



Oriental Medicine Options

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Acupuncture and Oriental Medicine



Healing • Prevention • Radiant Health

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- **HOW DOES ORIENTAL MEDICINE TREAT THE FLU?**
- **DOES WINTER CAUSE THE FLU?**
- **THE HEALTH BENEFITS OF YAMS AND SWEET POTATOES**
- **SEVEN NATURAL WAYS TO AVOID THE FLU**
- **THE 3 THUMPS TO BUILD YOUR IMMUNITY**

**Soothing Thursday
Moves to
Marvelous Mondays &
Wonderful Wednesdays**

What

Full Acupuncture Treatments

When

By appointment
Mondays or Wednesdays
from 5pm-7pm

Cost

Sliding scale fees
Ongoing visits \$15 - \$50
New Patient
1st visit \$30 - \$65
*Because we understand that
people's circumstances can
change daily, you decide
what you can afford each
time you come for
treatment.*

Place

Alternative Therapy
6080 26th St W, Bradenton

**Call 941-727-1500 to
make your appointment.**

How Does Oriental Medicine Treat the Flu



Oriental Medicine has a long history of treating colds and flu. There are acupuncture points and special herbal formulas which have immune building functions and are used prior to cold and flu season to build immunity. Other acupoints and herbal formulas work to fight off the virus and treat the symptoms if you do catch a cold or flu. It's best to start getting treatment the **very first signs** of symptoms.

Find out about herbs for your medicine chest and come in for a treatment at the first sign of cold or flu. 941-727-1500

DOES WINTER CAUSE THE FLU?

*Scientists discover the reason why the flu virus thrives in winter.
[Click here to read more.....](#)*

THE HEALTH BENEFITS OF YAMS AND SWEET POTATOES

*The Center for Science in Public Interest has ranked this delightful orange-colored tuber as having the highest nutritional value compared to a host of other vegetables.
[Click here to read more...](#)*

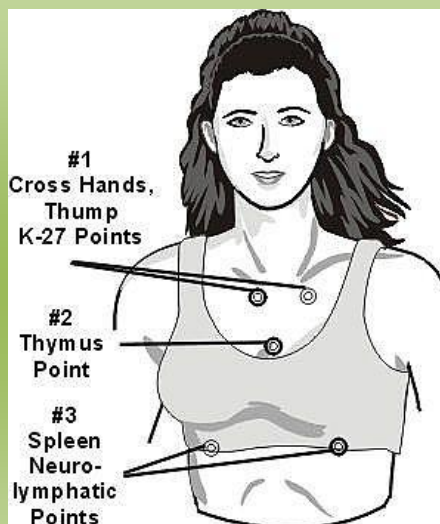
SEVEN NATURAL WAYS TO AVOID THE FLU

[Click here for the full article](#)

The Mayo Clinic recommends tai chi and yoga as "**Pathways to Better Health**"
[Click here to check out the article](#)

Check our next newsletter for the 2010 Tai Chi, Qigong and Yoga schedule at Alternative Therapy.

THE THREE THUMPS TO BUILD IMMUNITY



1. Start massaging points K-27 just below clavicle in the slight indentation where the ribs join the breastbone
2. Knock on the Thymus gland point at the center of breastbone, for one minute.
3. Massage Spleen points. They are located from nipples, straight down beneath breasts and on the next rib-15 seconds.