



"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





2 TEA TIME

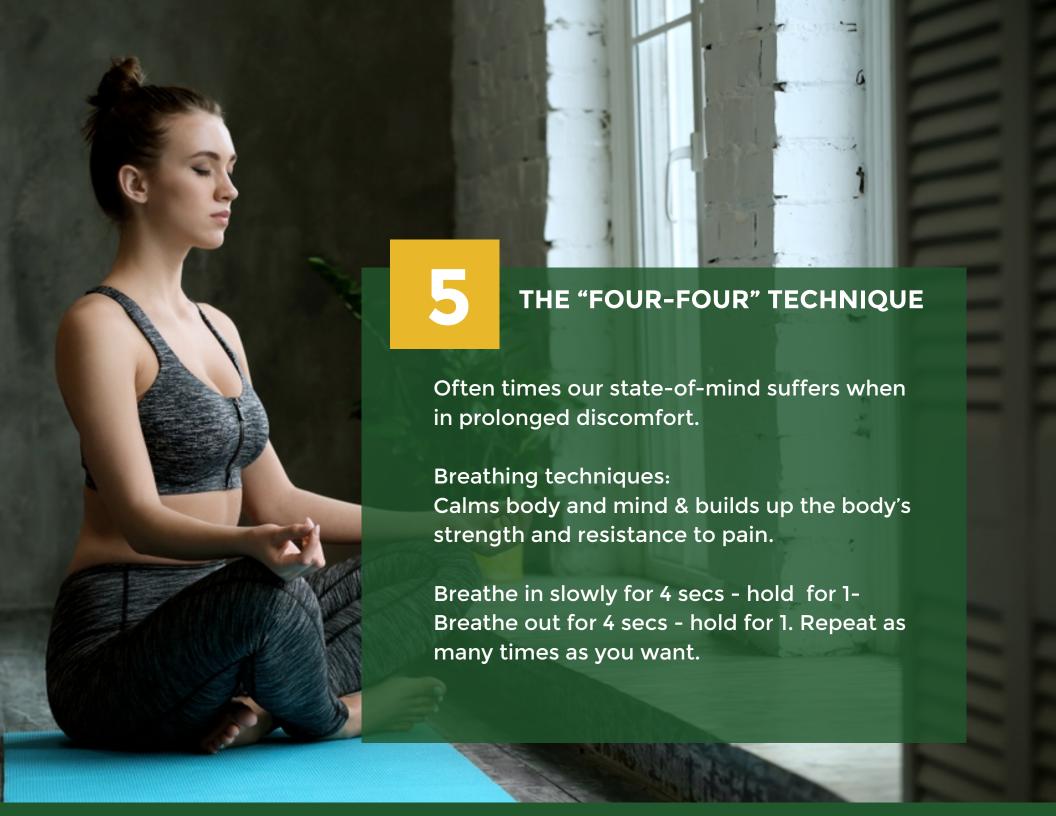
Herbal Teas support the digestion and maintain proper blood circulation to treat pain and symptoms of pain.

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.









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..

