

A healthy person should:

1. Rarely if ever catch colds or viruses.
2. Have plenty of natural energy for their everyday activities, with no need for napping, stimulants, or vitamins to keep them going.
3. Maintain a healthy weight for their height, bone structure, and age.
4. Should feel a general sense of well-being and wellness daily.
5. Should wake up feeling ready and excited about the day ahead.
6. Should feel calm and confident to handle whatever happens on any given day.

If we listen to our body at the very first warning signs, and seek treatment immediately, we will have better health, more energy, and a more tranquil lifestyle. We will not suffer from disease and the cost of our healthcare will decrease dramatically. Future generations will be healthier and our elderly will enjoy their retirement instead of just waiting to die in a nursing home.



Ni's Chinese Medical Center

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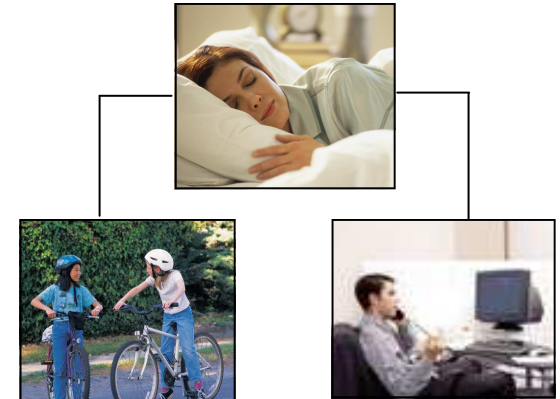
Ni's Chinese Medical Center...

was established by Bo-Shih Ni and has been serving the central Florida area for over 25 years. The physician's of Ni's Chinese Medical Center practice at superior levels due to Dr. Ni's training of ancient healing wisdom, something not found in American schools. Dr. Ni's knowledge is so extensive that he is a treasured professor not only in the U.S. but also in China and Taiwan.

Acupuncture, Chinese herbs, and Food as Medicine are utilized to expedite healing and provide lasting results. The goal is to restore balance to the internal system. Once balance has been obtained, our Physicians teach their patients winning strategies to maintain it. This knowledge is frequently sought out by local groups, therefore; our Physicians conduct monthly seminars and are available for speaking engagements. Visit our website, www.drboni.com, for current events.

Physician's of Ni's Chinese Medical Center:
Bo-Shih Ni, LAc, DOM
Beth Myers, LAc, Dipl. O.M.

Living
A Balanced Life



Ni's Chinese Medical Center

Board Licensed Acupuncturists

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“Balance in your every day lifestyle is the key to living life to the fullest”

Why do I keep getting sick?
Why don't I have more energy?
Why do I continue to gain weight?
Why do I feel run down all the time?
Why don't I feel rested when I wake up?
Why can't I handle life's stresses better than I do?
Why do I seem to be developing more health problems as I age?

BECAUSE YOUR LIFE IS OUT OF BALANCE!

In our busy world today many people are developing more and more health problems, and just generally not feeling good. They push through each day wishing they had more energy to do the things they're too tired to do. In our country obesity is growing at a rapid rate, along with adult onset diabetes. We don't take time to eat healthy, sleep sufficiently, or exercise. And those who do exercise often grossly over-exercise. The stress and pace of life has increased until we are all generally at a breaking point. We live in the wealthiest, most progressive country on the planet, we have more modern conveniences to ease our lives than any other country, yet we have the most health problems. Modern medicine can keep people alive longer than ever before, yet the quality of life and how people feel is greatly lacking. Health insurance is costlier than ever because of the vast number of claims that have to be paid yearly.

*What is wrong with this picture?
Why are so many people sick so much?*

WE ARE OUT OF BALANCE.
WE HAVE LOST TOUCH WITH OUR COMMON SENSE, WE LIVE AT A HECTIC PACE WITH LITTLE REGARD FOR OUR BODY'S NEEDS, AND WE ARE NO LONGER AWARE OF OUR BODY'S WARNING SIGNS UNTIL THE SYMPTOMS BECOME VERY UNCOMFORTABLE.

Three things that cause health problems:

1. Things you do too much of (excess).
Anything good for you can also be bad for you if you do too much of it or not enough of it.
2. Things you do too little of (deficiency).
3. Accidents (which mostly happen when we hurry too much or are not careful).

How do we bring balance to our lives?

Take a long, honest look at your lifestyle, and prioritize, using sound common sense. For example, there are 24 hours in each day—8 hours for sleep, 8 hours for work, 8 hours for fun, exercise, and enjoyment of life.

1. Sleep: To prepare for sleep make sure you are not thinking about work, personal issues, family issues, etc. At bed-time you can't fix any of these things anyway. Why would you think about work when you're not getting paid for it? Your mind must be clear and calm in order to get rejuvenating, healing sleep.

2. Work: At work, leave your personal problems at home, and you'll be much more effective at work and feel satisfied because you've done a good job. If you need to add an hour or two to your work schedule, take the time away from your leisure time, do not take it from your sleep. Sleep is the most important out of the three.
3. Leisure Time: When you leave your workplace DO NOT think about work, or you're still working beyond the time you're getting paid to work. Take the time to eat healthy, exercise, visit family and friends, and engage in the activities that interest you and make you feel good.

We have to have proper balance in our lives **every** day in order to maintain a healthy lifestyle.

Exercise: when done correctly, should make you perspire lightly with no shortness of breath, no fatigue or pain, you should feel energized afterward. Exercising correctly makes you feel good.

Food and Fluids: Consume enough to support your daily activities, so you burn the calories without gaining excess weight. For example: If you are not going to be physically active after dinner, eat a small meal. A desk worker needs less water and food than a lawn maintenance worker, for obvious reasons. Eat a wide variety of foods to ensure the intake of all the natural vitamins and minerals found in our food that the body can assimilate and utilize.