

HEALTHY LIVING HEALTHY PLANET

# natural awakenings

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FREE

## Family Wellness

Wholesome Tips for Vibrant Health



**Local  
Investing**  
Keeping Dollars  
in the Community

**Keeping  
Pets Happy**  
Solutions when  
Families Shift

**Barefoot  
Benefits**  
Reap Earth's  
Energy



GREEN

August 2012 | Broward County, FL | [naBroward.com](http://naBroward.com)

## Acupuncture and Reproductive Services at Alternative Medicine Center Fort Lauderdale



**D**r. Lorri Beauchamp, Doctor of Oriental Medicine and Licensed Acupuncturist, joins Dr. Gary Snyder, broadening the scope of holistic treatments offered by the Alternative Medicine Center.

Acupuncture has increasingly been found as an effective and natural treatment for today's prevalence of reproductive issues. Many couples choosing parenting in later years are under extreme emotional stress and may suffer from long term effects of environmental toxins, nutritional ailments or birth control, resulting in difficulties in conceiving. Beauchamp developed her reproductive care specialty in Chicago, treating and educating women about health and reproductive issues with nutrition, acupuncture and Chinese herbal therapy, and

now brings her expertise to South Florida. "I truly believe most women are fertile. If something is preventing conception and pregnancy, we try to uncover that 'something'," Beauchamp states. "Nature wants this to happen, but only if both mother and child are going to thrive and be healthy. We create individual treatments and therapy for you and your future family."

Beauchamp is certified as a Fellow by the American Board of Reproductive Medicine, earned a Bachelor of Science degree in Nutrition and a Master of Science in Oriental Medicine.

Alternative Medicine Center, 2620 East Oakland Park Boulevard, Fort Lauderdale, 954-486-4000. See ad page 10.

## "A Day of Healing" for Natural Awakenings Readers August 18

**T**he Ayurvedic Center for Well Being in Hollywood provides Ayurvedic pulse consultations by Vidya-Light Miller. A full range of Ayurvedic treatments and detox programs ranging from 1-21 days include Abyanga massage, Shirodhara, Pancha

Karma and Kaya Kalpa. Dr. Bryan A. Miller provides Chiropractic, Cross Fiber massage, "at-cost Lab Work" and nutritional approaches to hypertension and diabetes.

A six-month program to become a NAMA-certified Ayurvedic Consultant begins September 15. For free community classes/healthy movie nights and an event schedule, visit [AyurvedicHealers.com](http://AyurvedicHealers.com).

Natural Awakenings readers are invited to attend 'A Day of Healing' just for them, including a half hour massage, yoga class, workshops on alternative medicine and Ayurveda, an organic meal and healthy snacks, all in a beautiful, relaxing backyard setting. Learn your body type and appropriate diet; gain knowledge for using oils to boost energies depending on your body type; learn to blend the herbs and spices in your kitchen cabinet to enhance your health; improve your flexibility; network and make new friends.

'A Day of Healing' for NA readers, August 18, 9:30am-4pm, is offered at the special price of only \$100. Ayurvedic Center for Well Being is located at 315 S. 21st Avenue, Hollywood. Call 954-923-4444 or visit [AyurvedicHealers.com](http://AyurvedicHealers.com). See ad page 32.

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