

A PARTNER IN PROSPEROUS HEALTH

FirstHealth of Andover was created to bring together accomplished practitioners of complementary/alternative medicine to guide, teach, and assist the members of our community with their health concerns. Motivating patients' interest and revitalizing their ability to heal are at the center of our shared philosophy.

CONSISTENT AND CONVENIENT

The range of services that FirstHealth of Andover can deliver on-site include:

- **Facial Rejuvenation Acupuncture.**
 - Reduces fine lines while diminishing larger wrinkles
 - Increases collagen production
 - Helps to eliminate puffiness and reduce bags under the eyes
 - Encourages muscle tone and elasticity
 - Moisturizes the skin by increasing local circulation of blood and lymph
 - Helps to lift drooping eyelids
 - Improves hormonal balance thereby benefiting those with hormonal acne
 - Enhances facial color
 - Tightens the pores
 - Minimizes double chins
 - Reduces stress lines in the face
 - Promotes overall health/well being
 - Stress release and relaxation
- **Personal Training—Injured Athletes Rehabilitation.** Are you afraid to go for the workout you desire because of chronic pain or an old nagging sports injury? Let our staff of practitioners and trainers help you regain your confidence. We specialize in assisting motivated individuals end the cycles of pain and re-injury by getting back into shape and staying there. Our roll is to do our best to help you experience the freedom from pain, while instructing you in the latest therapeutic exercises to stay in the best shape possible. Achieve the results in physical fitness you know can be yours with safe and effective

guidance from our skilled trainers and therapists. Learn how to take care of yourself for a lifetime of optimal health.

- **OSHA Evaluation and Recommendations.** Assessments may include, but are not limited to, evaluation of monitor and keyboard positioning, chair ergonomics, postural awareness, repetitive strain injury management education, and environmental factors.
- **Stress-Busting Breaks.** Using easy-to-do Oriental breathing exercises called Qigong, participants can learn to leave the stress behind while melting away tense muscles. They return to their job physically and mentally refreshed. Breaks can be scheduled for one-half to one-hour slots. Group size is dependent on the physical space. Average cost for a group of 10 participating in a half-hour program is \$15 per participant.
- **SenseWear® Mini Armband Monitor.** The first step in monitoring your health is by behavior modification and attention to foods consumed (calories in), increasing our physical activity (calories out), and sleep duration. The new SenseWear® mini armband monitors these factors and allows you to make smart choices. It's time to get healthy and with the mini, it's never been easier! Call for details.



LECTURES AND DEMONSTRATIONS

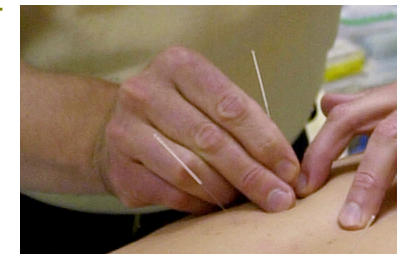
The acupuncture staff has an active schedule of presentations with local organizations and clubs. They welcome the opportunity to interact with your group on clarifying the emerging field of complementary medicine and enhancing your knowledge of this beneficial health process.

Learn more about all our services and the dynamic practitioners by visiting our website at

www.FirstHealthofAndover.com

ACUPUNCTURE

DISCOVER
THE
BENEFITS
OF
3,000
YEARS
OF
HEALING
HISTORY



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Celebrating Hope, Health,
and Wellness

Acupuncture is one of the oldest, most commonly used medical procedures in the world, originating in China more than 3,000 years ago.

ACUPUNCTURE IS PART OF THE PICTURE

The complete system of Oriental Medicine includes acupuncture as one of the most well known and rapidly growing therapies in our medical community. Other traditional techniques such as herbal medicine, massage, therapeutic exercise, and nutrition make up a versatile group of healing systems.

The National Institutes of Health describes acupuncture as a family of procedures involving stimulation of anatomical locations on the skin by a variety of techniques. The most studied mechanism of stimulation of acupuncture points employs penetration of the skin by thin, solid, metallic needles, which are manipulated manually or by electrical stimulation.

NO PAIN WITH LOTS OF GAIN

Acupuncture needles are so thin that most first-time patients hardly notice when they've been used. The relaxation and pain relief achieved through using these fine, flexible needles continues to pleasantly surprise our patients.

HOW ACUPUNCTURE WORKS

As more studies are funded, our understanding of the mechanisms of acupuncture continuously evolves. The latest discoveries suggest relationships of cause and effect between several reoccurring events.

Conduction of electromagnetic signals.

Scientists have found evidence that acupuncture points are strategic conductors of electromagnetic signals.

Activation of opioid systems. Research has found that several types of opioids may be released into the central nervous system during acupuncture treatment, thereby reducing pain.

Changes in brain chemistry, sensation, and involuntary body functions. Studies have shown that acupuncture may alter brain chemistry by changing the release of neurotransmitters and neurohormones. Acupuncture has also been documented to affect the parts of the central nervous system related to sensation and involuntary body functions, such as immune reactions, blood pressure, blood flow, and body temperature.

DIAGNOSIS AND TREATMENT OF CONDITIONS

Initial evaluation averages a one-hour office visit. Oriental diagnosis is based on:

- Patient past medical history
- Family medical history
- Conventional medical diagnosis
- Overall health evaluation
- Observation (Tongue)
- Palpation (Pulse)

ACUPUNCTURE IN THE UNITED STATES

- 38 states and the District of Columbia have passed statutes or regulations for the practice of acupuncture and Oriental medicine.
- In 1996, the FDA classified acupuncture needles as medical devices for general use by trained professionals.
- Acupuncture is a three-year masters-level program. Oriental medicine is a four-year masters-level program. Pre-med is a requirement for both. Over 40 colleges are accredited or in candidacy status.
- In Massachusetts, licensed acupuncturists are required to attend 30 hours of continuing education every 2 years.
- The FDA estimated in May 1993 there were 9-12 million patient visits each year for acupuncture.

SAFETY IS FIRST

Evidence clearly shows that acupuncture is very safe when performed by a well-trained practitioner. Practitioners at FirstHealth of Andover have passed state and national boards, practice universal precautions, and use only stainless steel, disposable needles.

ENJOY THE MANY BENEFITS OF ACUPUNCTURE

There is clear evidence that needle acupuncture is efficacious for adult post-operative and chemotherapy nausea and vomiting and for the nausea of pregnancy.

Much of the research to date relates to various pain problems. There is evidence of efficacy for postoperative dental pain. There are reasonable studies (although sometimes only single studies) showing relief of pain with acupuncture on diverse pain conditions such as menstrual cramps, tennis elbow, and fibromyalgia.

Complaints commonly treated at *FirstHealth of Andover* include:

- Asthma
- Eczema
- TMJ
- Infertility
- Neuralgia
- Bell's palsy
- Poor circulation
- Back pain/sciatica
- Arthritis (joint pain)
- Facial Rejuvenation
- Allergies and sinusitis
- Gastrointestinal disorders
- Weakened immune system
- Carpal tunnel syndrome
- Gynecological problems/PMS
- Chronic constipation/diarrhea
- Headaches (migraine, tension)
- Plantar fasciitis (bottom of feet)
- Chronic and post-operative pain management
- Pediatric asthma & chronic ear infections
- Sports injuries (sprains and strains)
- Musculoskeletal/neurological disorders
- Pregnancy-induced nausea and vomiting
- Chemotherapy-induced nausea/vomiting