

Grass Valley Acupuncture Clinic Ten Easy Spring Cleansing Steps Report Launched

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Grass Valley, CA based Dharma Acupuncture has released a new report that features ten easy steps for a healthier lifestyle this spring. Dharma Acupuncture offers medical acupuncture treatments to help with health issues such as pain relief and fertility.

For more information please visit the website here: https://dharmaacupuncture.com/single-post/2017/03/31/Ten-EASY-cleansing-tips-for-Spring.

Dharma Acupuncture was founded by Lisa Swanson, an acupuncture practitioner who has been working in the field of integrative medicine for over 15 years. Before opening her own practice she has worked at a variety of California clinics including the HAART Methodone Addiction Clinic, the California Pacific Medical Center in Stroke Recovery and the Charlotte Maxwell Cancer Clinic.

Her website also features a series of reports alongside details of the treatments available at her clinic, which include oncology, pain management, obstetrics and pediatrics. These posts are aimed at informing readers about acupuncture and healthy lifestyle choices.

The latest report is about ten easy steps that can be taken this spring to live a healthier lifestyle. These include eating better, being more active and taking to time to de-stress. For example the report suggests finding a physical activity and then committing to doing it for 20-30 minutes every day in order to feel healthier and fitter.

It also suggests stretching after a shower or bath to get the circulation moving when the body is warmed up. Another tip in their vein is to carry out dry body brushing, which involves daily, gentle dry brushing of the skin working from the fingers and toes towards the heart.

The report explains that striving to be healthier doesn't just include diet and exercise but that it also includes taking care of mental health. It states that a few minutes spent meditating everyday can help to improve how a person feels physically and emotionally.

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Dharma Acupuncture

A 15 year integrative medicine practitioner, Dr. Lisa Swanson, DAIM, L.Ac. is the founder of Dharma Acupuncture in Scottsdale. Certified in Functional Medicine and as a Kundalini Yoga instructor. Private sessions, workshops and events.

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