

WORDSWORTH INTERNATIONAL

Public Relations
2121 NE 40th Avenue, Ocala, FL 34470
+1 (352) 351-9262

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Press Contact: Hellena Smejda
WordsWorth International Public Relations, Ocala
(352) 875-8156
hsmejda@wordsworth-international.net

Cosmetic Acupuncture Now Available in Gainesville and Ocala

*Alternative to Plastic Surgery and Botox,
Cosmetic Acupuncture Improves Looks From Inside Out*

Gainesville and Ocala, Florida, October 3, 2006 – Yvonne Woodson, RN, AP, announces that she is now offering a new service to combat the signs of aging: Cosmetic Acupuncture. Safer and less expensive than plastic surgery or Botox treatments, Cosmetic Acupuncture rejuvenates the face, mind and body. After reading numerous news stories about negative side-effects of plastic surgery and Botox treatments, Woodson decided it was time to offer patients a healthier alternative.

Cosmetic Acupuncture was developed hundreds of years ago to treat Chinese royalty, to invigorate and rejuvenate the face from the inside out. “In stimulating the face by inserting small needles in specific points on the body and face, you are moving energy (*Qi, pronounced Chi*), bringing blood, oxygen and collagen to the face, and energy to the major organ systems,” explains Woodson.

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Facial rejuvenation by Cosmetic Acupuncture has distinct advantages over plastic surgery, according to Woodson. “Facelifts, Botox injections, and laser procedures carry the risks of scarring, discomfort and lengthy recovery periods, plus a hefty price tag. Cosmetic Acupuncture treatments provide a safe and less expensive alternative, without side effects,” Woodson notes. “Skin becomes more delicate and fair, wrinkles and sagginess are reduced, fine lines are erased and deeper lines are reduced, droopy eyelids are lifted, age spots are reduced or cleared. Overall, the patient’s face, body and mind are rejuvenated.”

“The spider veins on my cheek are diffused and the pores on my face are definitely smaller,” says Bahira Sugarman, a Gainesville social worker. “I can see filling in under my eyes and my ‘spirit’ has also lifted! There is a tightness and uplifting in my cheeks. My skin is smoother and radiant. And most amazingly, the corners of my mouth turn up slightly, like when I was a little girl.”

Cosmetic Acupuncture is not just for those seeking rejuvenation. Patients have also found that Cosmetic Acupuncture provides relief for chronic head pain and allergies. The process aids in the healing of sensitive and damaged nerves and brings a special comfort to patients with facial pain due to injuries or reconstructive surgery.

“At the age of 16, I had an accident causing extensive facial trauma, and for years have endured dental procedures, sinus problems and headaches from those injuries,” confides Nancy Dehm, RN, a 60-year old Registered Nurse in Gainesville. “I was referred to Yvonne Woodson by my dentist for acupuncture treatment on my face. For over eight months now, since being treated, I have not had to use sinus medicine. My migraines have all but quit and I have not had to use pain pills for mouth pain. For me, this has been a life-changing experience. I would recommend these treatments for anyone who suffers from facial pain.”

A typical Cosmetic Acupuncture session begins with the careful insertion of over one hundred tiny acupuncture needles in specific points on the face or belly. While resting for 20 minutes on an energy stimulating Amethyst BioMat™ (www.thebiomatcompany.com), the patient experiences a tingling flow of energy throughout the facial muscles. The patient's skin immediately appears more toned and luminous. Wrinkles, age spots and fine lines begin to diminish after several sessions. Each session is restorative and provides a welcome respite from a hectic life. A full course of treatment includes 10 sessions over five weeks and is much less expensive than surgery or Botox.



Yvonne Woodson, RN, AP is a Florida licensed Registered Nurse and Acupuncture Physician who specializes in women's health. As an acupuncturist, she practices Classical Five Element Acupuncture and Mei Zen™ Cosmetic Acupuncture.

Appointments are available in Gainesville at The Yoga Sanctuary, 1204 NW 10th Ave, and in Ocala at the Active Wellness Center, 611 NE 25th Avenue. To learn more about Cosmetic Acupuncture, visit www.CosmeticAcupunctureGainesville.com or call (352) 318-0154 or (352) 335-1975 to schedule an appointment.

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