

GOT SLEEP Stress gtgt Anxietygtgt Insomnia (Laramie, Cheyenne)



Location **Wyoming**
<https://www.genclassifieds.com/x-714215-z>

Work? Kids? Money? Relationships? School? Health? Family?

One challenge that never ends is how to beat the stress that takes a toll on our lives by robbing us of sleep. Nothing gets better if you can't sleep.

Affordable treatments at Acupuncture & Chinese Medicine can help ease stress, which even western medicine is starting to recognize as a primary source of disease.

Once a proper diagnosis is given, many modalities (diet, relaxation, acupuncture, exercise, bodywork*, herbal medicine, etc), all guided by the principles of Classical Chinese Medicine, can play a part as determined by that diagnosis. Whatever the modality, the objective is always the same; allow the body to relax so it can circulate fluids and energy properly.

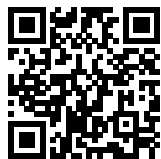
Please call 286-0136 to make your appointment, and start out on the road to optimal health.

*Bodywork is not available at our Cheyenne clinic. For those interested in massage, whether as a primary service or an integrated treatment modality, please book your appointment at our Laramie clinic.



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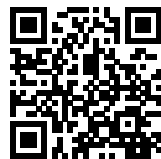
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