

North Park Acupuncture
3080 North Park Way
San Diego, CA 92104
619-294-6616
NorthParkAcupuncture.com

Staff:

Gayle Kildebeck, L.Ac.
Devon Verneti, L.Ac.
Tina Pham, Office Mgr



Announcements

We will have our normal schedule during the holidays. Although, Devon will be out of the office from Wed 12/8 returning on Mon 12/20. Gayle will be in the office on Mon 12/13 and afternoon of Wed 12/14 to cover her patients.

Devon will be here on the mornings of Christmas Eve and New Year's Eve.

Gayle's Schedule:

Tues 9:30am - 5:30pm
Wed 9:30am - 12:00pm
Thurs 9:30am - 5:30pm

Devon's Schedule:

Mon 9:30am - 5:30pm
Wed 12:30pm - 5:30pm
Fri 9:30am - 5:30pm

Coming up in 2011

Gayle invites you to start the New Year in a bright and healthy way.

Join her in a 4 week **Integrative Detox Program**. While participating in a 3 week anti-inflammatory cleansing diet, using Clearvite Protein Powder, you will also learn about the key components of a healthy diet and lifestyle, qi gong, and herbal support.

Wednesdays from
Jan 19 – Feb 9 at 6:30 - 8pm
Call for more info.

Join the Compliment Club by Devon Verneti, L.Ac.

During the holidays I am often reminded of my grandfather James Verneti (who recently passed at the respectable age of 93). The way he lived his life taught me the value of a positive attitude and the importance of sharing this with others.

He was a man committed to supporting his family and community and dedicated to helping others through charity work. We were all proud of his many achievements, but what gave him the greatest joy was his dedication to the *Compliment Club*. Each day he set a goal **to give a compliment to at least five people** he encountered throughout his day. It gave him such joy to see how a simple phrase could lift someone's mood.

We invite you to join us in the *Compliment Club*: it is free and membership is open to all. Its mission statement is simple: **a positive comment can change a person's day**. Compliments come in all forms: telling someone they have a beautiful smile, opening a door for someone whose hands are full, paying the bus fare for the person behind you, or saying hello to a stranger on the street.

During the holiday season is a great time to join the club - there are so many opportunities to brighten someone's day. Just imagine the ripple effect if you can get a harried mother or a over worked dad - anyone really - to stop for a moment and share a smile together.

Staying Healthy in the Holidays by Gayle Kildebeck, L.Ac.

It's early December and we can feel winter starting to take hold. Our days are short and nights are cold and dark. The old wisdom in Oriental thinking is that 21 days before the Solstice the seasonal energy begins to change. As the passing season wanes, as the coming season waxes - energy swirls.

During this chaotic time it is important to listen to what Winter is saying: **Stay warm, slow down, get more rest**. Come in for a treatment if you need it. It is always easier to **prevent** an illness, and other health problems, than having to **treat it** once it has taken hold. So keep in mind that Winter is a time of slow connected energy.