



RiverWEST  
ACUPUNCTURE



## RELATIONAL ACUPUNCTURE® WEIGHT MANAGEMENT

Relational Acupuncture® is a revolutionary concept in alternative medicine that bridges ancient healing traditions with the needs of modern life. Its focus is to create an environment where people achieve their health goals by using intention and relationship to align the body, mind and spirit.

We utilize acupuncture delivered in a community setting to transform an individual's health and to help them reach their goals, whether it be finding a new job or running a marathon. The collective group energy provides a powerful source for these acupuncture treatments to deepen healing and generate results at a faster pace.

RiverWest Acupuncture has created a special Relational Acupuncture® series to help support you in your weight releasing goals. There are various ways Relational Acupuncture® can help you manage your weight:

**Release Endorphins:** Many people experience cravings with diet changes, often leading to binge eating. Endorphins are generally the main reason that these cravings are experienced. Acupuncture helps to balance the whole body and helps to release endorphins that will reduce those cravings and binge eating.

**Reduce Stress:** When there is an increase cortisol ("the stress hormone") the body's metabolism can be altered. The release of the endorphins that reduce cravings can also help in the reduction of stress.

**Support Digestion:** An efficient digestive process is key to weight loss and weight control. The Relational Acupuncture® supports a balanced digestive system leading to sustained control of weight.

**Dates:** **WEDNESDAYS 4:30-5:30;** Spring Series April 14-June 23, Summer Series July 7-September 15, Fall Series September 29-December 8.  
**FRIDAYS 12:00-1:00;** Spring Series April 16-June 25, Summer Series July 9-September 17, Fall Series October 1- December 10.

**Cost:** \$375 for the Series (a \$50 deposit is required at the time of sign-up)

**Location:** RiverWest Acupuncture 5441 SW Macadam Ste 200

Call or Email to Register: **503-246-0103** or [admin@riverwestacupuncture.com](mailto:admin@riverwestacupuncture.com)

**Join us in this process and allow the power of the collective to help you achieve your optimal level of health.**

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**Lisa C. Francolini, L.Ac.**