

Keep Your Spirits Up and Stay Stress Free with Acupuncture During This Holiday Season

By Toni Eatros, MS, Dipl Ac, AP

The holiday season is upon us once again. For many, this is a wonderful time of family, friends, and fun, but unfortunately, not for everyone. For some, this can be a stressful time, rushing around attempting to make everyone happy at the expense of themselves. For others, it can be a financially stressful time leading to sleepless nights, fatigue and irritability. This can also be a lonely, sad and depressing time for those of us that have lost loved ones. Add to that, the potential for the onset of SAD (Seasonal Affective Disorder) that can happen during the winter months, and we can see that many of us can use some additional support to remain in balance during this busy time of year.

Acupuncture, herbs, and Bach flower remedies can be a great way to remain in balance and to be able to enjoy all of the wonderful things that come this time of year. If you are stressed and just mildly out of sorts, you may only need a 30 minute stress reduction treatment to regain your balance. If grief or anger issues arise around family dynamics, then it is possible that a customized Bach flower remedy can keep you smiling and finding things to appreciate. For those that know that the holidays are historically a challenge, a personalized acupuncture treatment will elevate your mood and help with those little aches and pains that tend to flare up this time of year.

The statistics are bleak. In 2008, about one in ten Americans aged 12 and over took antidepressant medication according to the National Center of Health Statistics, and I think it is safe to assume that this number has significantly increased over the past five years.

The Journal of Affective Disorders analyzed 207 clinical studies in 2010 on the effectiveness of acupuncture in treating depressive disorders. According to this analysis, the efficacy of acupuncture was comparable to antidepressants alone in improving clinical response and alleviating symptom severity of Major Depressive Disorder.

A clinical study conducted in China in 2010, has concluded that acupuncture is a "safe and effective" treatment for mood disorders including anxiety and depression making it a great alternative for people that have intolerable side effects to medication or choose not to take medication.



The good news is that acupuncture can significantly help the entire spectrum of mood disorders, from being just mildly "out of sorts" to having full blown depression. It is my job, as an acupuncturist, to perform a thorough diagnostic evaluation and determine which pattern is at the root of your imbalance. Your unique treatment plan will restore balance, uplift mood, alleviate your physical symptoms and assist you in handling stress more effectively.

I now offer a mini stress-reducing treatment that takes about 30 minutes and I only charge \$20. We use just two acupuncture points that work like magic to wipe away stress, relax the body and alleviate worry and anxiety.

Acupuncture provides a safe, natural, drug-free and effective way to address stress, depression, and anger. Most people feel tranquil and relaxed after the first treatment. Give yourself the gift of acupuncture and Traditional Chinese Medicine so you can experience the life changing benefits this ancient medicine has to offer. Call now to schedule an appointment, 239-260-4566 or go to my website, www.AcupunctureSolutionsOnline.com for more information.

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