

BEGIN YOUR JOURNEY BACK TO VIBRANT HEALTH USING

The Acu-Na Wellness Plan

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www.Acu-Na.com

7 BASIS STEPS for "Restoring Vibrant Health"

Health is one of our most prized possessions. We need to treasure it and invest in it. As with all things, good health begins with education. I hope to empower you with knowledge and a more complete understanding of how you can take control of your health naturally.

1

HYDRATE



Why Start with Water?

Dehydration is subtle, so subtle that most people are unaware of their need for water. Statistically, more than 90 percent of us are dehydrated; we are not getting the amount of water our bodies need to operate at optimal capacity. Water is the most important nutrient that our bodies need to properly function and plays a critical role in the natural metabolic, digestive, and cellular regeneration processes. When our bodies become dehydrated, our organs suffer, resulting in the prevalence of many degenerative diseases. All major systems of the body depend on water!

Recommendation: A good rule of thumb is to drink enough water to equal $\frac{1}{2}$ your body weight in ounces. For example: a 150 lb person needs 75 ounces of water every day. Purified, spring or distilled with added minerals - please, no tap water! Use a glass or stainless steel container. Plastics release xenoestrogens which may create an imbalance in your natural hormones and have been linked to cancer. Make an intentional effort daily to drink more water and less soda, coffee, and other non-beneficial beverages.

Assessment: We test your hydration at a cellular level in the office

2

WALK



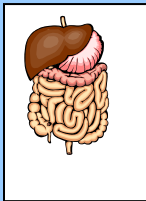
Why is Walking the Second Step?

Anyone, even someone not used to a regular exercise program, can instantly benefit from walking. Walking requires little time and no equipment. In fact, research has shown that brisk walking can be more beneficial and effective to overall health than extended running workouts. Walking is easy on the joints and bones, increases stamina and improves mobility, expands heart and cardiovascular functions, reduces stress, improves mental alertness and function, assists in weight loss, and promotes proper organ functions.

Recommendation: Determine to walk more each day by parking further away, taking the stairs instead of the elevator, and walking in the neighborhood at night.

3

CLEANSE



Why is Cleansing a Critical Step in Good Health?

The final stage of digestion is healthy elimination. Elimination begins at the cellular level and is continued through many metabolically active areas such as the skin, kidneys, lungs, and colon. It is essential that wastes are completely and regularly eliminated from the body.

Poor Digestion is one of our country's major health problems. Your digestive system is a complex arrangement of organs and intestines, an assortment of acids, bacteria, and enzymes designed to nourish vital organs and body systems. Your food and drink must be broken down into small molecules of nutrients before they can be absorbed into the blood and carried to cells throughout the body. A clogged or poorly functioning digestive system prevents the absorption of nutrients and the elimination of toxins which are damaging to the liver, gallbladder, pancreas, and other vital organs. Cleansing your body of harmful toxins and debris allows it to fully absorb and utilize the nutrients you take in through foods and natural supplements. When toxic buildup isn't cleared away, it prevents your body from converting the nutrients you consume into the energy you require.

"90% of all disease and discomfort is directly or indirectly related to an unclean colon."

Royal Academy of Physicians of Great Britain

Dr. Christian Herter (1865-1910) fully demonstrated that certain species of organisms in the intestines produced abnormal chemical products that were toxic in the bowels and were absorbed thereby escaping the bowels creating phlebitis, lymphangitis, gall bladder disease, liver disease, kidney infections, bladder infections, inflammatory conditions, allergies, immune deficiencies and other chronic diseases.

Toxic Heavy Metals negatively impact our health. They are in the air we breathe, the water we drink, the food we eat, the products we use and the objects we touch. Exposure is all but impossible to avoid. Heavy Metals build up within the body over a period of time causing poor health.

Recommendation: **Cleanse** your bowels with a proprietary combination of 29 highly-effective Chinese and American herbs and a unique fiber matrix that work together to help the body eliminate harmful organisms and support a clean, healthy, pro-bionic digestive tract.

Cleanse your body from heavy metal toxicity using a proprietary blend of natural chelating agents.

Schedule your:

JADE 3-STEP ELECTRO-LYMPHATIC TREATMENT

Detox Body Treatment – (90 min)

This is an advanced electronically assisted lymphatic drainage and detoxification treatment. It combines high frequency, micro-current, and color light therapy. It gently stimulates the meridians, stimulates the lymph, increases the drainage of toxins in connective tissues and provides electrical revitalization of cells. The stream of electrons temporarily disorganizes and releases the electrical bonds of non-functional protein chains, lumps, and accumulations. This lymphatic movement technology more quickly and effectively cleans out the lymph system more naturally and significantly than any other. The focus of this treatment is to empower the organs and natural systems of the body at the cellular level to do what they were programmed to do. This is a great treatment for weight loss or cellulite. Fantastic for full body rejuvenation!

Included is a 21-Day Home Detoxification Program.

Assessment: Obtain our in office lymphatic assessment. Obtain stool sample laboratory test.

4

NOURISH



Are We Eating the Right Things? Diet is what we eat – nutrition is what our cells and tissues actually receive.

Unfortunately, today's diets are made up of more fats, more sugars, more carbohydrates and fewer nutritionally rich foods. This, combined with the fact that we can't realistically eat 5-9 servings of fruits and vegetables every day, means we are not getting the vital essential vitamins, minerals, phytonutrients, and phytochemicals so critical to building and maintaining good health. Properly formulated, natural supplements bridge the gap between our bodies' increasing need for greater nutrition and the decline of nutrition in our food.

Recommendation: Buy organic fruits, vegetable, meats and dairy. Avoid processed foods. Avoid soy. Eat minimal dairy such as milk and cheeses. Eat a colorful diet. Do not buy radiated or genetically engineered foods. Avoid the three whites: sugar, flour, & breads. Avoid artificial sweeteners and sodas. Wash fruit and vegetables by either soaking in apple cider vinegar for 15 minutes, use 1 Tbsp / gallon of water or ¼ cup in a sink full of water or by spraying 3%

hydrogen peroxide on produce, wait 2-3 minutes then rinse. Avoid microwave cooking for it doesn't destroy parasites.

Use only scientifically advanced nutritional bio-available formulations available in the market today.

5

TARGET



Target Your Specific Needs

Once you have established a foundation of health through hydration, walking, cleansing, and nourishing your core, you can expand your focus to include specific areas of concern.. These targeted categories include heart health, bone and joint health, men's health, women's health, immune support, anti-aging, weight management, colon health, digestive health, general improved nutrition and other specific health issues. Healthy assimilation of the nutrients we eat require healthy cell membranes. We are only as healthy as our cells. Cell membranes determine what gets in and what goes out of the cell. They are the gatekeeper. Maintaining this discretionary and selective power is crucial to cellular health and vitality. Without it, cells begin become depleted and toxic. Healthy cells are the basis for optimal health.

Recommendation: Consider the results of your "Nutritional Assessment." Consider the results of your Acu-Na selected "Laboratory Test". Use only scientifically advanced nutritional formulations. Consider key supplements such as; iodine, magnesium, alpha lipoic acid, selenium, enzymes and glutathione. Maintain a slightly alkaline urine pH. Select a professional to help guide and support you. Internet support and continued consultations are available via my website at www.acu-na.com

VITAMINS: Generally your body does not produce vitamins. You must obtain them regularly from food or dietary substances. They are used in many biochemical reactions in the body

MINERALS: Minerals are elements naturally from the earth that are essential in human nutrition. They are also used in biochemical reactions in the body and are important in the detoxification process as well. Did you know black strap molasses contains all necessary trace minerals.

ENZYMES: Enzymes are proteins necessary for every chemical reaction in your body. They act as catalysts. Vitamins, minerals and hormones all need enzymes to function. There are three categories: metabolic, pancreatic and food or plant enzymes. When you take food/plant enzymes they aide in predigestion and then assist pancreatic enzymes. Plant enzymes insure the digestion of needed nutrients. Enzymes eaten on an empty stomach will

digest the protein coating on viruses enabling the immune system workers to destroy them. This is one way enzymes can help reduce inflammation. If you lack a certain pancreatic enzyme you are said to be intolerant to the food category related to that enzyme. ie lipase deficiency equals fat-intolerance.

6

Obtain Professional Support



Acu-Na Wellness Restoring Vibrant Health Program

The Acu-Na Wellness program offers you a comprehensive program to assess your neurotransmitters, hormones (thyroid, adrenals and sex hormones), allergens, Chinese medical diagnosis and nutritional status. We will also perform in the office on your first visit a "Bio-Impedance Analysis". This will show us the integrity of your cell membranes. This is important as if something isn't getting into the cell that the cell needs, you will have problems. This test gives many important such reading that also include hydration status of the "cell", body fat, metabolic rate and so much more.

We will then establish a customized treatment plan for you that addresses any imbalances found and any chronic condition you have. We will educate you on natural health protocols for addressing those imbalances. It also includes other protocols when warranted such as detoxification, reducing inflammation, improving the immune system and so much more.

I personally have had so many patients sit with me and cry at the end of their first follow-up appointment when we have reviewed all of their labs at the same time and have put together for them a comprehensive plan for their health. For many of them, this is the first time they have spent that much time with their practitioner and gone away with a sense of understanding their symptoms, patterns, and emotions.

Recommendation: [Make the commitment.](#)

7

Heal



Healing

Healing occurs on all levels-body, mind, and spirit. My main focus is to use oriental medicine, various natural healing modalities, nutrition, life-style, supplements and herbs to balance your internal environment (biochemistry.) Poor life-style choices, genetics, aging and environmental exposure contribute to a weakening of our body's systems. By educating ourselves about our options and making small but significant changes in the way we live and think we can dramatically change the way we feel. My goal is to help you gain the tools to keep improving your overall sense of health and vibrancy.

Each person's needs are unique. I tailor each program to suit the person-goals. We will identify through clinical questionnaires and appropriate lab tests what appears to be deficient in your body and how that is reflected in your signs and symptoms. Best of all we will

determine the best way to “resupply” your deficiencies and “Restore Vibrant Health” to your body. By tuning in to your specific needs you can give your body what it needs to stimulate it’s own innate healing response.

We don’t get ill overnight, and healing also takes time. It’s important remember that progress, not perfection is the goal. Life is a journey, so we just need to be on the right path!

Acu-Na® is our way of combining select natural therapies such as non-invasive laboratory testing, non-drug – targeted nutritional therapies, acupuncture, oriental medicine, herbs, natural supplements, Gua Sha, Cupping, electro-medicine, bio impedance analysis, Tui Na massage along with other selected massage modalities, and philosophies to assist us in “restoring vibrant health” in our patients, enabling them to live a healthier happier life.

By further customizing your treatment plan with facial rejuvenation, body detoxification and bodywork you will surely find our center “one of a kind.”

Recommendation: Feel your BEST! Don’t’ settle for less!