



## Acupuncture w/Jeanette

**\$45** *45 min session*

**\$60** *60 min session*

**Spa's Life & Style and  
Wellness Members will  
receive 10% off their  
session**

Jeanette's interest in acupuncture was piqued by her firsthand experience after suffering from tendonitis. After researching Oriental Medicine she made the decision to embark on this new career. She is passionate about serving her community and helping her patients achieve their healthcare goals.

Jeanette Duffy is a licensed Doctor of Oriental Medicine in the state of New Mexico. She also holds National Certification in Oriental Medicine from the National Commission of Acupuncture and Oriental Medicine. After retiring from teaching in the Los Lunas schools, Jeanette attended Southwest Acupuncture College to receive her four year degree. She graduated from UNM with a Bachelor's degree in Biology and received a Master's Degree in Science Teaching from New Mexico Institute of Mining and Technology. She has resided and taught in Los Lunas since 1980.

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# What is Acupuncture?

Acupuncture originated in China and has been practiced there for thousands of years. Acupuncture is a method of encouraging the body to promote natural healing and to restore balance. This is done by inserting very thin, one time use, sterile needles at precise acupuncture points.

Acupuncture is recognized by the National Institute of Health (NIH) and the World Health Organization (WHO) to be effective in treating a wide variety of medical problems. While acupuncture is often used to treat pain, in the hands of a well-trained practitioner it also has much broader applications. Acupuncture can be effective as the only treatment used, or to support other forms of medical treatment.

Here are just a few of the health concerns that acupuncture and Oriental medicine have been effective in treating:

- *Addiction (alcohol, drug, food, smoking)*
- *Adverse reactions to radiation or chemotherapy*
- *Allergies*
- *Anxiety*
- *Arthritis*
- *Bell's palsy*
- *Chronic fatigue*
- *Depression*
- *Digestive issues*
- *Fertility*
- *Headache*
- *Knee pain*
- *Low back pain*
- *Menstrual irregularities*
- *Migraines*
- *Morning sickness*
- *Pain*
- *PMS*
- *PTSD*
- *Sciatica*
- *Tennis elbow*
- *TMJ*
- *Weight loss*
- *And many more....*