



Peak Performance Therapies: Acupuncture

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This worksheet is a supplement training guide to “**Peak Performance Therapies: Acupuncture**” video posted on May 7, 2016.

It's Humpday Hustle baby! Today, it's the 2nd video of our peak performance video series. We believe on having a team of highly skilled and experienced practitioners servicing all of your health requirements and needs.

Many studies have looked into the real benefits of acupuncture. From stress relief to pain alleviation, more and more people are looking at this alternative form of treatment for their own wellness. The question remains, though. How effective is it really, and what are the benefits that could be derived from it? Practitioners and fans of the acupuncture treatment claim that the improvement in their physicality. Because of the relaxing nature of the treatment, it also inevitably affects one's mindset and energy, akin to how workouts release endorphins, but without the actual workout being carried out.

Acupuncture helps clear one's head, enabling the person to enjoy the treatment during, or even after, the actual session. Easing the tightened muscles, acupuncture allows energy to flow throughout the body, once again unhampered. People who have undergone acupuncture swear by the revitalized feeling they get after a session. Loosening up the body after a full week of daily stress certainly can do the body wonders.

More than that, however, it also facilitates the flow of the energy to the mind. Studies have found that there is also a noted improvement in mental clarity. Motivation, stronger resolution and a more focused mindset are just some of the positive changes that acupuncture patients report.

Acupuncture, therefore, really do have holistic and significant effects on the human body. Conducted properly and regularly, individuals patronizing this alternative form of treatment may definitely benefit from the many health advantages the treatment offers.

Download our FREE WORKSHEET for this video here:

<http://journeytopersonalgreatness.com/greatness-training-guide/>

Define your purpose? What is the reason for you to consider acupuncture? Is it to cure pain, increase flexibility, enhance your performance?

Once you have the reason, you can easily build a peak performance team. This peak performance team will work with you to develop a program suited to your individual needs; and will always implement the highest quality and most advanced treatment strategies available. Team members may include nutritionist, naturopaths, acupuncturist, massage therapists, physiotherapists, chiropractors, etc.

What therapies will be part of your team?

Our JTPG and peak performance online classes will begin soon. Sign up to our website, follow us on facebook and twitter, and subscribe to our Youtube channel so you can be the first to be informed when we begin the journey to your personal greatness.

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