

**Will
Acupuncture
Work For
Me?
Quiz**

Find out if acupuncture can help you!

Struggling to overcome stress, anxiety, insomnia or pain? Or, just feeling that your health isn't as great as you'd like? Have your friends told you that acupuncture helps, but you aren't sure if it will help you? Take this short quiz to see if acupuncture can help you feel better and achieve your health goals.

When you are struggling with your health, tired of being in pain or feeling stressed or anxious, you want to find the best, most effective treatment to get you back to health. I know because I've been there.



Hi! I'm Lauren Macintosh, R.Ac.

I've worked with hundreds of patients during my career, who are seeking to feel vibrant, active and fearless again. I want to help you too. My mission is to help you feel better fast. I do this by working with you to discover the root cause of your condition and treat the cause not just the symptoms.

Acupuncture has worked for many others, it can work for you too.

Ready to find answers?

Turn to the next page to start the Quiz!

Can Acupuncture Help Me? Quiz

Directions: Place a check mark next to any condition that describes your current health.

- I worry and am often anxious.** Do you worry a lot? Are you constantly thinking about concerns or fears or what ifs? Do you have heart palpitations or a racing heart?
- I am stressed and irritable.** Do you often feel irritable or impatient? Do you feel like you juggle a lot of responsibilities? Do you often feel on edge or carry tension in your neck and shoulders?
- I am in pain.** Do you have any areas of pain? Do you have pain in your back, neck, shoulders, knees or other joints? Do your muscles have knots, or do they ache or feel weak?
- I am tired.** Do you lack energy or feel exhausted? Is it difficult to get out of bed in the morning or do you feel like you never have enough energy to get through the day?
- I have trouble sleeping.** Do you have trouble falling asleep or do you wake easily or frequently in the night? Do you wake up earlier than you'd like or have frequent, vivid dreams or nightmares?
- I have gas, bloating and other stomach issues.** Do you suffer from gas, bloating, reflux, nausea or irritable bowel syndrome? Do you frequently have an upset stomach or stomach cramps?
- I have trouble going to the bathroom.** Do you suffer from constipation, diarrhea or loose stools? Do you alternate between constipation and loose stools?
- I have headaches or migraines.** Do you suffer from frequent sinus or tension headaches or migraines?
- I get sick often or have allergies.** Do you get frequent colds or sinus infections? Do you suffer from seasonal allergies? Do you have frequent nasal congestion?
- I have problems with my menstrual cycle or menopause.** Do you have painful period cramps, irregular periods, or premenstrual symptoms? Do you have menopausal symptoms such as night sweats, hot flashes, irritability or brain fog?

You're done! Continue to the next page to review your results.

Results

Count the number of boxes where you checked yes.

If you have 1 or more boxes checked. I can help you just as I have helped others struggling with these same conditions. How? Acupuncture is one of the oldest forms of medicine. It has been shown to treat a wide variety of conditions impacting the musculoskeletal, digestive, respiratory, cardiovascular, immune and mental/emotional systems. The best part? I treat the root cause of your condition so that it won't come back. And you get to enjoy a relaxing nap during your treatment.

Have several boxes checked? Don't be discouraged. Acupuncture can most definitely help you. Often many seemingly unrelated symptoms all stem from the same root cause according to Traditional Chinese medical diagnosis. By treating the root cause of your condition, you will see changes in each related symptom with regular acupuncture visits.

No checked boxes. If you have no boxes checked that's wonderful! I assume that you are feeling great with only the occasional health issue that you bounce back from quickly. But guess what? Acupuncture can still help you. One of the greatest strengths of Traditional Chinese Medicine is its focus on prevention. Regular acupuncture treatments can keep your body in balance, preventing illness and keeping your immune system strong.

If no boxes are checked because you're struggling with a health condition that wasn't on the above list, contact me. Acupuncture is a complete system of medicine that can effectively treat many health conditions – too many to list individually here. Give me a call so we can discuss your specific condition and how I can help you.

What's Next?

Ready to feel your best? Why put it off another day?

Call me at 587-997-6157 to schedule your appointment.

I look forward to helping you achieve your health goals!