

## **Fighting Stress & Addiction**

Acupuncture for health, stress management, addiction and recovery



## Are you looking for help in dealing with pain, depression, craving or stress?

I provide solutions. I am a Doctor of Traditional Chinese Medicine (TCM), and treat patients using acupuncture, auricular and scalp acupuncture, other adjunct therapies, and herbology. TCM is a wholistic approach to health care with a 5,000 year history of practice.

I help my patients reduce cravings, balance emotions, fight depression, manage stress and pain, to regain the mind - body - environment balance important for a vital and happy life. If you or someone you know needs support in:

- Surviving domestic violence or trauma
- Overcoming addiction and help in recovery
- Helping to identify your stressors, to add to your well-being and improve your whole health

As with any program or treatment plan, you must be willing to follow guiding suggestions of all your healthcare providers. Taking responsibility for your health will yield a more lasting result in your recovery. This may include herbs, diet or sleep hygiene.

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My personal philosophy guides my treatments. Compassion, permission, and treatment without judgment is how I would like to be treated, and thus merges into how I treat others: to do no harm, do what befits the recipient best, and work with a grateful heart.

Raven-Joyce Harley D.O.M.