



**Inner Harmony Acupuncture and Oriental Medicine**  
412 N. Lake Street  
Aurora, Illinois 60506

## **Make Your New Year's Resolutions Come True with Acupuncture and Oriental Medicine**

Losing weight, quitting smoking and drinking, and getting fit are among the most popular New Year's Resolutions. The good news is that acupuncture can help you make your New Year's Resolutions come true.

**Losing Weight:** Acupuncture is a safe and effective tool for helping you lose weight, Acupuncture treatments have been proven to help control the appetite and reduce cravings, help with portion control, and improve your metabolism. It also helps to manage the stress brought on by everyday life which causes so much emotional eating. Mavis is qualified to understand your personal constitution and health challenges and to recommend dietary choices that are best for you.



**Quitting Smoking and other Addictions:** Don't try to do this on your own. Smoking is an addictive habit. Acupuncture helps suppress the physical cravings for smoking and eliminates the toxins and addictive substances that are keeping you addicted. Acupuncture helps manage the stress that is making you want to smoke, and can aid in preventing weight gain and irritability after you quit. Acupuncture has been recognized as an effective treatment for other addictive substances, including alcohol, heroin, cocaine and crystal meth.



**Health and Fitness:** Acupuncture can help you stay active and fit by increasing your energy and helping to relieve chronic pain or sports injury pain so you feel like getting up and moving. Acupuncture helps with chronic illnesses, such as asthma, that can act as barriers to an active lifestyle.



**Mavis Bates, L.Ac.**, is a Licensed Acupuncturist practicing in Aurora, Illinois. She is Nationally Board Certified by the NCCAOM in both Acupuncture and Oriental Medicine. She attended Pacific College of Oriental Medicine, a four year oriental medicine program. She has a thriving practice, Inner Harmony Acupuncture, extending into Kane, Kendall, and DuPage counties. For more information visit her website at [www.myinnerharmony.com](http://www.myinnerharmony.com).

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