

Joy Acupuncture Health Centre
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Start Here

**How Health Problems Arise
&
How Acupuncture and Chinese Medicine
Can Help Restore Your Health**

80% to 100% Function
is
Optimal Health
Healthy Function of all Body Systems

**Maintenance
Care
Keeps you
Healthy
1x/month**

- Genetic Disposition
- Poor Diet & Junk Food
- Sedentary Lifestyle & Inadequate Exercise
- Mental and Physical Overwork & Little Rest
- Mental and Emotional Stress
- Trauma, Injuries, Illness, Infections
- Pollution, Environmental Toxins
- Drugs & Medications
- Chronic Pain
- Progressive Organ Dysfunction

**Corrective
Care
Restores
Function
and
Health
1x a week
until
maximum
Therapeutic
benefit**

**The Body Continues to Adapt and Adjust
Until A Tipping Point of
70% Dysfunction/30% Healthy Function**

Then Symptoms and Illness Develop

- Overwhelmed
- Cranky
- Depression
- Preoccupied with illness
- Financial Problems
- Loss of Sense of Humor
- Muscle Weakness or Wasting
- Inability to Care for Self
- Inability to Focus
- Inability to Care for Family
- Poor Sleep
- Strained Relationships
- Dependence on Meds
- Anxiety
- Loss of Social Life

0% Healthy Function

**Relief Care
Resolves
Symptoms
and
Halts
Progression
of
Condition
2-3x/week until
60-75%
resolved**