



## **MOXA: Chinese Medicine's Alternative to Flu Shot**

Nov 14 (Sat) 9 am - 1 pm  
\$50 • Thuy Nguyen, L.Ac

**November marks “Moxa Season” in Chinese Medicine.** During this time, the gates (of the body) are open making us more vulnerable to illness. If a person were to get sick, the illness will penetrate deeper into the body making it linger and difficult to recover.

The very good news is that during this season, we can profoundly strengthen and build our body with Moxa, allowing you to flow through the flu season without getting sick.

**Strengthen your immune system,  
boost your energy, heal your body &  
warm your soul with moxibustion!**

### **Community Moxa with Thuy (\$50)**

Acupuncture and indirect moxibustion  
at standard immune strengthening point.

