

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 blog for interesting and informative updates as we receive them.



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.

LECTURES AND DEMONSTRATIONS

David Sollars has an active schedule of presentations with local organizations and clubs. He welcomes the opportunity to interact with your group on clarifying the emerging field of complementary medicine and enhancing your knowledge of this beneficial health process.

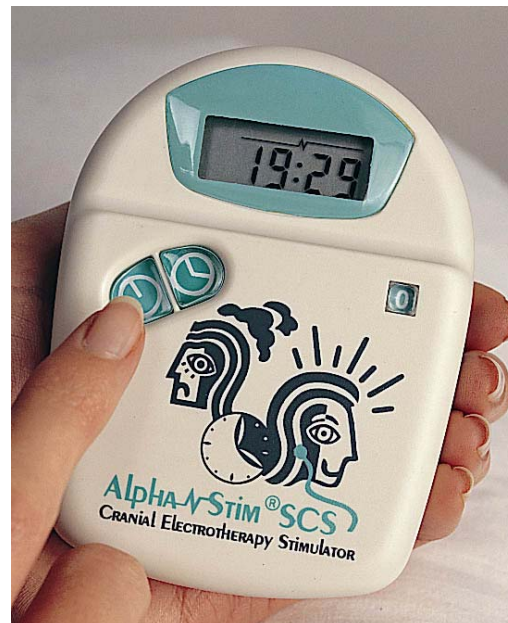
ALPHA-STIM® SCS (STRESS CONTROL SYSTEM)

The Alpha-Stim® SCS empowers you to control your anxiety, depression, and/or insomnia. Used just 20 to 60 minutes every day, every other day, or on an as-needed basis, it can help induce a relaxed state and enable the user to focus attention on the task at hand. The Alpha-Stim® SCS is well tolerated and very safe in contrast to drugs, many of which have been proven to have undesirable side effects and can be addictive.

The Alpha-Stim® SCS leaves the mind alert. The person undergoing CES treatment will often report a pleasant, relaxed feeling of well-being. Anxiety reduction is usually experienced during treatment, but may be seen hours later, or even the day after treatment. Depression and insomnia control is generally experienced after one to two weeks of daily treatment.

Maintenance of a relaxed, yet alert state is generally achieved with treatments three times per week. As a result, the Alpha-Stim® SCS is suitable for clinical or home use.

Available at FirstHealth of Andover.



C h i n e s e H e r b s

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:

- Allergies and sinus challenges
- Anxiety and stress-related illnesses
- Arthritis and joint pain
- Asthma
- Back pain
- Bowel and bladder problems
- Cancer support
- Chronic pain
- Common colds and 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
- Tendonitis

THE EASE OF ACCESSIBILITY

All it takes is a phone call to our exceptional office staff to schedule an appointment. 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.