

Dear Patients

Thank you all for your contributions in making 2024 such a fabulous practice year !!

Looking back here are but a few things that occurred.

- As some of you know I generally donate several treatment per year to those in need but aren't able to afford what is needed. This past year along with a generous donor – 3 patients were able to receive treatments and reach better health and return to work! :)
- Free supplements were also given to those who were in need. 😊
- Speaking of supplements as many of you know – All supplements sold are at the WHOLESALE pricing. 😊
- A reading group was started in the summer and often books were donated to those who needed to keep the books for reference. 😊
- Also as many of you know – I committed to getting fitness testing of body composition, body fat, skeletal muscle mass and full VO2 Max testing. This occurred in October.
The picture I showing here is prior – I didn't look that excited post test I'm sure. Remember VO2 max lowers as we age and it is a huge metric on HOW we age.
I said I would share these results – My VO2 was 31 which in my age group is the lower end of the high range. That was good. The not so good news were two things: 1) my skeletal mass for my upper body is paltry at best (great for lower body) and that has to improve. Also my heart rate during the test inched upwards faster than they would like. Nothing I experience when running or exercising. So 2 things to work on there.

2025 goals -

- Continue offering treatments along with supplements free of charge to those that are in need. 😊
- Reading listings seasonal – book club to discuss ?? 😊
- Keep you posted on my continued quest for health- and more importantly help you and yours. 😊



- Continued education in Canada for Esoteric acupuncture 😊