

ROOT & BRANCH ORIENTAL MEDICINE

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Health & Vitality Newsletter

Hello friends of Root & Branch Oriental Medicine,

Welcome to our first Health & Vitality newsletter!

We (Eileen & Geoff) have decided to begin this e-Newsletter for the purpose of informing our community about the fantastic world of healing Qi & how it can dramatically change your quality of life for the better!

Included in the upcoming newsletters will be some of the following FREE features:

- Seasonal "***tricks of the trade***" about acupuncture's secrets of how to maintain health and prevent illness as the climate changes.
- ***The latest scientific discoveries and research*** in the field of acupuncture, Traditional Chinese Medicine (TCM), nutrition, holistic medicine & how this may dramatically change your quality of life for the better!
- ***Stress reduction*** practices to eliminate long-standing stress- a major cause of disease!
- ***Healing disease with food therapy***, and recipes for healing including: detox, healing specific diseases, & seasonal cleansing.
- Invaluable links to ***powerful health information*** for you & your loved ones instant benefit.
- Updates to our practice and techniques.
- Sign-up for the newsletter, ***forward it to a friend***, or change the e-

mail at which you would like to receive it.

- If this Health & Vitality newsletter does not interest you, see [unsubscribe](#) link below.

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Eileen DePaula M.Ed., M.Ac., Lic.Ac.

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