



## **Dharma Acupuncture of Grass Valley CA Offering Natural Immune Boosting Treatments During Fall and Winter Months**

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As an alternative to flu shots, or to detox from getting one, acupuncturist Lisa Swanson developed a 75 minute treatment with balancing acupuncture points customized to each patient with a specific protocol of acupuncture points studied to release white blood cells.

Essential oils are applied along the spine and the bottom of the feet known to fend off viruses and bacteria.

Flash cupping is used on the back to invigorate and move the blood and lymph system to flush out any toxicity lying just below the skin level.

Moxa, a warming herb that is used as a heat therapy to maximize the effect of the acupuncture, and has been proven to increase white blood cells, is included in the wellness program to protect the body exterior according to Chinese medicine says Swanson.

In this coming flu season it is important to strengthen the immune system and increase stamina, energy, and

release the immune system's antibodies.

Book an appointment now online for \$85 - Fall Immune Boost, or call/text: 530-648-4192.

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For more information about Dharma Acupuncture, contact the company here: Dharma Acupuncture Dr. Lisa Swanson, DAIM, L.Ac. 480.530.1912 [dharmaacupuncture@gmail.com](mailto:dharmaacupuncture@gmail.com) 10051 E Dynamite Blvd., G-105 Scottsdale, AZ 85262

## **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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