



## This Month: Acupuncture

**Catherine R. Coudray**  
**AP.Dipl.AC.OMD.**  
**A trained specialist in QXCI**  
**and Non-Surgical, non-**  
**invasive Face-lifts**

Originally from Sweden, graduated from the University of Uppsala, Uppsala, Sweden With a BS in Nutrition and Biochemistry. She is a member of the Swedish Dietetic Association NCCAOM, FSOAM, American Society of Acupuncturists. She has practiced as a Dietitian in Sweden and here in the USA for over 15 years. She continued to probe further studies in the field of Natural Healing and Medicine. She is also a graduate from the Florida School Of Acupuncture and Oriental Medicine of Gainesville, Florida. In the field of Natural Healing Medicine she has internship and practical experience from China Sweden and the USA specializing in Non-Surgical non-invasive Face-lifts, Classical Clinical Acupuncture, with or without needles,

extensive Nutritional and Herbal Medicine, Homeopathy, Bio-resonance with QXCI and Feng-shui Management.

### What is Acupuncture?

Acupuncture is a primary health care modality that the Chinese have practiced for over 2500 years. It is becoming one of the newest primary health care provisions in this country. It is much more than just inserting tiny thread like needles along meridian lines of the body, Acupuncture's complex system of diagnostic corollaries takes into consideration the patient as a whole. It's primary purpose is not the treatment of isolated symptoms but correcting an imbalance at the cause and preventing further development of ill health. Acupuncture is practiced based on discerning a "pattern of disharmony" and treating it appropriately There are numerous modalities that can be utilized in treatment-certain physical therapies, herbal medicine, moxabustion and nutrition. The

practice of Acupuncture and Traditional Chinese Medicine is not limited to symptom relief, it encompasses the larger picture of improving and increase both quality of your life and your ability to function.

### How it works.

The practice of Acupuncture uses natural laws and energetics along with stimulation from needles and pressure to "specific points" on the body. These points follow definite linear continuums or meridians that cross the body. As long as energy flows freely through these meridians health is experienced. When a blockage of energy or deficiency or excess of the energy occurs illness and pain result. With application and stimulation of needles along the meridians at appropriate acupuncture points the normal flow of energy can be restored and health reestablished.

**For More information call:**  
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Information courtesy of <http://www.catherinecoudray.com/index.html>

## Shop Online and Support the Cause at Igive.com and Shopforcharityday.com

The holidays are coming and many people chose to shop online. It's fast, convenient and if those were not good enough reasons here is one more...you can support the **DOROUGH LUPUS FOUNDATION** and help fight Lupus as you shop.

There are two ways to help us by shopping online. First, you can shop at [Igive.com](http://Igive.com) and a portion of your purchases will go to help DLF.



Another way to help is to shop at our "e-mall" at [shopforcharityday.com](http://shopforcharityday.com). Find great deals at stores like Kohl's, JustFlowers.com, Restaurant.com, Target.com, Overstock.com, Lands' End, OfficeMax, Abebooks.com and more!

**Thanks for your support and happy shopping!**

## Upcoming Meetings

**NO DECEMBER MEETING**

**January 22, 2008**

**February 26, 2008**

**March 25, 2008**

**April 22, 2008**

**May 27, 2008**

Meetings are held the fourth

Tuesday of every month at

**Arnold Palmer Hospital**

Classrooms 1& 2

92 W. Miller St.  
Orlando, FL 32806



**In December join us for the annual DLF Cruise December 10-17th on a 7 NIGHT EASTERN CARRIBEAN CRUISE .**

**Check out the [events page](#) on the website for all the details.**