

EXPLORING THE ADVANTAGES OF ACUPUNCTURE

Frequently Asked Questions

What can acupuncture treat?

Acupuncture is used to treat a wide variety of conditions, including pain, stress management, anxiety, and digestive conditions.

Is acupuncture safe?

Yes it is a completely safe treatment for people of all ages. Acupuncturists are fully trained in anatomy, which is why it is important to work with a professional. Needles are sterile and single use, which is safely disposed of after.

How many sessions will I need?

At first I would recommend coming in once a week for at least three weeks, then reevaluate from there so your body can retain the treatment better. After, you can come on a biweekly or monthly basis. However, for stress relief or general wellness, coming in once a month will be sufficient.

Does Acupuncture hurt?

No it is not a painful treatment! At most, you might feel a slight prick, followed by a sensation of warmth, soreness, or achiness (if any). Sometimes you won't feel anything at all. Most people find treatments to be relaxing and soothing.

Celia Chang, R.Ac, BA

Registered Acupuncturist

778 223 8962 | celiachng@gmail.com

| IG: celia.acu | Tue + Wed 2:15 - 8:15PM



12 days of Wellness Advent Calendar

Day 1: Gratitude Journal! Help jumpstart your wellness journey by writing 3 you are grateful for!

Day 2: Digital Detox! Disconnect. Spend quality time with loved ones or engaging in a hobby that doesn't involve technology!

Day 3: Mindful Breathing! Take a few minutes practice deep breathing. Inhale slowly for a count of four, hold your breath for four counts, and exhale for four counts. Repeat this several times to relax your mind and body.

Day 4: Nature walk! Go for a walk in nature. Whether it's a park, beach, or hiking trail, spending time outdoors can reduce stress and improve your overall well-being.

Day 5: Self-Care! Take a soothing bath with Epsom salts and your favorite essential oils. Light some candles, play calming music, and unwind in the warm water.

Day 6: Mindfulness! Engage in meditation. if you're a first timer- try guided meditation on an app!

Day 7: Ignite Your Creativity! Take time to engage in a creative activity today, such as a craft project, paint night, adult coloring book, or DIY project. Get those creative juices flowing!

Day 8: Stretching/ Yoga

It's time to focus on stretching and yoga. Taking time to stretch and move your body can have numerous benefits, including improved flexibility and circulation, reduced stress levels, and increased relaxation.

Day 9: Act of Kindness Today, let's focus on performing an act of kindness for someone else. It could be as simple as holding the door open for a stranger, complimenting a friend, or offering to help a coworker with a task.

Day 10: Ground Yourself Things you can do to bring yourself into contact with the present moment. Take a walk outside, barefoot, and connect with nature or slowly inhale, then exhale. If it helps, you can say or think "in" and "out" with each breath. Feel each breath filling your lungs and note how it feels to push it back out.

Day 11: Staying Hydrated! Don't forget to drink at least 8 glasses of water today.

Day 12: Take time to **reflect** on the past 12 days. Journal about your experiences and how these wellness activities made you feel. **Set positive intentions** for the upcoming days and carry the spirit of wellness into the future.