



**AUKATI KAIPAIPA**

Hi my name is

Simon,

and I've been seeing Helen over the past few years. Every-time I have acute back problem or neck pain I prefer to come and get acupuncture then use the normal medical practise. For years it's been same old same old, see your local GP and things will be ok and you kinda get sick of that process because it doesn't always work out. You either need to visit your GP more often or more medication then you can afford or like to

Use the **4Ds** to beat a craving..... Swallow

**Delay • Deep breathe • Drink water • Do something else**



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and for me I'm happy  
coming to get acupunct-  
-ure for that reason  
here a big shout out  
for helen and this  
ancient old technology.  
It's painless and medicine  
free. For me it's always  
been pin point accurate  
and instantly gratifyingly  
pain free. Here's one  
happy chap. Pig.

Simon Peranti

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