

# STRESS

- Can Cause
- Weight Gain
  - High Blood Pressure
  - Premature Aging
  - Fatigue
  - Insomnia
  - Headaches
  - Anxiety
  - Heart Disease
- ... and much more 🤔

# Acupuncture

Can Help!

see **ac·u·nap**

1. the nap you take during your acupuncture session where you aren't fully awake or asleep but you feel completely refreshed afterward.

syn: rejuvenated, refreshed, relaxed

