



News From Brewster Acupuncture

Issue No 1

July 2008

In this historical moment you are now reading the first issue of News from Brewster Acupuncture! My intention with the news letter is to keep you informed about Brewster Acupuncture and to expand your knowledge of Chinese Medicine. Later on, I may include a question and answer section. As always, please feel free to contact me by phone 914.826.3456 or e-mail: brewsteracupuncture@comcast.net

Summer time is vacation time even for a busy acupuncturist. I will be out of the office from August 2 - August 23. I am going to Sweden (yay!) and cannot therefore answer my phone. I will return calls on Monday August 25.

Warm regards,
Ellika.

Sliding scale - no, we are not going to the playground!



I have decided to employ a new pricing policy. With all the climbing prices, I decided to decrease the price per follow up session AND at the same time increase it. Huh?

It is simple. The sliding scale will feature prices between \$60 - \$80. The choice is completely yours. This change will take effect in September 2008.

"Pre menstrual syndrome (PMS) and menstrual cramps in Chinese medicine"

Do you experience cramping pain, breast tenderness, emotional outbursts or bloating around the time of your period? Many of us do, and some can say "all of the above". But you do not have to suffer, because acupuncture and Chinese medicine can help. Instead of using pain medication and feel as the world is against you for up to a week every month, you can begin to notice results after as short time as a couple of months. And this is true healing of your imbalances, not just applying a temporary band aid. Acupuncture treatments weekly and Chinese herbal medicine works really well for PMS. It is important to be consistent because the effect of the treatments is cumulative and the results may reveal themselves after two or three menstrual cycles.



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Thank You!



I would like to thank everybody that participated in my event supporting Putnam Humane Society! I got to meet many engaging people and the dogs and cats at the shelter benefitted from your generosity! As an owner of three rescued dogs, I believe it is very important to support The Humane Society's tireless work for pets in need. Greetings from Molly, Clyde and Kya.

Quick Links

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Chronic Health issues.

Having treated many patients with numerous health concerns, I know how frustrating and challenging it can be to struggle with chronic health issues. I have learned that health problems are so often warning signs from a very intelligent place within ourselves that we need to change our current way of doing things. Learning how to thrive in your life has a lot to do with learning from your health concerns, not just pushing them away or judging them as negative. This approach is, for so many of my patients, where true healing begins. To read more about this, please go to my web site and down load a free e-book.

[Chronic Health Issues- E Book](#)

Quote of the day.

"All that we have to decide is what to do with the time that is given to us."
J.R.R. Tolkien (*The Lord of the Rings: The fellowship of the Ring.*)

Choose health now!

Brewster Acupuncture

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