

We're Committed to YOU

The Muscle Therapy & Acupuncture Center is committed to promoting health and well being through safe, non-invasive procedures that support the body's natural healing abilities.

Services offered:

- Acupuncture
- Massage Therapy
- Cranial Sacral Therapy

For more information about our services:

- Visit www.mtakupuncture.com
- Follow us on  www.facebook.com/mtakupuncture
- Call 269-483-7251



MUSCLE THERAPY & ACUPUNCTURE CENTER

The Muscle Therapy & Acupuncture Center was established in 1985 by Tina Schumacher, Licensed Acupuncturist. Schumacher started as a Certified Sports Massage Therapist who worked with Olympians at the 1988 Winter Games in Calgary and at the 1996 Summer Games in Atlanta. Schumacher explored other areas of complementary medicine, and became a Nationally Board Certified Acupuncturist in 1998. Striving to offer the best in patient care, Schumacher has grown the Center to include a full staff of Certified, Licensed Acupuncturists and Massage Therapists offering treatment for many different services. Certified by the BBB Better Business Bureau, the Center has been bringing quality healthcare to southwestern Michigan for over 30 years.

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You can...

Quit Smoking



Invest in a healthier you.



MUSCLE THERAPY & ACUPUNCTURE CENTER

Quit Smoking with Acupuncture

A Natural Approach to Health

Why Quit?

You know you should quit; you may even have tried in the past. Now there is a proven and effective way to quit smoking using acupuncture.

Acupuncture has a 85% success rate by:

- Helping to overcome physical addiction to nicotine.
- Significantly reducing the cravings and stress associated with withdrawal.

Acupuncture treatment for nicotine dependency is safe, drug-free, and works with your body to re-establish it's chemical balance.

What is Involved?

The two-treatment program is given on consecutive days, spaced 12-18 hours apart. The first starts with an orientation. Here you learn what is involved with your acupuncture treatment and undergo your first session.

After your first treatment, withdrawal symptoms are reduced to a tolerable or insignificant level. After the second treatment, there is minimal or no craving or withdrawal symptoms. Occasionally a third "booster" treatment is needed.

Our experienced staff will make you aware of the chemical changes your body will be making and how to avoid pitfalls in the future.

How Does It Work?

Acupuncture releases endorphins and neurotransmitters. This dramatically reduces cravings and withdrawal symptoms which most people experience when trying to quit cold turkey.

Is It Painful?

No, the needles are extremely thin and specifically designed to be virtually painless. Lights are lowered and music is provided to enhance your relaxation. Some people even fall asleep during treatment.

How Do I Get Started?

Take the first critical step: decide that you are ready to stop smoking. Then evaluate your upcoming month and look for a time when things are less stressful.

A week before treatment, to get prepared:

- Begin drinking more water.
- Start reducing the number of cigarettes you smoke daily.
- Change your routine – for example, avoid smoking in your car or right after a meal.

Invest in a healthier you, call us today. For more information visit our website at www.mtacupuncture.com.

There is only one condition: You Must Be Ready to Quit.