



Women's Health &
Wellness Expertise in
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HEALTH & WELLNESS WITH ACUPUNCTURE, TCM HERBALS, ANTI-AGING MICROCURRENT—FERTILITY & WOMEN'S ISSUES



Magical Moments in Well Being

By Ilana Stein-Attali

I believe that the difference between magic and science lies in our faith in the instruments used to determine which is which.

I don't know about you, but "wow" moments seem to be on the increase for me. I guess we all have our own sense of what's exciting, important, and "new." For me, it is when diverse strands of my knowledge-base collide as a result of new research or insightful observations—when connections are made between apparently different aspects of what I know and do, as I assist my patients/clients towards better health.

Our body organs are connected directly to our thoughts and movements through the fascia, or network of connective tissue that lines every part of our physical and mental being. The Meridians, a network of channels that transport qi, also connect our internal organs to each other and to the environment.

By stimulating the outer body at specific areas through thought, touch, or movement, we can reach our deeper body parts.

If you are interested in learning more about this fascinating new approach to scientific knowledge please go to sites that will inform you about epigenetics.

A u-tube worth watching <http://video.google.com/videoplay?docid=-9018686187733655378#>