

Hot Stone Massage. Smooth stones are warmed to a muscle soothing temperature that delivers a deep state of relaxation. *Immerse yourself in relaxation.*



Craniosacral Therapy. Extremely gentle touch using hand placements on the head, neck and spine is the hallmark of this subtle yet powerful technique known as Craniosacral Therapy.



Maternity Massage. Massage during pregnancy can relieve fatigued muscles and elevate the spirits of the mother-to-be during all stages of her pregnancy. It's a great way to relieve every day tension and stress.



Deep Tissue Therapy is a massage technique that focuses on the deeper layers of muscle tissue. It aims to release the chronic patterns of tension in the body through slow strokes and deep finger pressure on the contracted areas, either following or going across the fibers of the muscles, tendons and fascia.

Raindrop Therapy is a relaxing and revitalizing therapy that uses a sequence of nine immune-enhancing essential oils. The oils are dropped like rain from a height of about 6 inches onto the spine and then lightly massaged in using various hand-to-body techniques. These gentle massage techniques are designed to stimulate the spinal nerves and disperse the oils throughout the nervous system and the entire body.



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. Time to get healthy and with the mini, it's never been easier!



Appetite Management Products. All of us know what it's like to be on the go. The Control Bars™ and Extend Crisps™ curb our appetite, avoid blood sugar highs and lows for up to nine hours, and keep our energy levels up.

Nothing comes close to ControlBar!	Helps suppress appetite for up to 9 hours	Helps prevent low blood sugar day or night	Helps improve diabetes control for up to 9 hours
ControlBar®	YES!	YES!	YES!
Optifast®	No	No	No
Medifast®	No	No	No
Slim-Fast®	No	No	No
Atkins Advantage®	No	No	No

Only ControlBar is clinically proven to offer all of these benefits!

They were developed by a doctor to help stabilize blood sugar levels in diabetic patients and were discovered also to help control appetite and lose weight.

FIRSTHEALTH GIFT CARDS

Gift cards are always available for all services in any denomination.



LECTURES AND DEMONSTRATIONS

The FirstHealth 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 at FirstHealth by visiting our website at www.FirstHealthofAndover.com

FIRSTHEALTH OF ANDOVER

A PARTNER IN PROSPEROUS HEALTH

Your Team of Health Care Professionals Under One Roof!



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*Our Mission:
To guide, teach, and assist your body's ability to heal*

"To Guide, Teach, and Assist in Your
Body's Natural Ability to Heal."

FirstHealth^{PC} OF ANDOVER

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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.

ACUPUNCTURE:

DISCOVER THE BENEFITS OF 3,000 YEARS OF HEALING HISTORY

- Asthma
- Infertility
- Back pain/sciatica
- Arthritis (joint pain)
- Allergies and sinusitis
- IBS, Crohn's/Colitis
- Carpal tunnel syndrome
- Gynecological problems/PMS
- Headaches (migraine, tension)
- Sports injuries (sprains and strains)
- Musculoskeletal/neurological disorders
- Pregnancy-induced nausea and vomiting
- Chemotherapy-induced nausea/vomiting



CHINESE HERBAL MEDICINE: BLENDING SCIENCE AND NATURE

Herbal medicine combines thousands of years of experience with today's research and expertise. Though it began as folk medicine, today's practice of Oriental medicine is the result of a sophisticated blend of knowledge between nature and science. With our current understandings of individual herbs and how they act on the chemistry of the body, a formula can be custom made to fit your needs.



NATUROPATHIC MEDICINE

Naturopathic medicine is a distinct profession of primary health care, emphasizing prevention, treatment and the promotion of optimal health through the use of therapeutic methods and modalities which encourage the self-healing process, the *vis medicatrix naturae*.

Naturopathic diagnosis and therapeutics are supported by scientific research drawn from peer-reviewed journals from many disciplines. Naturopathic medicine includes a full scope of diagnosis and treatments including physical and gynecological exams.

HOMEOPATHY:

WHEN LESS IS MORE ... HEALING METHODS FOR THE WHOLE FAMILY

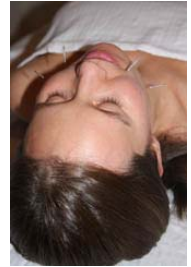
The word homeopathy comes from the Greek words *homo* (similar) and *pathos* (suffering). These medicines or remedies, as they are often referred to, belong to a pharmaceutical system that gives extremely small doses of substances mainly from the plant, mineral, and animal kingdoms. Homeopathic medicines help to boost your body's ability to heal itself.



FACIAL ACUPUNCTURE: FOR HEALTH AND BEAUTY

- Perfect for men and women mid-thirties and up
- Excellent for individuals who are in the public eye (realtors, celebrities and TV personalities, mothers of brides and grooms, sports' star wives, etc.) as there are no risks or recovery time, far less costly, safe, pain-free, relaxing and effective for the whole body
- 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
- Minimizes double chins
- Reduces stress lines in the face
- Promotes overall health/well being
- Stress release and relaxation
- Helps the whole body look and feel younger



ACE ADVANCED HEALTH & FITNESS SPECIALIST

An ACE Advanced Health & Fitness Specialist can bring the individual with medical limitations or those recently released from medical care closer to attaining their health goals by safely and effectively developing and assisting in their exercise program. Conditions commonly addressed:

- Low back pain
- Neck/shoulder pain
- Arthritis and joint pain
- Weight management
- Post rehab
- Sports injuries (sprains/strains)



MASSAGE/BODYWORK

For your convenience, we have assembled a wide variety of massage and body work professionals under one roof. Massage therapists at FirstHealth of Andover are licensed by the Massachusetts Board of Registration of Massage Therapy.



Reflexology assists your body in achieving a balance of all its systems. By applying massage and gentle pressure to the reflex zones on your feet, reflexology helps you release stress and tension, improve your circulation, and promote a sense of well being.