

# Ticker Talker



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FOR THE HEART PATIENT AND THEIR FAMILIES

## East Meets West Using acupuncture and Chinese medicine for optimal health

### Bret Ellington, MSOM



For most Americans, we don't think about our health until a medical emergency appears. When that day comes it can turn your life around and you look for answers and relief.

A health crisis can and will set your life on a new course. When that day comes, healthcare becomes a top priority. You want answers and most importantly you want relief. Whether you've had a heart attack or you're on medication for heart problems, rehabilitation and recovery are possible.

Traditional Chinese medicine (TCM) can be a complementary part of your health care and help to get your life back on track again. While it can treat the symptoms, Chinese medicine looks at the body as a whole and treats the root cause of the disease. Treating the patient from the root cause is key in the restoration of health and makes the patient healthier in all aspects of their life.

Bret Ellington has a Master of Science in Traditional Oriental Medicine and is a California Licensed Acupuncturist, as well as a National Diplomate in Acupuncture. He's also certified as a Holistic Health Practitioner and certified in Clinical Nutrition. At his clinic, Inner Balance Acupuncture, he treats patients with chronic and acute conditions, while constantly educating his patients about the prevention of illness and disease.

Bret will discuss using acupuncture, Chinese medicine and nutrition in the rehabilitation process. Emphasis of this talk will be on how Chinese medicine can help the cardiac patient recover quicker and enjoy all around better health.

There will as well be an acupuncture demonstration from a brave volunteer.

*Don't forget the program starts at 7:00 pm,  
Wednesday May 21st at the Conference Center.  
Come early for a seat as the program is always  
very popular and the public is invited.  
Refreshments start at 6:30 pm.*

#### **Location:**

**Mission Hospital Conference Center**  
26726 Crown Valley Parkway  
Mission Viejo, CA



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**"It's great to be alive - and to help others!"**