

## Hormone Balancing

Acupuncture is all about balancing, when I give a treatment after a complete health history is taken and other diagnostic observations are made, it's balancing that I strive for. I believe that the human body is an amazing machine and if we supply the right amounts of nutrition, proper hydration, sleep, stress reduction and exercise, our body will work as hard as it can naturally to achieve overall health and balance. Hormone balancing is just one of these many balancing acts that take place all the time. But sometimes, we need some help and that's where acupuncture can fit in remarkably.