



**ACUPUNCTURE CHANGES LIVES**

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**CLICK HERE TO BOOK AN APPOINTMENT!**

*Did you know,  
through the month  
of November, you  
can nominate  
someone for a [free  
first treatment](#)  
from the website?*

Buy gift certificates now for your loved ones!

What's a better way to show someone you care, than by sending them in to me to get a bunch of needles stuck in them? Er...Um....I mean....

What's a better way to show someone you care, than by introducing them to the wonderful health promoting and de-stressing effects of acupuncture and Chinese Medicine. This is a perfect gift (discounted for the holidays) for that person who has thought about it but never taken the plunge, or the person you know who is always trying to take care of others but does little for themselves.

So skip the mall, and give me a call.

I'll be happy to mail them out to you, or you can pick them up at the clinic.

*"Health is the greatest gift, contentment the greatest wealth, faithfulness the best relationship." - Buddha*

I'll be out of the office from December 15th to the 19th, and then on the 25th, and the 1st. Otherwise, I plan to be open my normal Sunday through Thursday hours and days.

During the holiday season bring a guest in for half off. If you're going to have a house full of relatives, bring one in with you to the clinic, I'll treat them in the second room while you are getting your treatment, and his or her session will be half off.

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Here are two recipes from my friend [Amanda Love](#) (click the titles for links).

#### [Roasted Sweet Potato Ginger Soup](#)

"Most sweet potatoes or yams are orange through and boast many healthful properties. They contain a peptide substance called phytochelatin that can bind to unwanted heavy metals such as copper, mercury and lead. You can eat them year round, but since they are a root vegetable, my favorite time to eat them is in the cold weather season. When buying them, look for hard ones and store in a cool, dark place. Sweet potatoes go great with the warming spice ginger, which is also very medicinal. It is great for digestion, circulation and overall cleansing."

#### [Pumpkin Pie with Gluten Free Coconut Crust](#)

"If you eat pumpkins and all their winter squash cousins during the fall, you will be eating representatives of the fall vegetable family. Most of these gourds are orange

*For treatment of  
chronic conditions  
that need alot of  
care, and for serious  
fans of acupuncture,  
we now have a  
seasonal rate. Pay  
one time for three  
months of  
acupuncture.*

and contain lots of beta carotene. This nutrient helps protect your lungs and will keep you well during a time when you might typically get a respiratory condition. Also, the seeds inside are a rich source of beneficial fats and protein and are said to have anti-parasitic properties. Don't throw these gems away; remove them from the inner flesh, wash, toss with a little salt and roast till crispy. "

*Monday through Thursday, from 12noon to 4:30pm, all appointments are available as income based sliding scale treatments.*

Join Amanda Love, The Barefoot Cook, for the next [Nourishing Foods Nutrition and Cooking Workshop](#) December 4th and 5th in the Texas Hill Country! Learn how to make delicious dishes out of nourishing, local, seasonal, organic, fresh, nutrient dense ingredients.

In this workshop, we will focus on fall and winter seasonal foods to keep us warm, nourished and healthy during this cool weather season.

My wife has been going to a women's exercise / free form dance group for the greater part of the year, and is loving it. It's called [Dance, Dance, Party, Party](#). It meets weekly at seven in South Austin at Nia Space. \$5 to dance.

Monday nights, at 6pm, I am teaching a men's self defense class at 6pm. There a few spaces open, please let me know if you would like to try it. \$15 /class.

I am getting ready to do a trial run of a women's self defense class, we'll meet at 7pm, Monday nights through January. The first class will be on January 3rd. Let me know if you want to be there.

What were your favorite links for the year?

From [TheRSA.org](#), their animation entitled [21st Century Enlightenment - Empathic Civilization](#), was hands down, my favorite. And I've enjoyed every other clip of theirs so far.

This [article about the presence and role of microbes on and in the body](#), also felt a little mindblowing.

I felt like [this article about medical research](#) should be required reading for everyone who consumes any drug, or gets any medical procedure done.

Slate's [article about cholesterol](#) I found eye opening. And if taken to heart, means I can enjoy [this recipe](#) guiltlessly.

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