



Elmwood Acupuncture & Wellness

403 Bedford Street (Route 18) – East Bridgewater, MA 02333

Tel. 508/378-8004

www.ElmwoodAcuWell.com



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NEWSLETTER



WELCOME!

We are thrilled to announce that Paula Bartorelli, Licensed Esthetician, has joined Elmwood Acupuncture & Wellness. Paula has over 11 years of hands-on experience and offers cruelty-free all natural & organic therapeutic skin care. She offers it all: facials, peels, enzyme treatments, waxing, make-up, consults and the best natural and organic skin products available! *New skin-care clients enjoy a \$15 discount on all facials until May 31st.*

Is Ragweed Running You Ragged?

Ahhh, Spring allergies: the unending sinus drip, chronic sinus infections, burning red eyes, sore throat, earache, itchy skin, low energy.

Feeling miserable? HAD ENOUGH YET?

Acupuncture can eliminate or significantly reduce allergy symptoms. Don't wait another minute -

Help is here now!



CHAKRA READINGS

a path to healing

Did you ever wonder why you get the same ailments over and over? Have the same worries and anxieties? Make the same types of choices? Do you ever wish you could figure out how to change your patterns? Chakra readings can help ...

- we are energetic beings;
- our energies are vulnerable to stressors which can cause illness;
- our energies can be viewed, assessed and healed;
- you can learn to recognize your own energetic patterns and learn ways to heal yourself.

MESSAGE "SHORTS"



We know that you are busier than ever. We also know that you usually take care of yourself last ... already you are thinking, "who has the time?!" Well, you do! Now, you can fit the bodywork you need into your crazy schedule. Customized, focused bodywork sessions – short massages – are now being offered. Get 30 minutes for only \$35 (hot stone \$45) for when and where you need it most:

The You, You, You

Custom-fit for you.

Hot Stone

You won't find this anywhere else! \$45!!!

PRENATAL Shorts:

- 1) Upper Body (head, neck, shoulders & back)
- 2) Lower Body (low back, hips, legs, feet) perfect for chronic low back pain or sciatica sufferers!
- 3) Combo (upper body with foot massage)

Headaches/Stress Relief

face, head, neck, shoulders & upper back

Oh, My Aching Back ...

Upper & lower back, glutes, & hamstrings

Remember, our massage shorts are designed to address your exact needs when time is short. If you don't see a short that you like – we'll customize one for you! You deserve it!

Now through June 30th, a one-hour reading/realignment is only **\$40** (a \$20 savings!).

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"The path to enlightenment is not a path at all. It's actually a metaphor for the time it takes for you to allow yourself to be happy with who you already are, where you're already at, and what you already have - no matter what." - TUT



## Elmwood's Turning 6! Open House

When: Saturday, April 30th  
Time: 10 AM until 1 PM

Come and celebrate our 6<sup>th</sup> year! Our open house will feature refreshments and noshing, free demonstrations and samplings of all of our services:

- \* Acupuncture \*
- \* Massage \*
- \* Chakra balancing \*
- \* Reiki \*
- \* Healing Touch Therapy \*
- \* Health counseling \*
- \* Natural Skin Care \*



Current clients and new friends are welcome!

### BREAST THERMOGRAPHY Holistic Breast Screenings



- Did you know that EVERY mammogram can be the equivalent of getting 1,000 chest x-rays in terms of radiation exposure?
- Did you know that radiation exposure elicits rapid, persistent alteration in the breast, as well as damages the DNA of breast tissue'?
- Did you know that the medical industry is in an uproar of controversy regarding mammograms?
- Did you know that for many women, the health risks associated with mammograms do not outweigh the potential benefits of having a mammogram?
- **DID YOU KNOW YOU HAVE A RISK-FREE CHOICE?**

**Clinics will be held on:**  
July 5  
October 4 & 5

YOU ONLY LIVE ONCE, BUT IF YOU DO IT RIGHT,  
ONCE IS ENOUGH. - MAE WEST



## MOTHER'S DAY MAY 8TH

Mom called – a gift certificate from Elmwood Acupuncture + Wellness is what she really wants for Mother's Day!

## HEALTH WATCH ACUPUNCTURE + FERTILITY = SUCCESS!

Acupuncture and Chinese medicine can significantly increase your chances for pregnancy and a full-term delivery.

Both men and women can dramatically enhance fertility potential with acupuncture by affecting the quality, quantity, balance and flow of Qi (Life Energy) and blood. Whether you are utilizing UTI, IVF or other methods of assistance or trying on your own, you owe it to yourself to utilize all available means of success. It can make ALL the difference!

Please contact Janet at 508/378-8004 or [jlee@elmwoodacuwell.com](mailto:jlee@elmwoodacuwell.com) to get started.



## COMMUNITY NEWS



**WANTED:** We are collecting egg cartons for Rose Side Farms in Bridgewater. So feel great that you are recycling while helping your neighbor!

**PRACTICE SPACE AVAILABLE:** Holistic Practitioners invited. Contact Janet at 508/378-8004.  
**FREE:** Chair massage, Fri. 6/17. Relay for Life, fundraiser event for the American Cancer Society at Bridgewater/Raynham High School. Donations gratefully accepted and all donations given to the American Cancer Society.

**RECOMMENDED:** The Learning Loft Preschool in Raynham is still has openings available for 2011-12 school year. They are seriously the BEST! Contact Judy 508/822-1237

### UPCOMING CLASSES:

Cupping Class: Thurs., 5/12, 6:30-7:30 PM offered by Janet Cabrera. \$25. Call 508/378-8004 for info.

Holistic Self-Care: Wed., 4/20, 5-6 PM offered by Carol Metral. Cost: \$30 at Hope Floats in Kingston. Call 781/936-8068 to register.