

Become Proactive about your Health. Prevent Illness Before it Begins!

Good health is when your body's Qi (vital energy) is in balance and flowing smoothly. Your body's Qi helps you think, gives you energy, maintains good health and organ function. If your Qi is strong and balanced then you are able to fight off disease easily, and live a long and happy life.

Modern society however makes this very difficult. Many people work long hours, are under a lot different stresses and don't maintain proper eating habits. This slowly weakens your Qi and disrupts its flow.

The initial symptoms are subtle, and many people overlook them, but these are the signs that your body's energy is weakening and becoming unbalanced. This can cause the development of a myriad of different diseases. The longer it is left untreated, the harder it becomes for your body to return to a balanced healthy state. This can seriously impact on your long term health.



So ask yourself, have you noticed any of the following:

- Having difficulty concentrating, poor memory or a lack of will power
- Poor sleep, or not waking refreshed, crazy dreams or nightmares
- Spontaneous sweating, or night sweats, odd feelings of heat or cold
- Digestive or bowel issues (especially when under stress)
- Feelings of anxiety or frustration, mood swings, general unhappiness
- Menstrual Irregularities and increased period pain
- Difficulty losing weight or feeling worse after exercising
- Poor energy, needing constant stimulants to keep working
- Falling ill frequently, or never properly recovering from illnesses

These are all signs that your body requires rebalancing. Dr. Steven Orloff uses Chinese Medicine techniques which have been perfected over a 1,000 years to bring your body's Qi back in to balance. The sooner the disharmony is treated, the faster you can return to a healthy state of body and mind.

Remember, your body is a machine too, regular maintenance keeps it running in optimum condition, and most importantly, prevents illness before it begins!!

“To administer medicine to diseases already developed is comparable to the behaviour of people who begin to dig a well after they have become thirsty...”

-The Yellow Emperors's Classic of Internal Medicine, the oldest medical book written 2,500 years ago which is still in use today.