

A man and a woman are running on a wooden boardwalk. The man is in the foreground, wearing a black t-shirt and black shorts, running towards the left. The woman is slightly behind him, wearing a light blue sports bra and grey leggings, also running towards the left. They are both smiling and appear to be in good physical shape. The background is a bright, hazy sky, suggesting a sunny day. The wooden planks of the boardwalk are visible in the foreground and middle ground.

acufit

ACUPUNCTURE & WELLBEING

EMPOWERED
& PAIN-FREE



“Pain at any stage, whether it’s chronic or acute, can be frustrating and debilitating. It can infiltrate your life to affect your work and career, your family time, your social life and your health.

I understand what you’re feeling- you push through long work hours only to come home exhausted and in discomfort with the “thrill” of doing it all again tomorrow.

There’s so few solutions that you haven’t already exhausted and you’re tired of it impacting your life. I know because I’ve been there too.

But, you can take control of your pain and there’s things that you can do right now that are simple and effective ==> I’m going to give you the key ones I recommend daily in clinic”



STEPS TO SUCCESS

1

Bone Broth

2

Tea Time

3

Magic Mag

4

Midnight Oils

5

The Four-Four Technique



1

BONE BROTH

Bone broth is the panacea the cup of life.

The building block of everything in our body's is collagen. We need to replenish it to support:

- * Gut health
- * Immune function
- * Skin quality
- * Joint + muscle repair
- * And much more!



2 TEA TIME

Herbal Teas support the digestion and maintain proper blood circulation to treat pain and symptoms of pain.

Any herb that is warming by nature is great. Go nuts and find what flavours works best for you!

A few of My favourites:
Peppermint, Ginger, Cinnamon,
Clove, Star Anise, Goji Berries,
Hibiscus and Slippery Elm.



3

MAGIC MAG

Without minerals our bodies start to seize, cramp, tighten up ==> Pain.

Magnesium is perfect for pain relief and relaxation.

Take 1/3 of a teaspoon 3 x day. I recommend taking “Natural Vitality Calm”.

A close-up photograph of a woman's face and hands. She is smiling and holding a small, clear glass bottle of essential oil with a black spray nozzle. Her hands are clasped together in front of her. She is wearing a white, lace-trimmed top. The background is softly blurred, showing what appears to be a window with light coming through.

4

MIDNIGHT OIL

Applying topically and diffusing Essential Oils will destress and decompress the body & help relieve pain.

My favourites: Lavender, Peppermint + Clove Oil - can be applied locally and diffused to relax the body.

Top tip: Always buy good quality oils, if it's cheap, send it back!



5

THE “FOUR-FOUR” TECHNIQUE

Often times our state-of-mind suffers when in prolonged discomfort.

Breathing techniques:

Calms body and mind & builds up the body's strength and resistance to pain.

Breathe in slowly for 4 secs - hold for 1-
Breathe out for 4 secs - hold for 1. Repeat as many times as you want.



WHAT TO DO NOW?

Implement these 5 steps today to aid pain relief and support overall health!
For more information or to book your
Body Diagnostic Session- SMS 0400 414 521.

MY WHY

I have been looking for natural solutions to Pain my whole life.

We are told day-in and day-out that we need to take something to stop pain.

Once I experienced Acupuncture for the first time and saw the benefits in not only pain, but in energy, mood & sleep; I knew I had to share this powerful natural medicine with the world.

If you're at your wits end or are oyt of ideas do not beat up on yourself. I have been there.

This is why I started Acu-Fit Acupuncture..
You Do Not Have To Be In Pain.
Let me show you how..

Acupuncture looks at everything. It leaves no stone unturned when treating dysfunction in the body.

Why? To get long term relief we have to treat the whole body to get comprehensive change. Imagine holding a small cup out in front of you. To hold it for 1 minute, it would be relatively easy. Now imagine holding it for a week or a month or a year.

This small cup can cause a lot of damage over time. Now think of how long you've had pain..

