





"Conversations," Photo by Beth Kingsley Hawkins, ©1998

calendar to see when your next acupuncture treatment is scheduled, that little voice inside may be telling you it's time for a treatment whether it is on your regular schedule or not! It's important to schedule regular maintenance—*and* to attend to that inner voice.

**Eventually I want to try acupuncture, but a lot is going on in my life. I'm feeling I can't take on one more thing, and I'm wondering if I should wait to start treatment?**

That's a really good question. And I have a few good ques-

tions for you in return: How would it feel to be receiving support for yourself right now as you go through so much? Would just the right kind of support keep you from feeling overwhelmed? frustrated? frightened? depressed? What if you had someone in your corner who could be a partner for you as you travel on your life journey, AND (*here's the important part*) who also has the technical skills to keep these stresses from taking a heavy toll on your body, mind and spirit? An acupuncturist has the skill to help alleviate some of the physical and emotional impediments that can

keep you from doing your best.

I have a new client whose best friend referred her to acupuncture for some mild aches and pains about four years ago. She kept putting it off ("it was just one thing after another" she told me). Her symptoms grew much worse, and finally she called for an appointment. Now, after three treatments, her symptoms are nearly gone, and she feels so foolish that she didn't come for treatment four years ago!

Life's challenges shouldn't be so cumbersome as to keep you from doing what you can to tend yourself. Are you too busy to eat? Take a shower?

Have fun with your family or friends? Exercise? Sleep? If so, then maybe you should take a look at your priorities. Tending to any one of those things will help you meet the challenges in your life, and acupuncture has the same potential.

My last question: Why not invest a little time and energy in your own care?

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