

# ACUPUNCTURE WORKSHOP

**Topic:** Stress and Body Detoxification  
**Presented by:** Bridget Rowbatham Bergens  
CPHWC, CFSP, OTR/L

**Date:** December 6, 2017

**Time:** Wednesday, 10:30- 12:00 P.M

**Location:** Acupuncture & Skin Care Clinic  
725 W. Granada Blvd., Suite 15  
Ormond Beach 32174



**Lorenzo Phan, D.O.M., AP**

Acupuncture is recognized by the National Institute of Health (NIH) as effective in treating these medical conditions:

- Back Pain
- Knee Pain
- Sciatica
- Addition (Alcohol, Drugs, Smoking)
- Anxiety/ADD
- Stroke
- Migraines
- Carpal Tunnel
- Depression
- Digestive Disorders
- Insomnia and much more!

The benefits of Functional Nutrition focusing on the areas of systemic stress and body detoxification for everyday busy professionals. Topics discussed will include what is stress and how the body perceives it? And in turn how it reacts to it? Looking closer at biochemical individuality and how this is a determining factor on how we react differently to stress. Give

an overview on both genetic (What you were born with) and epigenetic (How environment effects your genetic expression) susceptibility to stress and poor detoxification. Finally, how this presents in everyday symptoms that inhibit wellness and how you can make substantial long term changes to how you feel each day with diet and lifestyle changes.

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