



We have moved! We are now located at 114 E. Bloomingdale Avenue in Brandon

Happy New Year!

Dear Patients and Friends,

We hope this new year brings health, love, and many blessings to you and your family!

We are thrilled to bring you this first newsletter of 2012. We hope you are hanging on to your New Year's resolutions and that you are on your way to achieving your goals. If you are somewhat struggling or need any assistance, we may share with you some healthy tips which will help you on your journey.

10 Tips For Keeping Your New Year's Resolutions

If you are somewhat struggling with keeping up with your resolutions--or you have already broken them--it's still time to follow through! If your resolution is to take better care of your health, you'll have a much better year--and a healthier life--if your resolution sticks. We bring you some tips to help you succeed.

1. Be realistic

The surest way to fall short of your goal is to make your goal unattainable. Strive for a goal that is attainable, so instead of never eating your favorite ("unhealthy") food again, set your goal to eat it only once a week.

2. Plan ahead

Instead of not eating your 'unhealthy' food stored in the refrigerator, simply don't buy it when you go food shopping.

3. Outline your plan

Decide how you will deal with the temptation to skip that exercise class or have one more cigarette. This could include calling on a friend for help, practicing positive thinking and self-talk, or reminding yourself how your bad habit affects your health.

4. Make a "pro" and "con" list

It may help to see a list of items on paper to keep your motivation strong. Develop this list over time, and ask others to contribute to it. Keep your list with you and refer to it when you need help keeping your resolve.

5. Talk about it

Don't keep your resolution a secret. Tell friends and family members who will be there to support your resolve

to change yourself for the better or improve your health.

6. Reward yourself

Celebrate your success by treating yourself to something that you enjoy that does not contradict your resolution. If you've been sticking to your promise to eat better, for example, perhaps your reward could be going to a movie with a friend.

7. Track your progress

Keep track of each small success you make toward reaching your larger goal. Short-term goals are easier to keep, and small accomplishments will help keep you motivated. Instead of focusing on losing 30 pounds, say, focus on losing that first 5. Keeping a food diary or a symptom journal may help you stay on track.

8. Don't beat yourself up

Obsessing over the occasional slip won't help you achieve your goal. Do the best you can each day, and take each day one at a time.

9. Stick to it

Experts say it takes about 21 days for a new activity, such as exercising, to become a habit, and 6 months for it to become part of your personality. Your new healthful habits will become second-nature in no time.

10. Keep trying

If your resolution has totally run out of steam by mid-February, don't despair. Start over again! There's no reason you can't make a "New Year's resolution" any time of year.

January special: Call us today to set up a free 15' Weight Management consultation when you mention this newsletter.

The Amazing "Evolution" Homeopathic (hA2cg) Weight Mangement Program!

Save 10%

Save from our already reduced program fees. Monthly Special for January: \$259.-

The Amazing "Evolution" Homeopathic (hA2cg) Weight Mangement Program!

Lose up to 2 pounds per day with the most successful weight management program ever and keep the weight off for good!

Offer Expires: 02/15/2012



The "hA2cg Homeopathic Weight Management Program" we offer is a 3-week homeopathic weight loss program, followed by a 3-week maintenance phase. It will be the most amazing program and the last weight management program you ever make! You will be given specific guidelines to follow and all the products to make this the most successful weight management program you and the easiest one you ever made! It is proven to be very safe and successful to get rid of significant amounts of fat, losing weight fast, safely, and naturally.

We currently have a large group of patients who can attest to the success of this program. They found this diet effective, safe, and surprisingly easy to do. Recording their daily weight loss was an important tool to keep them encouraged, since they visualized their amazing daily progress.

Our patients find that the hA2cg Homeopathic is surprisingly easy to follow and that their weight loss brings many other health benefits. All patients find it extremely rewarding to be living a healthier lifestyle.

"I lost 36 pounds--in only 48 days--to reach my weight goal--3 years ago! I feel great, and--the best of all is that I've kept those pounds off for good!!! I have learned good eating habits, my cravings for unhealthy food are gone, and I look forward to a healthier, fuller life! (Adriana)

Quit Smoking with Acupuncture



Stopping smoking is one of the most popular New Year resolutions. Something about leaving an old year behind and looking ahead at the clean slate of a new one inspires most of us to try to get rid of unhealthy habits. We think about making lasting positive changes in our lives, and we do it with hope and enthusiasm.

People who seek out acupuncture for smoking cessation are usually highly motivated to quit smoking. They may have attempted to quit previously without success, some decide to stop smoking when a loved one develops a

smoking-related illness such as emphysema or lung cancer. The diseases associated with smoking are widely known. Many no longer want the expense and dependency of tobacco or they feel a social pressure not to smoke. Ultimately, one has to want to quit smoking for him or herself and not for anyone else.

Stopping smoking, like many other new year's resolutions, is frequently broken within the first few days of January. Don't get discouraged if you cannot quit at the first try, keep encouraging yourself, set short-term goals and reward yourself when you achieve them. Remember we are just a phone call away if you choose acupuncture as a valuable ally to help you quit smoking and act upon your strong desire to quit now, rather than putting it off indefinitely, and achieve your goal of a healthier year and a healthier you.

WE ARE VERY HAPPY TO WELCOME
DR ROSE HONOR
TO OUR HOLISTIC TEAM OF PRACTITIONERS



Dr. Rose Honor, A.P., D.O.M., has been a firm believer in Traditional Chinese Medicine since her early childhood. She has been involved in Chinese herbology since very young. She studied Acupuncture and TCM and graduated first in her class in the East West College of Natural Medicine in Sarasota, Florida.

She practices Acupuncture and Nutrition, blending the art and intuition of ancient Eastern traditions with the practical application of modern Western nutritional science to provide powerful, personalized care.

Welcome Dr. Rose!

We are very excited about our new services which will be available very soon:
ACUFACE REJUVENATION - NATURAL ACUFACIALS
MINERAL BODY WRAPS

We wish you and your family a happy, healthy new year and remember we are just a phone call away to help you on your journey to optimum health so you may enjoy life at its fullest.

Best of health,

Guillermo Caceres, D.O.M., A.P., M.D. (Peru)

Bloomingdale Acupuncture & Nutrition
Tampa Bay Natural Fertility

Bloomingdale Acupuncture & Nutrition Wellness Center

Natural Fertility of Tampa

114 East Bloomingdale Avenue

Brandon, FL 33511

813-341-2200

www.AcuTampa.com

www.TampaFertility.com