



DIAMOND STONE
ORIENTAL MEDICINE, INC
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Be Free from Allergies

Now is the time of year to strengthen your body against allergens. A regimen of acupuncture, Chinese herbs and a few dietary/lifestyle changes can eliminate your watery itchy eyes and fatigue, allowing you to be able to put away those facial tissues once and for all. You'll enjoy the seasonal weather changes with a smile on your face instead of a tear in your eye! Here's what a Minneapolis man had to say about his experience with allergies and acupuncture:

"Prior to my first appointment for acupuncture I had been suffering from allergies for years. I was treated with the traditional approach for a couple of years. This treatment included weekly shots and various prescription medications. Even though I was fastidious about the treatment I was still suffering and having difficulty training for cycling and feeling my best at work. The doctor who was treating me thought that much of my suffering had to do with pollution and as such he thought that the prognosis for treatment was not very good.

Finally my frustration grew to the point that I was looking for other options. This is when I started my course of treatment with Katherine last winter. Fast-forward to today: I am now no longer receiving shots, taking any medication for allergies and I am feeling MUCH better. My training for cycling even improved well enough late last summer that I was able to win a local mountain bike race. I still need to take care of myself, make good diet and lifestyle choices and see Katherine for occasional "tune-ups", but I feel that the acupuncture I received really helped me pull out of a long-standing slump."

You too can free yourself from allergies to feel your best and achieve your goals. Treating your allergies with acupuncture requires a commitment on your part: once a week acupuncture appointments for eight weeks, plus Chinese herbs and dietary/lifestyle advice all combine to strengthen your body to resist allergens. This commitment is an investment in you, and your first wealth is health.