

## **New Office and December Stress-Free Holiday Special**

Finally, Fall is finally here and I'm busy sorting through my office preparing to move into my new office space around the corner. I'll be moving December 1, 2017 to [1172 San Pablo Ave Berkeley, CA 94706](http://www.1172sanpablo.com). I'm moving into an existing office with 2 acupuncture colleagues and a massage therapist. It's a beautiful office and I am so pleased to be welcomed into such a splendid group of women healers. The parking is better as there is street parking that is not timed and there is parking at the nearby MacDonald's or at the new Sprouts Market.

### **Stress-free holidays**

The holiday season is upon us and many people find this time of year stressful. In Traditional Chinese Medicine we believe this is the time to rest and reflect. We should be sleeping longer hours and eating simple warming foods and storing up energy for the spring renewal. The Holiday season can be very destabilizing, and this is the plight of modern western civilization. Acupuncture can help by giving you a respite from your busy schedule, and allow the body to rest and rejuvenate. So come in for an acupuncture treatment and get energized.

### **December Stress-Free Holiday Special**

As a special quick, stress-reducer and energy boost, I'm offering a short 30-minute acupuncture session for \$35. It will help you settle your mind and allow your immune system to work more efficiently. It will ground your nervous system, and allow your body to feel both relaxed and rejuvenated.

### **Toxins from the fires**

If you were engulfed with smoke from the recent fires, you know what a toll it can take on your health. Many patients have already experienced colds and breathing problems. The problem is that it's not just wood smoke. but toxins from all the houses and cars that have

been incinerated that we may have inhaled. Eating a healthy diet, filled with fresh vegetables, and fruit as well as drinking clean water is a good start because your body is designed to detoxify external pollutants. However, your system can be overwhelmed due to the sheer amount of toxic substances that have been released. [Here is a link to an article](#) about this very topic. The article looks at research into using a substance made from broccoli sprouts to boost the detoxification pathways. This is also one of the benefits of my 21-Day Purification Cleanse. **I will begin a new cleanse group in January 2018 starting Wednesday January 17. Save the date.**

In Health,

Susan Wallace, L.Ac.

510-559-8700

[www.SusanWallaceAcupuncture.com](http://www.SusanWallaceAcupuncture.com)