

June 2, 2006



### Doctor Feelgood



Wake up. Mainline coffee. Dash to el. Trip over tote. Chip nail. Curse mornings. Get to work. Hunch over computer all day. Leave work. Rain ruins blowout.

And just when you thought that it couldn't get any worse, you remember that you have an appointment with a prick.

Thankfully, that prick is a San Shin Just treatment from acupuncturist Ken Glowacki.

The Japanese scatter-needling technique melts away muscle strain, which makes it the perfect remedy for days when stress ricochets through your body and a cluster of knots crisscrosses your shoulders.

Tiny needles are tapped (before or after a full acupuncture session) all over your back (to disperse tension and induce heat to rise to your neck). Amping up your circulation balances energy and restores harmony to both mind and body.

As for the rat's nest on top of your head, you're on your own there.

Available at *Art of Acupuncture*, 5115 North Ravenswood Avenue, between Lawrence and Foster Avenues, suite 200 (773-308-5596 or [acuarts.com](http://acuarts.com)).

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