

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 and 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.
- **CranioSacral Therapy.** CranioSacral Therapy is performed on a fully-clothed person. Using a light touch – generally no more than the weight of a nickel – the practitioner monitors the rhythm of the craniosacral system to detect potential restrictions and imbalances. The therapist then uses delicate manual techniques to help alleviate a range of illness, pain, and dysfunction including but not limited to:
 - Migraines and headaches
 - Stress and tension-related problems
 - Temporomandibular joint syndrome (TMJ)
 - Learning disabilities

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

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BENEFIT FROM THE KNOWLEDGE OF NATURE AND SCIENCE



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**Celebrating Hope,
Health, and Wellness**

Oriental 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. Herbs are chosen from hundreds of possibilities to be combined into a formula to address your particular needs. Used alone or in conjunction with other traditional techniques (such as acupuncture, massage, and exercise), herbal medicine can be extremely effective at helping you to optimize your health.

MEDICINE FROM NATURE'S BOUNTY

Herbal medicine is derived from all the areas that nature has to offer, including the plant, animal, and mineral kingdoms. For the convenience of our patients, herbs are typically administered in capsules or liquid tincture form to accommodate your busy schedules.

YOUR BODY AND HERBS: AT YOUR SERVICE

Food is the fuel that powers our bodies. Vitamins and minerals are extracted from foods and chemically act on the body to promote optimal functioning. Herbs work in much the same way. Herbs are derived from nature and accepted by the body like a food. Herbal ingredients are broken down into their components and used by the body to address your general or specific health concerns.

TAILORED HERBS FOR THE BEST FIT

We are all individuals. At *FirstHealth* we believe in customizing herbal formulas to match your health, lifestyle and individualized needs. To determine your specific herbal prescription, our practitioners of Oriental Medicine assess a variety of information from sources including:

- Current signs, symptoms, and complaints
- Past medical history and family history
- Conventional medical diagnosis and diagnostic information
- Observation (tongue, face)
- Palpation (pulse)

POPULARITY AND PURITY

Herbal remedies have become popular recently. At *FirstHealth*, accuracy and purity are the standards of our success. Herbal formulas have been proven to be very effective *when prescribed by a trained practitioner of Oriental medicine* such as the herbalists at *FirstHealth*.

We also have taken measures to ensure your safety by using a reputable herbal distributor. Treasure of the East, located in Ithaca, NY, utilizes herbs directly from China. All herbs must pass the pharmaceutical Good Manufacturing Practice (GMP) which is an internationally-recognized standard for quality control. In addition all herbs are certified by the Chinese State Food and Drug Administration (SFDA).

A WELCOMED CHANGE

Keeping track of the healing progress is a partnership between the ones in charge ... you and your herbalist. They will meet with you to discuss the changes that have occurred since you began treatment. Your customized herbal formula can be modified to accommodate the changes that you've noticed, or additional concerns that may be present since your last visit. We encourage you to contact your herbalist with any questions.

A BOUNTY OF BENEFITS

Powerful medicine doesn't have to cost you much. Most herbal formulas can be formulated at a fraction of the cost of many pharmaceuticals. As an added bonus, side effects are rare, and formulas can be modified easily if needed. Patients at *FirstHealth of Andover* use oriental medicine to treat a vast range of complaints including but not limited to:

- Allergies
- Anxiety
- Arthritis and joint pain
- Asthma
- Back pain
- Bowel and bladder problems
- Cancer support
- Chronic pain
- Common colds
- Cough
- Edema
- Gynecological concerns (PMS, menstrual irregularities, miscarriages)
- Headaches (migraine, tension)
- High blood pressure & other cardiac issues
- Infertility/impotence
- Insomnia
- Irritable bowel syndrome
- Menopausal support
- Neurological concerns (stroke, Bell's palsy)
- Poor circulation
- Stress-related illnesses
- Sinus problems
- Tendonitis

THE EASE OF ACCESSIBILITY

All it takes is a phone call to our exceptional office staff to schedule an appointment. Our office is open Monday through Friday and occasionally on Saturdays. We have both morning and evening appointments to suit your needs. Expect to be in the office for about one hour on your initial visit. Follow-up visits are scheduled as necessary by your herbalist.

A LOOK INTO THE FUTURE

Recently more intensive research has been undertaken to fully comprehend the power and potential of these natural healing sources. Watch our newsletter for interesting and informative updates as we receive them.

FirstHealth believes that by inspiring others to lead their own health team, the best combination of health care and self care will be achieved.