again without pain?

Tom worked construction and was in charge of the other workers. It was difficult for him to go through the day not lifting anything heavy, which was aggravating the injury even more. He had gotten an MRI which showed he had herniated 2 discs in his low back. He was at a loss as to what to do. Tom honestly never thought he would be in an acupuncturist's office much less getting acupuncture.

There were some lifestyle adjustments we needed to address to aid in healing faster.

We had a discussion about Tom delegating heavy lifting to his employees until he was feeling better. We also discussed sleeping position, ergonomics, icing, and nutrition. We wanted him to stay away from foods that according to Chinese medicine were warming and hot in property because it could exacerbate his pain based on his constitution. We had Tom start using a combination of supplements, Chinese herbs and acupuncture.

After 2 treatments Tom noticed the pain decreasing and decided with his doctor to stop the pain medication and muscle relaxants. After 8 treatments the pain had subsided and he just had some tightness occasionally. Tom was amazed by the transformation and that acupuncture was so effective. He admitted he really was a skeptic and didn't think it would work. He was extremely grateful that he could go back to work and continues to do maintenance monthly with acupuncture to keep his body balanced.

JANE, 51 YEARS OLD

When Jane came to us she was struggling with food and sugar cravings, right and left leg swelling, right ankle pain and swelling, high stress and was pre-diabetic. She stated that she was not great with self-care. She often worked long hours, had two jobs, and worried about others before herself. She said she thought she handled her stress well but it was obvious that it was affecting her on different levels such as her body.

Jane admitted she was not good about seeing her doctor. Her right ankle and leg were extremely swollen. Her doctor was aware of this and she stated her heart had been checked and it was confirmed that was not causing the swelling. As we talked more about her lifestyle and diet she remembered she had had past injuries to her right ankle. We recommended getting an x-ray to see what was happening and that information would help us know more about creating the best treatment plan for her,

Jane felt very frustrated about not feeling she had the will power to make better food choices and being in pain. She felt it was her fault for her weight gain and now being pre-diabetic. She was very hard on herself. We went on to explain to her that so many things can play a role in weight gain and poor food choices. Poor sleep, emotions, hormone imbalance, food sensitivities, etc. She was shocked that she never considered some of these things and was always blaming herself. We started having her keep a food journal and doing some meditation every night for 10 min.

After 1 treatment Jane could feel the stress lowering in her body. She was just amazed at the next session because the swelling in her legs had gone down so much. After doing a series of 10 sessions which included acupuncture, Chinese herbs, some supplements, and meditation the swelling in her legs and ankle pain had decreased significantly. Her sugar cravings had gotten much less, she lost 5 Lbs., and her A1C (diabetes lab test) went down one point. She was elated! She feels happier and feels that even though work is stressful she handles it much better. Still being monitored by her doctor she is so grateful she has not had to take any medication. She continues to maintain body balance with acupuncture monthly as she sees the importance of wellness care.

FREQUENTLY ASKED QUESTIONS

DOES IT HURT?

Our needling technique is very gentle. Usually nothing is felt more than a sense of a "mosquito bite", which disappears in moments. Achy, tingly, heaviness and sometimes a slight electrical sensation that lasts for a moment can be some sensations felt. Although everyone's level of sensitivity is different, we work very closely with you to make sure your experience is positive, comfortable, and relaxing.

IS IT SAFE?

Yes. As long as it is performed by a trained and licensed professional of Acupuncture it is very safe. Needles are one time use and then are disposed of in accordance with medical guidelines.

WHAT CAN I EXPECT?

Your first visit will begin with an in depth examination of your condition and a treatment. The intake and treatment may take up to 1 1/2 hours. Typical treatments afterwards last approximately 45 minutes to an hour.

During the assessment we may ask you about some things that you might not think are connected to your chief complaint, for example, your emotions, sleeping patterns, eating habits, if you feel more hot or cold and if you crave sugar or salt. Chinese medicine treats

the whole body, not just one isolated part or symptom. When we put together signs and symptoms you are experiencing it tells us your patterns of imbalance. Although treatment will focus on your chief complaint, your whole being must be considered in order to develop the most appropriate course of treatment. Chinese medicine is unique in that every person is treated as a separate individual although they may have an issue someone else also has. Everyone is clearly different based on their whole body.

Pulse and Tongue Diagnosis

As part of your intake we view your tongue and feel your pulse. Also we look at different markings on the face which can reveal imbalances. This can provide a Chinese Medical practitioner with a great deal of information about your body to help correct the imbalances.

WHY SHOULD I CHOOSE YOU?

What intrigued me Jennifer E Winer L.Ac., Dipl.Ac., MSOM the most about acupuncture and Chinese medicine is the fact that it treats the whole body, not just a symptom or a certain part of the body. The goal of treatment is to find the root cause of each patient's health problem(s). It's all about balance and a large percentage of the population has no idea how to live in balance. As a practitioner it is her goal to teach and help her patient's be proactive with their health and not only treat their body but also their mind and spirit. Too many people are suffering with health issues and in our current time we work more and more hours, get less and less sleep, and do not eat as healthy as we could. This not only leads to stress on the body, but also on the mind and spirit.

Patients need to have and know about alternative options. Too often patients have to find these treatments on their own desperate for an answer and desperate for some compassion, empathy and help. Jennifer can tell you first hand she understands and you are doing yourself and your body a great service by downloading and reading this eBook as a first step to TAKE ACTION.

At Winer Acupuncture, Inc., we use a synergistic combination of modalities to give the best results to our patients. We work to balance your body and focus on your main complaints, but also look for the root cause. We uniquely focus on your pattern and treatment with acupuncture and Chinese medicine, as well as, look at every aspect of your lifestyle and past treatments and tests you have had in a way no other acupuncturist does. For example, do you need a better pillow, are you supporting your body correctly when you are sleeping, have you had your thyroid tested, are you eating more foods that make you cold or make you warm which can exacerbate symptoms, are you eating inflammatory foods, etc. We work very diligently to give you the optimal treatment and help you feel and be your best possible self. Over the past 15+ years in practice we have been very successful with my patients using these methods. The focus is on you and we take great pride in listening to all of our patients concerns and giving exceptional care.

IS THERE EVIDENCE THAT THIS WORKS?

There are many studies out there. Here are a few articles explaining how acupuncture is not placebo and how it works:

<http://news.bbc.co.uk/2/hi/health/4493011.stm>

<https://www.sciencedaily.com/releases/2001/11/011120044457.htm>

WHAT IS THE FINANCIAL COMMITMENT?

Once you come in and we assess the situation we will talk about the financial commitment, but we cannot comment on that until we meet and set up a customized treatment for you. The cost of staying stuck and stressed is far greater than the cost of investing in our services. Being a former pain sufferer Jennifer really understands this concern, however taking control of your health and wellbeing is a **MUST**. Acupuncture and Chinese medicine is a very effective way of doing this. Many times our patients get better faster with the advantage of no side effects or complications. Here is a study that was done showing this:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5596191/>

HOW LONG BEFORE I SEE RESULTS?

Every Patient is different. Some people feel amazing as if there world has changed after one treatment, for other people it takes more time and it will be more of a gradual effect over a few treatments.

AM I AN IDEAL CANDIDATE FOR THIS SERVICE?

You are an ideal candidate if:

- You are ready to take action
- You are open to what we have to offer
- You see the tremendous value in our services
- You are determined to take your health back
- You are respectful of our office policies,
- You are ready to feel the best you ever have.

THIS ALL SOUNDS GOOD, BUT LET ME THINK ABOUT IT, AND WAIT FOR A WHILE.

Do you really want to wait to get out of pain, anxiety, stress or get help with any other condition that is affecting you? Would you want family members or your friends to wait or would you want them to TAKE ACTION NOW? Apprehension can be normal, but no one should be apprehensive about getting their health back and optimizing their quality of life. No one should have to suffer. Give yourself the gift of balance in mind, body and spirit. At our practice we are here to support you along the entire way.

“Take Care of Your Body. It is The Only Place You Have to Live.”

Jim Rohn

WHAT'S MY NEXT STEP?

Call us today to schedule by phone, for a free 15 minute consultation, or schedule online for your first appointment on our website.

Winer Acupuncture, Inc.

715 Florida Ave So., Suite 206 Golden Valley, MN 55426 612-226-8840

www.wineracupuncture.com

Jennifer@wineracupuncture.com

ABOUT OUR PRACTICE

Our mission is to improve our patient's quality of life through Acupuncture and Traditional Chinese medicine. The root of poor health often lies deeper than its manifested symptoms. Therefore we believe in taking a holistic approach to healthcare, treating not only the immediate pain and symptoms but also improving the body's overall health so that our natural immunity is more effective in combating illness.

We are dedicated to the highest level of integrity and excellence in Acupuncture and Traditional Chinese Medicine healthcare. Winer Acupuncture, Inc. promises our patients that we will listen to their concerns and insights, honor their experiences and wishes, and provide a comforting, secure and confidential healing environment. We compassionately support our patients in their healthcare choices.



ABOUT THE AUTHOR

Jennifer E. Winer L.Ac., Dipl.Ac., MSOM graduated with a Bachelor of Science in Business Administration from Minnesota State University at Mankato in 1998. She worked in the financial field before returning to school to study Oriental medicine in 2000. Jennifer made the decision to pursue a career in Oriental medicine after experiencing chronic pain and trying all of the traditional therapies available without any success. She believed there had to be alternative options for medical care and wanted to help others. Jennifer received her Master of Science in Oriental Medicine from the Midwest College of Oriental Medicine in Racine, WI on October 4, 2003. During graduate school, she studied abroad at the Training Center of Traditional Chinese Medicine in Guangzhou, China and received a certificate in the Advanced Course of Acupuncture of Traditional Chinese Medicine. She is licensed in both Minnesota and Wisconsin and is nationally certified by the National Certification Commission for Acupuncture and Oriental Medicine. She is clean-needle technique certified by the Council of Colleges of Acupuncture and Oriental Medicine.



Jennifer specializes in infertility, helping her patients reach their goal of becoming pregnant, and anxiety treatments. Jennifer has done advanced studying with Chinese medicine and acupuncture for the treatment of Hepatitis C, Facial Rejuvenation, and low back pain. She is a certified Hepatitis C practitioner and certified Facial rejuvenation practitioner.

In addition to acupuncture, Jennifer utilizes Chinese herbal therapy, moxibustion, nutritional counseling, auricular therapy, cupping, tui na (Chinese medical massage), gua sha, Voila (non-needle) technique, distance energy work, and the Sound Body chair. I hope you have enjoyed The Ultimate Guide to Taming the Stress Monster.

"The doctor of the future will give no medicine, but will interest his patient in the care of the human frame, in diet and in the cause and prevention of disease."

Thomas Edison

READY TO GET STARTED?

Call us today or schedule online for your first appointment on our website.

Free 15 minute consultation available by phone Winer Acupuncture, Inc.

715 Florida Ave So., Suite 206 Golden Valley, MN 55426 612-226-8840

www.wineracupuncture.com

Jennifer@wineracupuncture.com

