

THE GIFTS OF COMMUNITY ACUPUNCTURE:

- ♥ **Consistent healthcare for the first time in my life** due to the fact that it actually works and I can actually afford to pay for an effective amount of treatment.

- ♥ **Truly caring for my health** as opposed to either
 - ignoring all symptoms for which mainstream healthcare has no useful response or
 - waiting for debilitating symptoms and/or full-blown illness for which mainstream healthcare has a pharmaceutical response that may cause new problems for which they have no useful response

THE GIFTS OF MANY RIVERS COMMUNITY ACUPUNCTURE

- ♥ beautiful comfortable home-like environment
- ♥ convenient hours
- ♥ one mile from major highway
- ♥ easy plentiful parking lots of windows
- ♥ beautifully refinished wood floors
- ♥ soft cozy fleece blankets
- ♥ front porch to sit & enjoy a cup of tea before or after treatment when the weather is pleasant ☺

THE GIFTS OF CARRIE SAWTELL, LICENSED ACUPUNCTURIST

- ♥ **A calm, compassionate, authentic, mindful, presence.**

- ♥ **The virtual disappearance of decades-long seemingly permanent symptoms** (specifically: **minimizing chronic pain** starting at and radiating from the base of my head/top of my spine and **eliminating pain and constant tightness and tension** in my throat muscles from my jaw to my breastbone and neck muscles from my ears to my shoulder/rotator cuffs.)

- ♥ **“Trauma Sensitive”** – I spent the first two decades of my life surviving extreme chronic sexual and physical violence. Carrie has earned my trust with her **fearless listening, gentle strength, patience, and kindness**. She consistently communicates what she is doing before she does it (without my even having to ask.) She is nonjudgmental, unobtrusive, intuitive, and always attentive to my ever-changing needle sensitivity, accommodating my current needs.

- ♥ **Unceasingly involves me in my own treatment and care.** She truly wants to know what my physical and emotional experiences are and is quite skilled in helping me articulate them and, of course, in responding to them with effective treatment.

- ♥ **Always listens** with “new ears” that are informed by, but never dictated by, previous comments I’ve made or treatments she’s given.