



INTEGRATIVE **alternative** HEALTHCARE

christina FICK

Acupuncture By Christina Fick, L.Ac.

Christina Fick is a licensed Acupuncturist in downtown Evergreen. She studied health and alternative medicine in Hawaii, San Diego, and Colorado and holds two Masters Degrees in Acupuncture, Traditional Chinese Medicine and Herbology. In September 2013 she will begin working on her Doctorate degree. Christina strives for affordable, practical integrative medicine and hopes to eventually offer the Gerson Therapy on an outpatient basis. Visit her website for tons of information: ChristinaFick.com or call 303-594-8348.

In Chinese medicine, we look at each season in nature and what it represents. Winter is closely approaching as we all can tell, and fall seems quite distant on some days now. The Chinese see this as a time to start winding down and hibernating like a bear. In winter, activity is less and you save energy until spring starts. Spring is the time of growth and renewal. Summer is when we are most active.

Fall is still high energy, but not as much as summer, and we start to 'pack up—' so to speak.

We all know there is one big difference between the American and the Chinese way: Winter is not a time Americans are typically static, especially here in Colorado. Can you say holiday parties?! Can you say skiing?! I'd hardly categorize that in the storage and rest phase. Since I too am your typical American, I've decide to rebel a bit myself against the Chinese and their teachings. This month I opened up a brand new clinic (Talk about expanding)! My new clinic is right next to my current clinic (right next to, meaning they share a wall); and it now has a large waiting room, consultation room, full kitchen and four more treatment rooms. I know what you are all thinking... what am I going to do with all that space?

Lucky for you, Evergreen, I have brought in some of the best practitioners in town to come work out of my clinic. I have, in my opinion, the best holistic nutritionist in Jefferson county. Erin from Blu Mason Botanicals is a Certified Nutritionist specializing in digestive issues and fertility. Erin is also a Reiki Master. For those of you who do not know what Reiki is, it is a form of healing where the practitioner uses their own energy to balance out the energy of the patient. This is done when there are emotional stresses or even health issues that need to be addressed with a more passive form of medicine. Lastly, Erin is a Community Herbalist. She has brought many herbs that you can buy at the clinic here!

I also get the privilege to work with Angela from Grounded Massage, who is a neuromuscular massage therapist—and a fabulous one at

that! She graduated from MTIC in Denver and specializes in chronic pain and rehabilitation. She does deep tissue, fascial release, joint mobi-

lization and swedish and neuromuscular technique. Angela also performs postural analysis and functional neurology assessments to help create a treatment plan for her clients.

We also have a fantastic Core Energy Coach joining the clinic who helps with making

more conscious stress response choices and helps his clients with removing their blind spots. John is ICF certified through iPEC which is the most progressive coaching school in the US. John has been helping people help themselves by profiling their energy using the Energy Leadership Index (ELI)™ assessment and then coaching them out of their energy blocks. John is ICF certified through iPEC, which is the most prestigious coaching school in the U.S. John has been helping people help themselves through the Energetic Self Perception Scale.

**"The goal is to have one place where you can go for all your physical and mental health needs."**

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## Winter is the Time to Rest... NOT!

The goal is to have one place where you can go for all your physical and mental health needs. This is just the beginning. We are working on a centralized website, so you will be able to check out all the different practitioners and forms of medicine we will offer. In the meantime, you are always welcome to drop by the clinic, call me or check out my website, and I can direct you to them.

To begin the holiday party season, we thought we'd be the first to kick off with a great party! We will be having our Grand Opening as a collective office on Friday, November 22<sup>nd</sup>, starting at 5 pm and ending around 9 pm. Please come to meet all the practitioners, eat some of Erin's delicious nutritionist-approved foods, get a demo massage from Angela, pick John's brain about the energy scale or see some 'flying needle technique' acupuncture done by me (check out my website for more info on flying needle technique). We will also be giving out raffle tickets to everyone who comes to be entered to win great prizes, including free treat-

ments/sessions. I will have discounts on gift certificates and packages. There is a rumor there will be wine and beer, but you might have to find out for yourself. And speaking of discounts: Since Americans like to run around like parties will be going out of style during the holidays, I would like to introduce a cold and flu discount. If you have a cold or flu you can come in for only \$55 for a treatment. This means you'll be exempt from paying the initial consultation fee. Generally, I find it takes one, occasionally two treatments to completely get rid of a cold—it works like magic! So next time you get a cold, think of our clinic for acupuncture and herbs. It will blow your mind how fast you can get over a cold with something so simple.

I hope I will see many of you at our grand opening party. The office is gorgeous, so at least stop by to say hi and maybe grab some food!

Ronald Reagan once said: "There are no great limits to growth, because there are no limits of human intelligence, imagination and wonder."

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