

charles holman acupuncture

Charles Holman, Lic. Ac.
Acupuncturist - T'ai Chi Instructor

Five Element Acupuncture

NAET Allergy Elimination

Applied Kinesiology

Distal Point Protocol for Pain

Absorption Protocol for Vitamins & Minerals

Detox Protocol for Chemicals

Hormonal Balancing & Fertility Protocol

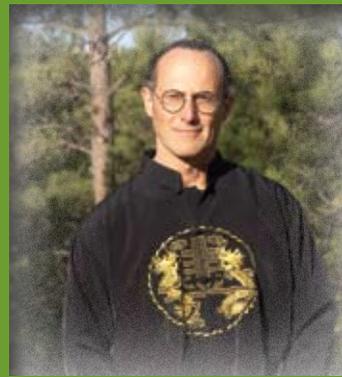
Weight Loss Protocol

Yang Style T'ai Chi

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Charles Holman has been practicing acupuncture for more than 15 years. He graduated from the Institute of Taoist Education and Acupuncture and is a registered, licensed acupuncturist in the state of Colorado.

After studying directly with the originator, Charles received Advanced Certification in NAET (go to www.holmanacupuncture.com for training details). Charles' exploration of Asian healing arts began nearly 30 years ago when he regularly spent time in Hong Kong on business trips. During this 10-year period, Charles was introduced to T'ai Chi, which shares its Taoist roots with acupuncture. After Hong Kong, Charles has remained dedicated to the healing arts, studying with various masters around the country, teaching T'ai Chi Ch'uan, Taoist philosophy and Acupuncture



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"Relax" is the most important principal of the Martial Art, T'ai Chi. "A relaxed muscle is quicker, more accurate, will go a longer distance without getting tired, and is more powerful than a tense muscle." Visit www.bearcreektaichi.com



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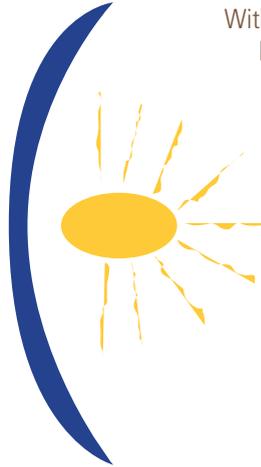
NAET (Nambudripad's Allergy Elimination Technique)

After studying directly with the originator for over 13 years, Charles has received the most Advanced Certification in NAET.

Based on the natural law of attraction (like energy balances like energy) NAET treatments balance the body's internal energy with an allergen and restore the body's health. In today's world of acupuncture and NAET, no one should have to live with allergy symptoms.

NAET treatments are completely natural, pain free, very effective and long-lasting. Treatments can be done without needles and through a surrogate for infants and children.

Drug therapy using either antihistamines or steroids to control allergic symptoms does not correct the underlying problem. With long-term pharmaceutical usage, side affects are always a concern.



Hormonal Balancing And Fertility Protocol

With only a few treatments, hormones can be balanced, and symptoms like hot flashes, night sweats, and many others will all go away.

Western medicine enhances fertility with drugs. We, on the other hand, look for what is causing infertility. By testing the reproductive system for deficiencies and imbalances, we are able to have a much clearer picture of the problem. By eliminating the imbalance through treatments and avoidance, nature will take its course.



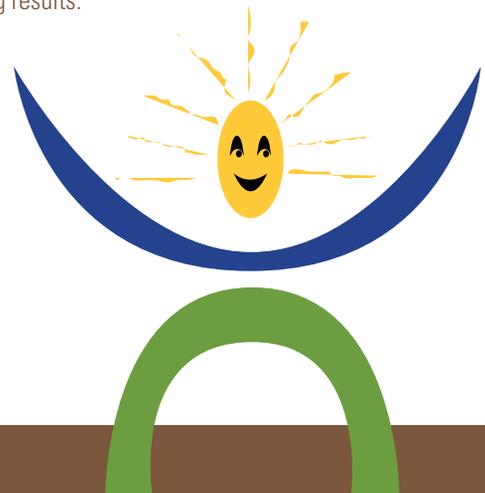
Distal Point Protocol for Pain

Distal Point Acupuncture is a system that has been used to alleviate pain for thousands of years. I have been personally using the system effectively for over 13 years and have come upon a protocol that takes pain management to a whole new level. This protocol, whether for acute or chronic pain, joint, muscle or nerve pain, headaches or migraines, is extremely effective.



Detox Protocol for Chemicals

As an acupuncturist, it's hard to go a day without detoxing someone of mercury, lead, chemicals or pharmaceuticals. Detox can happen quickly and safely. There are many sources in society, with some of the most common being amalgam (mercury) dental fillings, paint fumes, cleaning fluids and detergents. Symptoms of chemical sensitivity are too numerous to mention but can be detoxed with amazing results.



healthy

"The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease."

Thomas A. Edison, ca. 1900

T'ai Chi

From serious athletes to seniors, people around the world are learning T'ai Chi and experiencing its benefits.

T'ai Chi Ch'uan is translated as "The Supreme Ultimate Martial Art." Developed in ancient China, T'ai Chi is designed to cultivate good health, meditation and self-defense. Relaxation, coordination, balance, muscle tone, weight loss and stress release are just a few of the benefits that you will experience.

We teach the Yang style short form consisting of 37 postures developed by Professor Cheng Man Ching, the leading martial artist of his time.

The solo form is performed slowly and continuously, taking about 10 minutes to complete one round. It requires no special equipment and can be done in a small space.

Meditation, "Chi-Energetics" and self-defense will also be taught. The T'ai Chi sword form and fencing are also available.



"If you want to understand the secrets of the universe, think in terms of energy, frequency and vibration."

Nikola Tesla, ca. 1900

TAO TE CHUNG

People are born soft and supple, At death, they are stiff and hard.
Plants are born tender and pliant; At death, they are brittle and dry.
Thus whoever is stiff and inflexible Is a disciple of death
Whoever is soft and yielding Is a disciple of life.
The hard and stiff will be broken, The soft and supple will prevail.
ca. 6th Century B.C.



Acupuncture

Originating in ancient China 5000 years ago, five element acupuncture is one of the oldest continuously practiced medical systems in the world. The World Health Organization formally recognizes acupuncture as an effective form of medical treatment.

Acupuncture needles are as thin as a strand of hair. Only the finest quality stainless steel, pre-sterilized needles are used. Treatments are done with the fewest number of needles possible and insertions are generally just below the skin surface. Most people experience a sensation during acupuncture, but pain is minimal. If needed, insertion-less treatment and surrogate treatments for babies and young children are very affective.

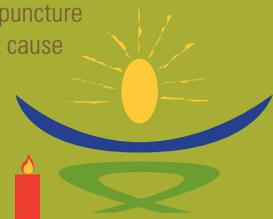
Western medicine and acupuncture can work well together. If you have been seeing a physician, tell them that you are receiving acupuncture treatments. As your symptoms go away your medications can be reduced or eliminated.

The number of treatments can vary. Some people experience immediate relief; for others, it may take several treatments for symptoms to start subsiding. For more serious illnesses, a treatment program is discussed.

A free consultation is available to answer any questions you may have.

Five Element Acupuncture

Based upon the laws of nature, health is maintained by balancing the flow of vital energy, or chi, through the elemental body (fire, earth, metal, water, wood). A block or imbalance in energy flow causes disharmony in the body, mind and spirit. By addressing the underlying disharmony, acupuncture treatments can resolve the root cause of the imbalance. This is why five element acupuncture can work for almost any disease or illness.



fire earth metal water wood

Applied Kinesiology

Referred to in laymen's terms as muscle testing, Applied Kinesiology is one of the biggest breakthroughs in medicine. It was brought to our attention by Dr. George Goodheart in the late sixties. Although there is evidence of it going back to ancient China, the origin is unknown.

With the understanding that all thought has energy (see the book Messages from Water by Masaru Emoto) and the subconscious knows all there is to know about our own body, applied kinesiology gives us an ability to ask questions and look for the root cause of an illness. With this clearer picture we can eliminate the imbalance long term.



applied kinesiology

Absorption Protocol for Vitamins & Minerals

It's not about what you intake, it's about what you absorb. This protocol is designed to increase the absorption rate and decrease the rejection rate of vitamins and minerals. This is one of the most important things that you can do to increase your health and immune system.



Here are a few examples of imbalances caused by a low absorption of vitamins and minerals:

- Iodine** - thyroid imbalance
- Iron** - anemic, blood disorders, joint/back pain, asthma
- Potassium** - headaches, heart palpitations, joint-muscle pain
- Manganese** - excess weight, depression, digestive disorders, shortness of breath
- Chromium** - hypoglycemia, respiratory disorders, joint pain, insomnia, skin disorders
- Calcium** - bone density, cramps, muscle weakness, skin disorders, respiratory disease
- Magnesium** - muscle weakness, constipation, nerve disorders, heart palpitations, pain
- Sodium** - high blood pressure, heart palpitations, brain fog, ear infections, pain
- Vitamin C** - immune disorders, asthma, body aches, joint pain, neurological imbalances
- Vitamin B** - arthritis, depression, addictions, allergies, autoimmune disorders, anxiety
- Serotonin, Melatonin** - depression, anxiety, insomnia

depletion

Weight Loss Protocol

Chemical imbalance in the body can be making the process very difficult, and can be resolved quickly! Discipline may NOT be the problem. What's the real problem!

1. Lepton, Nuropeptide Y imbalance which causes cravings
2. Thyroid, Hypothyroid
3. Hormones (the list is long)
4. Inability to metabolize fats, carbs, sugars or salt
5. Are you rejecting vitamins and minerals, and therefore deficient
6. Are there food allergies like gluten or dairy
7. Digestive Enzymes
8. Is your body toxic of chemicals
9. Is joint pain getting in the way
10. Do you have low energy
11. Do you have a good exercise program
12. Do you need nutritional help



weight loss

“A man is literally what he thinks, his character being the complete sum of all his thoughts. You are today where your thoughts have brought you; you will be tomorrow where your thoughts take you.”
James Allen, ca. 1890