



SOLUTIONS:

Surround yourself with friends who care about you.

- Do not dwell on the negative or the past.
- Keep yourself busy.
- Find friends that encourage and build you up.
- Change your environment.
- Maintain a balanced lifestyle.

REMEMBER: The choices you make in life affect your health. Make wise choices and you will reap good health!!

Ni's Chinese Medical Center...

was established by Bo-Shih Ni and has been serving Florida for over 25 years. The physician's of Ni's Chinese Medical Center practice at superior levels due to Dr. Ni's training of ancient healing wisdom, something not found in American schools. Dr. Ni's knowledge is so extensive that he is a treasured professor not only in the U.S. but also in China and Taiwan.

Acupuncture, Chinese herbs, and Food as Medicine are utilized to expedite healing and provide lasting results. The goal is to restore balance to the internal system. Once balance has been obtained, our physicians teach their patients winning strategies to maintain it. This knowledge is frequently sought out by local groups, therefore; our physicians conduct monthly seminars and are available for speaking engagements. Visit our website www.drboni.com for current events.

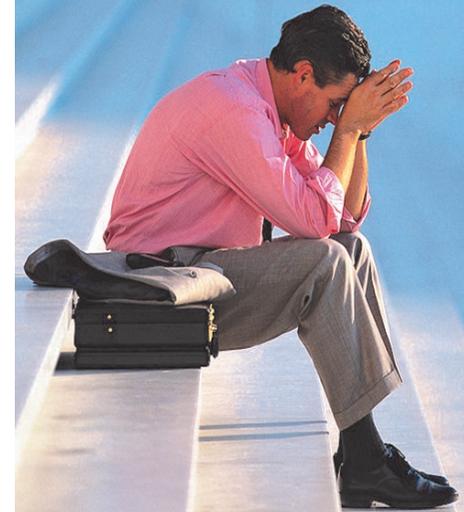


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Depression, Anxiety, and Stress



There is a
solution!

Ni's Chinese Medical Center
Licensed Acupuncturists

Melbourne (321) 757-9731

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Depression, Anxiety and Stress

is something that everyone has experienced at one time in their life. For many it has become an every day battle that never seems to end. It has no limit on age or gender. Loss of a loved one, financial hardships, health problems, peer pressure, broken families, low self-esteem,... the list of hardships we are bombarded with every day is numerous and when there seems to be no end in sight we become weighed down with anxiety and heavy thinking.

Traditional Chinese Medicine (TCM), which has been in use for over 5000 year's, teaches how the emotions and what we choose our mind to dwell upon affects our health. It has been proven for thousands of years that the kidneys, which is the storehouse of our energy, controls the brain. When the brain is used in excessive amount it begins to put strain on the kidney's which will in turn cause a deficiency in our energy. Deficient energy can cause us to lose our desire for activity whether it is exercise, social gatherings, hobbies or just getting out of bed in the morning. These are common symptoms associated with depression.

Anxiety is fear. Feeling anxious, shaking, heart pounding, having a hard time breathing are symptoms commonly seen in those who suffer from anxiety attacks. Just talking about anxiety can make you feel anxious.

Worry or stress is when your mind races as you

dwell upon your problems. This can cause low energy, loss of sleep, constipation, and breathing problems. When we worry it puts stress on our lungs and as our mind continues to race it becomes excessive use of the kidney's and therefore causes a deficiency. Worry and stress are not from an internal imbalance, this is something that we create ourselves by choosing to think upon things that we cannot correct or solve.

Is there hope?

If you suffer from depression, anxiety or stress you don't like the way you feel and you want it to change but sometimes you just don't know where to start. Since you are reading this brochure, you are taking the first step to recovery.

Next, you need to find out if you have an internal imbalance that is causing the emotional problem or you are creating the problem yourself. All internal organs relate to your emotions. Negative emotions can hurt your organs and an organ out of balance can show negative emotion symptoms. A TCM physician can restore balance and harmony to your internal system. Once treatment has been completed the symptoms, negative emotions, will disappear. However, a TCM physician cannot control how you use your mind, only YOU can control your thinking. If you are causing the imbalance by continuously worrying or thinking about problems you cannot solve or correct, you HAVE to make a change. You MUST stop the cause or your health problems will never end.

Suggestions

Do not dwell on the negative or the past. If you can't correct the situation or solve the problem, then don't think about it. Your thinking about it will cause health problems and the main problem is still there, you didn't solve it. If you cannot accomplish this task, then no one can help you. **YOU MUST HELP YOURSELF BEFORE OTHERS CAN HELP YOU!**

Keep yourself busy. Get involved in hobbies or activities that you enjoy or make you feel good about yourself and are calming. Take up swimming or cooking, join a gym, work in the garden, go to the spa,... keeping your mind occupied with things you enjoy leaves little time and space for negative thoughts.

Find friends that encourage and build you up. Do not socialize with people who are negative or talk about things that cause you stress. If you find yourself in a situation where you begin to feel stressed or anxious, kindly dismiss yourself. Clear your mind and find your focus. Remember, you are in control, do not let others control you.

Change your environment. If your job is boring or causing stress, change it. If the situation in your current job cannot be solved, then look for a new employer. If your home holds memories that cause grief or stress, change it. Either change location or remove the things that are causing the problem. Start fresh.

Maintain balance in all aspects of your life. There are three things that cause imbalance: Excess, Deficiency, and Accident. Anything we do too much of, not enough of, or are not careful can harm us.

