HOLISTIQUE MEDICAL CENTER · BELLEVUE, WA

Acupuncture: Why not make it part of your monthly routine?

Holistique Medical Team

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Men, this message is for you (and ladies if you are reading this, share this with the men in your life). Once a month, give acupuncture 45 minutes of your time. Why? Because a small commitment to acupuncture will produce a deep and impactful benefit for your health. Even if you do not have an active health diagnosis, as a preventive health treatment acupuncture treats disease and poor health before they arise and stops them from occurring.

Disease does not happen suddenly, and unfortunately there are not many advancements in modern medicine that have a way to predict and therefore prevent chronic or acute illness from happening.

Who benefits from acupuncture?

Simple answer is everyone, but remember this message is for the men. Yes, you men who are tough, stoic, and so often overworked, overburdened, stressed, lacking sleep, lacking energy, and with high demands made of you; both professionally and personally...Sound familiar?

As November and Men's Health month comes to a close, I invite you to give acupuncture a try and to continue improving your health regimen by finding enjoyable avenues–good for your wellbeing (as well as your work and relationships).

Acupuncture, an easy health #lifehack

Acupuncture is an effective health lifehack because all you need to do is 1. show up, 2. lay down, and 3. the work is done for you. Treatment is that simple, yet it produces profound results. Hopefully, monthly treatments will then become part of your health routine and something you look forward to experiencing–because of how it supports your wellbeing, adds energy and focus to your days, and helps you regulate stress better.

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What to expect during your acupuncture treatment

Your treatment begins with a couple of brief questions, and then taking your radial pulses (from your wrists) and a quick look at your tongue. This is followed by laying on a warm bed and a few painless (yes, painless!) insertions of very, very thin sterile needles at particular points, specifically chosen for you to produce desired outcomes. Finally, you'll spend time in a dimly lit room where rest and relaxation will come to you naturally.

I hope to hear from you and see you soon. Call our office at (425) 451-0404 today to schedule your appointment!

Cheers to your health, Dr. Ethan Rohde

Medical disclaimer: This article is for educational purposes only and reflects the clinical perspective of Holistique Medical Center. It is not a substitute for individualized medical advice, diagnosis, or treatment. Consult a qualified healthcare provider before starting any new therapy or making changes to your health regimen.

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