

pokeSRQ

Acupuncture Within Reach for Sarasota

New Contact Info!

You can now reach Dr. Rathvon directly at **941-363-1065**. pokeSRQ is still located at 1435 S. Osprey Avenue, Suite 200, in the Osprey Avenue Medical Center...and we're still online at pokeSRQ.com!

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Gift Certificates

What do you get for the person who has it all? The gift of good health!

Ask about our gift certificates!

August 2010

"The wise adapt themselves to circumstances, as water molds itself to the pitcher." --Chinese proverb

Welcome to [pokeSRQ](http://pokeSRQ.com)'s newest way to keep you educated & empowered! We began our journey together in Pineapple Healing Center and since then we've have seen some big changes. However, it is said that "if nothing ever changed, there'd be no butterflies." It is my hope that we can change and grow toward greater health together!

Lauren Rathvon, L.Ac., DOM

New! \$45 Private Treatments! Yup--Only \$45!

One of the biggest changes you'll find at [pokeSRQ](http://pokeSRQ.com) are the Savings! From now until September 30th, one-on-one consultations and treatments are just **\$45!**

Remember: weekend and evening appointments are available, as well!

It's important to me to make this amazing medicine accessible. Acupuncture and Oriental Medicine is a cumulative therapy, each treatment building upon the last. To make acupuncture and Chinese Medicine as effective as possible, one must come in for a prescribed number of treatments, based on your individual health

That's what he said...

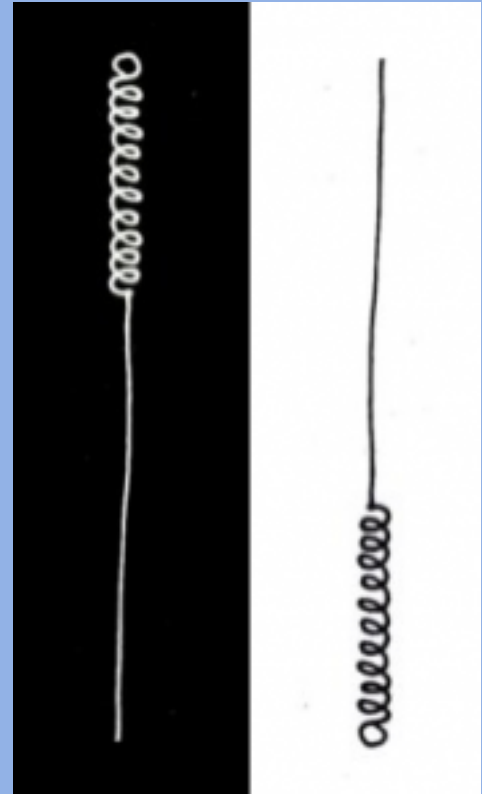
"Each of us organizes to meet the world in our own way. We give unique, personal meaning to what we receive from the world. Like wind chimes in the breeze, the sounds evoked tell more about the instrument than the wind."

--Ron Kurtz

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That's why I want to make these treatments as available and financially accessible as possible. During the private consultation and treatment, we will discuss whatever therapies are necessary, including dietary and herbal supplements and food recommendations. Treatments include any Chinese Medicine therapy necessary, including acupuncture, cupping, moxibustion, e-stim and *tui na*.

I can't tell you how many times I hear from people that they've always wanted to try acupuncture, but that money was tight--now is your time, my friends! You take your car in for regular oil changes--isn't it time you start maintaining *yourself*? Please forward this to any family or friends you think may benefit from regular acupuncture!

Community Acupuncture goes on hiatus

In light of the more affordable, more thorough private treatments, Community Acupuncture is going on a sabbatical.

This way, instead of trying to rush down to the



going on a sabbatical.

This way, instead of trying to rush down to the clinic on Friday afternoons, you can make an appointment for a time that better fits your schedule.

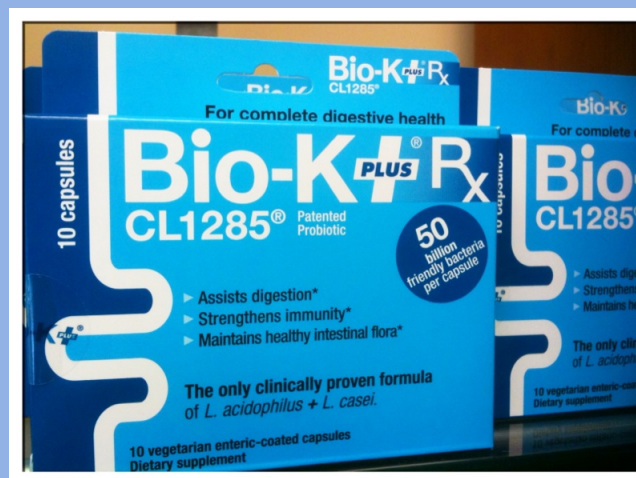
With Community Acupuncture's

departure also goes "Fuel-up" Fridays, but never fear! You can now **make an appointment** for human fuel (aka, **B-12 shots!**) for just \$15, anytime! That's 40% off the regular price of \$25!

EXCLUSIVE to pokeSRQ ~ Digestive Health supplement!

Bio-K+ Rx capsules available here!

Did you know that pokeSRQ is the **ONLY place in Sarasota** you'll find Bio-K+ Rx capsules of 50 billion gut-lovin' probiotics? This is solely a physician's product, so even your local health food store can't special order this baby for you!



It's the same beneficial blend of probiotics in the same astounding amount (50 Billion!) but in **capsule** form--perfect for travel, to keep at your desk or bag, or if you're just on-the-go! These special strains of probiotics assist digestion, strengthen immunity, and maintain healthy intestinal flora. Whether you suffer from constipation or diarrhea, Bio-K can help regulate your system!

The best news yet is the price. In your health food store, each package of Bio-K liquid will cost you at least \$5. In this box of Bio-K capsules, you're getting the same strength capsules, 10 for \$30. For

capsules, you're getting the same strength capsules, 10 for \$30. For ten doses, that's a savings of \$20, plus the convenience of a shelf-stable probiotic. Stop by today and snag your box!

(And, if you love reading research as much as I do, check out February 2010's *American Journal of Gastroenterology* for a randomized, double-blind, placebo-controlled dose-ranging study on this very product! Read on [here!](#))

Good health is BEAUTIFUL!

Aesthetic medicine ~



Bring that *inner beauty out!*

Stay tuned to this newsletter for more information on facial rejuvenation treatments! I've trained with the best in order to bring you the latest in "Beauty Medicine." From acupuncture facelifts to all-natural homeopathic face & neck bio-lifts, pokeSRQ is the place to Refresh your Face! Can't wait until next time? Check out pokeSRQ.com/beauty for details! (Sneak preview: I recently started

practicing what I preach with one specific supplement, and I'm pleased as punch with the results!)

Thank you for welcoming me on your journey to optimal health & happiness—I look forward to many exciting, enriching times together!

Also, be sure to change your address books (or, more likely, your cellphones!) as you can now reach me directly at 941-363-1065.

Take good care of yourself,

**Lauren Rathvon, L.Ac.,
DOM**
pokeSRQ

