



Natures Balance Acupuncture & Wellness



Janine Jozwiak

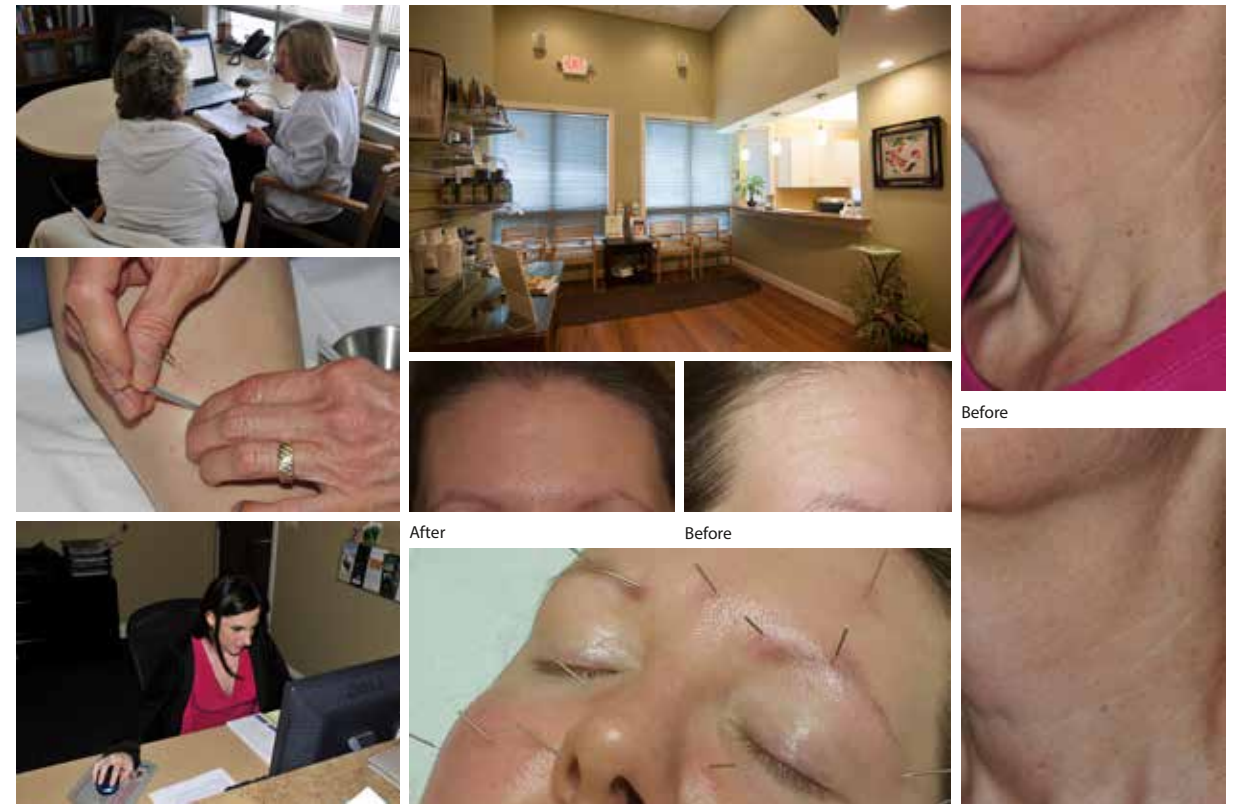
"To help people become the best version of themselves" is the goal of Janine Jozwiak, licensed acupuncturist and owner of Nature's Balance Acupuncture & Wellness Center. Janine's clients determine exactly what those goals are, ranging from less pain and better sleep, to being able to climb stairs, or hiking to the top of Machu Picchu.

Janine became interested in the idea of acupuncture at the age of 12 when hearing of President Nixon's visit to China where one of the journalists on the trip received acupuncture treatments for post-op pain relief after an emergency appendectomy. Her interest in helping people continued as she earned a Bachelor of Science in Applied Psychology and a Masters in Counseling and spent several years in private practice individually counseling children and adults.

Lakewood resident Elizabeth Zentner

While trying to establish a private practice, she continued working at Sears and ultimately was promoted to a Project Director where she was responsible for managing an \$85 million portfolio.

In 2002, Janine came full circle to pursue her childhood interest in acupuncture and wellness, earning her Masters in Acupuncture from the Midwest College of Oriental Medicine. During this three-year intensive program, Janine learned Traditional Chinese Medicine, pathology, diagnosis, and treatment strategy. In addition, the program also covered traditional Western sciences including anatomy, physiology, neurology, and pharmacology. She graduated Summa Cum Laude, immediately passed the National Board exam, and became a licensed Acupuncturist in the State of Illinois.



My Cosmetic Acupuncture Treatment

After

Acupuncture can help with virtually any ailment. Many patients seek treatment for pain management, but because acupuncture affects the entire body, patients end up experiencing positive side effects (like better digestion and sleep) vs. the negative side effects that come along with many drug regimens. The team at Nature's Balance is familiar with using acupuncture to help with weight loss, allergies, depression, back pain, vision problems, fibromyalgia, and many other medical conditions.

Cosmetic Acupuncture has become increasingly popular as a great natural alternative to face lifts, Botox, or plastic surgery. After meeting with Janine, I decided to see for myself and scheduled 10 sessions. Not being a fan of needles, I was apprehensive before my first visit, but it was not nearly what I anticipated. The needles are about as big as a strand of hair and I found only a small amount of discomfort as some of the needles were placed in the more sensitive areas of my face. Within moments the discomfort went away and I came to look forward to my relaxing and more importantly, effective, treatments. After the first visit, I noticed a glow in my skin, similar to what I would experience after a facial. Within the first three treatments, I could see improvements in evenness and clarity. By the last three treatments my husband would just look at me and say, "Wow! Your skin really does look amazing." I even had someone at a neighborhood get-together tell me that she thought I was in my 20's! At 37, I declared Janine my new best friend! I would highly recommend exploring this treatment to anyone that wants to bring a more youthful look to their skin naturally.

***Nature's Balance is offering a free consultation to Lakewood residents wanting to learn more about Cosmetic Acupuncture or a natural way to address their health. 815-788-8383**

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