



September News!

Women's Clothing Charity Sale

Saturday, Sept. 19

To Benefit the
Acupuncture Association of
Missouri

Give your clothes new life!

SEPTEMBER 19, 2009
from 10:00am - 1:00pm
At 3966 HARTFORD ST,

St Louis, MO 63116
(2 doors down from Hartford
Coffee Co)

Coffee, tea and snacks provided

Donate gently used clothing, hats
and handbags (clothing should be
washed & folded; without tears).
Donate these items and purchase
new ones. A dressing room is
available.

Items can be donated
at our clinic until 9/14
(Deadline Extended)

The Urban Health Fair Saturday, Sept. 12

Visit our Community
Acupuncture booth at the
Urban Health Fair

The Urban Health fair features 35
LOCAL holistic health & wellness
vendors.

We will be offering free
treatments in our booth. Bring your
friends and family, especially those
who are curious about acupuncture,
but haven't had the time to book an
appointment.

While at the fair, you can also
experience complimentary
massage, nervous system scans,
fitness tests, and more.

Shop for botanical based soaps,
skin care products and nutritional
supplements. Learn about green
options for home restoration and
cleaning. Try out a free yoga, tai
chi, zumba or total body pump class.

Sept. 12, 11AM-5PM on Park Ave.
(between 18th and Mississippi) in
Lafayette Square. For more
information, go to
www.urbanhealthfair.org

Study on Acupuncture and Fibromyalgia

A recent study from the Mayo Clinic found acupuncture helpful in treating the fatigue and anxiety commonly experienced by fibromyalgia patients.

In the trial, patients who received acupuncture to counter their fibromyalgia symptoms reported improvement in fatigue and anxiety, among with other symptoms.

Acupuncture was well tolerated, with minimal side effects. In the double-blind study, Mayo Clinic doctors gave 25 fibromyalgia patients acupuncture, and 25 "sham" acupuncture treatments. Patients received six treatments during the two- to three-week study. Those who received acupuncture treatments reported less fatigue and anxiety one month following after treatment than did the "sham" group.

[Read Entire Article](#)



**One Free
Acupuncture Treatment
during your
Birthday Month!**

By appointment only: Call 314-772-4325
Mention the Birthday Special when you come or when
you call

Sincerely,

John Schmieder & Bryan Wagner
Community Acupuncture of St Louis
(314) 772-4325
www.acustl.com

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