

# ARTICLE PROOF

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## Carrying A Lot of Stress in Your Body?



By Dr. Fei Yang, Dr. TCM, Reg. AC

**T**oday, we live in a fast-paced world. Our body tries to keep up with all the demands from working long hours, but usually, there is never enough time to get rejuvenated, to eat well or get enough sleep. We are in a constant hurry to go somewhere and do something. Is it any wonder that we feel stressed and overwhelmed?

For over five thousand years, acupuncture has been used to relieve the stresses that our body accumulates. Acupuncture helps the body to re-balance and re-energize. It works wonderfully to release body tension in the shoulder, neck, and lower back as well as relieve pain, anxiety and fatigue. It helps prevent illness.

In my 35-year practice, I have helped many individuals relieve their discomfort and stress. Sometimes, they experience relief from a single treatment. If you have a stressful job or busy lifestyle, regular acupuncture treatments can release the damaging stress that you are carrying in your body.

At your first appointment, I will do a Traditional Chinese Medical diagnosis on you, before I start treatment, to give me an idea of what your energy level is like at that moment. Each person responds to needles differently. Thinking of needles can be scary for some. Actually, unlike medical injection needles, acupuncture needles are thin—as thin as your hair! Nothing to be worried about. I tell my clients to focus on their breath, and then they rarely even notice the insertion. When I start to manipulate the needles, you may start to feel some slight discomfort, like a heaviness, aching or a radiating sensation. This indicates that the needles have started to work. During the session, I will be in consistent communication with you and—if it's your first treatment—I will be very cautious and gentle, to build up your trust in me and in the treatment method.

Dr. Fei Yang can be found at 2050 Winnipeg Road in Sooke. For an appointment call 250-888-6633. Visit [www.drfeiyang.ca](http://www.drfeiyang.ca).

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