



New Direction Natural Medicine

Welcome to New Direction Natural Medicine!

It is my goal to provide you with the highest quality care that can be offered and to exceed your expectations. Like many of my patients, I am sure that you want to achieve the maximum level of progress in the shortest amount of time. While my goal is always to help in this regard, it is important to remember that this approach to health care works differently than Western medicine.

You will likely notice that acupuncture has a positive cumulative effect over a few weeks of care, as the treatments are intended to create a new momentum of health and balance that will truly offer you a new foundation of well-being in your life. This is especially true if you are struggling with chronic health concerns that have been present for many years.

My ultimate goal is to help you make deep and lasting changes that will serve you for years to come. You will find the most benefit from your care if you commit to Chinese medicine as a part of a healthy lifestyle rather than something you only pursue when you have active symptoms. For instance, in Chinese and Japanese culture, acupuncture is widely accepted as a part of one's ongoing health regimen, which is a major reason why these Asian societies have long enjoyed radiant health and longevity.

In our Western world, we are all exposed to a tremendous amount of stress, anxiety, and various life challenges on a daily basis. Unless we are proactive about our health, these forces will inevitably wear us down - both mentally and physically. The good news is that acupuncture is truly one of the most powerful resources we have to ward off these negative influences so we can truly thrive in our lives.

As my patient, I want to help you create a lifestyle that allows you to feel well each and every day, even if so many people around you may be struggling. I ask you to make a commitment to your health as the #1 priority in your life. After all, without health, what do we really have?

As your treatment plan unfolds, we will talk about how I can best support you for long-term success. I believe that this is where the true potential of acupuncture arises - even more so than its ability to heal your current symptoms. Remember - Chinese medicine will work the best with your active intention and participation! If you have questions about anything that pertains to your care, please do not hesitate to ask. I can be easily reached by phone at **321-972-2940** and/or email at newdirectionreception@gmail.com. I look forward to helping you achieve your natural healthcare goals!

Sincerely,

Dr. Stephanie Bartolotti, DCM