

# Healthy Living Newsletter – November 2011

Fall is in full swing and I'm finally spending some time indoors. First I want to thank you all for responding to my request for donations for the Charlotte Maxwell Cancer Clinic where I volunteer. We were able to raise extra funds to help low income women with their cancer protocols using acupuncture, herbs, massage and other alternative treatments.

## **Cold and Flu Season**

I hope you all have your cold and flu protection plan in place to help lessen your chances of getting sick. As I've said in previous newsletters, prevention is the best defense. You can refer to my newsletter (October 2009) for the details.

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

## **Water Filter Sale**

Multi-Pure drinking water systems is celebrating their 40<sup>th</sup> anniversary and are having a holiday promotion that is a great deal. As you know, I recommend using a water filter system to filter your tap water to guarantee the best drinking water possible, free of contaminants, great tasting and it frees up having to buy bottled water. Now when you purchase a new unit you can also receive a counter top stainless steel model for \$99.95 which is a savings of \$219. This is a great deal and is good for November and December 2011. So if you have been planning on buying a unit for your home – counter top, under the sink, or refrigerator – you can also get a second unit to give as a gift or for a student who is away at college. Click the link at my website (<http://www.multipureusa.com/swallace/index2.html>) where you can read up on water filters and place an order. If you have a question about water filters please contact me.

## **Acupuncture Discount for Pre-Payment**

I'm announcing a special deal for my patients who would like to get a discount on their acupuncture treatments by purchasing a block of treatments up front. If you prepay for your payments I will give you a discount of 10% (4 treatments), 15% (6 treatments) or 20% (8 treatments). A pre-paid block of treatments will be

good for one year from purchase.

### **My 25 Year Anniversary**

I will be celebrating my 25 year anniversary as an acupuncturist and want to invite you to an open house in January. I will announce the exact date and time in the December newsletter. I'll be providing free ear acupuncture treatments and serving healthy snacks, delicious desserts and fine herbal teas. Please join me in celebrating this milestone.

### **New Ear Treatments**

I've started something new this fall. I'm now offering ear acupuncture treatment that takes less than 15 minutes and costs \$15. I place very small stainless steel balls covered with transparent surgical tape on specific points in the ear. The treatment is fast, painless and very effective in dealing with stress, anxiety, pain among other conditions. The treatment will last for 4-7 days. All you have to do is press on the ball points whenever you feel the need to relax or reduce pain or anxiety.

In health,

Susan Wallace, L.Ac.

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