

Color A Course In Mastering The Art Of Mixing Colors Pdf Pdf

MASTERING COLOR

2020-07-20 Vicki McMurry Go beyond the color wheel and unlock the potential of your oil painting palette with this unique and informative guide by an award-winning painter. More than any other single tool at your artistic disposal, color has the potential to command the eye, quicken the pulse and elicit a response from your viewer. In this engaging and unique color workshop, Vicki McMurry offers insight for artists of every level. McMurry starts with basic principles, from selecting a palette to designing with color. She then explores concepts like mother colors, transition colors, the corner theory and much more. Learn to create a personal color palette as unique as your fingerprint and capture a full range of atmospheres, from light and airy to moody and pensive. McMurry offers guiding principles, such as using temperature and value to make colors sing, as well as practical tips on everything from working with white to troubleshooting paintings for common color shortcomings. By combining your intuitive color knowledge with classic color truths, you'll build powerful compositions that express your unique vision and embrace your viewers.

Color

2020 Betty Edwards

Color Theory

2013 Patti Mollica In this essential guide, accomplished artist Patti Mollica walks you through the most important aspects of color theory as they relate to oil and acrylic painting. From pigment characteristics and color mixing to color psychology, you'll find all the information you need to make dynamic, harmonious, and meaningful color choices in your own works of art. Regardless of your medium, a solid understanding of color and its applications is essential. With a fresh, contemporary take on the subject of color, this essential guide features step-by-step projects and practical tips and techniques to put color knowledge to effective use. You'll find within: Discussions and illustrations of the complexities of color and how to use it as a tool for communication Tips for creating vibrant mixes, lively blacks, realistic greens, and flesh tones An inspiring collection of fresh and contemporary artwork Color Theory begins with an overview of color in the history of art and the science behind color, followed by a presentation of color basics: the color wheel; hue, saturation, and value; color and value; color temperature; color relativity; and color schemes. Everything you need to know about pigments and paints is detailed next. With these essentials covered, move on to integrate color with your compositions and painting style as a means of expression. Harness the power of color in your painting with Color Theory!

COLOR

Colors for Your Every Mood

2000 Leatrice Eiseman Offers advice on choosing color combinations for decorating one's home, discusses the psychology of color, and answers decorating questions.

DRAWING ON THE ARTIST WITHIN

1987-04-06 Betty Edwards A guide to innovation, invention, imagination, and creativity.

Color and Meaning

1999 John Gage "John Gage's Color and Meaning is full of ideas. . .He is one of the best writers on art now alive."--A. S. Byatt, Booker Prize winner

Color

2004-09-23 Betty Edwards Millions of people have learned to draw using

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the methods of Dr. Betty Edwards's bestseller *The New Drawing on the Right Side of the Brain*. Now, much as artists progress from drawing to painting, Edwards moves from black-and-white into color. This much-awaited new guide distills the enormous existing knowledge about color theory into a practical method of working with color to produce harmonious combinations. Using techniques tested and honed in her five-day intensive color workshops, Edwards provides a basic understanding of how to see color, how to use it, and-for those involved in art, painting, or design-how to mix and combine hues. Including more than 125 color images and exercises that move from simple to challenging, this volume explains how to: see what is really there rather than what you "know" in your mind about colored objects perceive how light affects color, and how colors affect one another manipulate hue, value, and intensity of color and transform colors into their opposites balance color in still-life, landscape, figure, and portrait painting understand the psychology of color harmonize color in your surroundings While we recognize and treasure the beautiful use of color, reproducing what we see can be a challenge. Accessibly unweaving color's complexity, this must-have primer is destined to be an instant classic.

How to See Color and Paint It

1984 Arthur Stern Learn to see and mix any color with extraordinary precision! Many painters don't paint what they see, but what they expect to see, what they think they see, what they remember, or what they imagine things are supposed to look like. Since "the mind stands in the way of the eye," the purpose of this revolutionary book is to train you to paint what your eye actually sees. Arthur Stern claims that color is key to painting what you see. After working with three generations of students, he developed a program of 22 painting projects that teach the artist to observe, identify, mix, match, and paint the colors of the world with remarkable accuracy. Using a painting knife and oil paint, you learn to analyze every painting subject as a series of distinct color areas—called color spots—and place each spot on the canvas as a unique and vivid mixture. The fundamental lesson of the book is that if you put the right color spot in the right place, you create a realistic image of form, space, surface texture, atmosphere, light, and shade. As you follow the painting projects in this book, you'll make the dramatic discovery that everything in nature is filled with luminous color. You'll learn to see glowing color in the "blackest" shadow and the "whitest" linen. You'll learn when a green can appear red; how to use paint to replicate metal, glass, wood, paper, porcelain, and other opaque, transparent, or textured surfaces. Before long, you'll be seeing a multitude of colors in a slice of bread, apples and oranges, and a mass of green leaves. You'll learn how to paint quickly enough to capture a "live" still life—a flower that moves and slowly dies as you paint it. You'll even practice with a setup outdoors to see how sunlight and skylight affect color. *How to See Color and Paint It* is a must for beginners and a valuable asset for intermediate artists who want to develop a more subtle perception of color. A final section contains beautiful paintings of many subjects that have grown out of projects and ideas taught in this book. 130 color plates; 40 black & white illustrations

The Elements of Color

1970 Johannes Itten Includes color circles, spheres, and scales as well as suggested exercises.

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WERE VERY THANKFUL IF YOU LEAVE A OPINION OR FEEDBACK ABOUT THIS COLOR A COURSE IN MASTERING THE ART OF MIXING COLORS PDF PDF ARTICLE. WE ARE GOING TO APPLY IT FOR MUCH BETTER FUTURE REPORTS. IF YOU ALLY INFATUATION SUCH A REFERRED **COLOR A COURSE IN MASTERING THE ART OF MIXING COLORS PDF PDF** EBOOK THAT WILL PAY FOR YOU WORTH, GET THE COMPLETELY BEST SELLER FROM US CURRENTLY FROM SEVERAL PREFERRED AUTHORS. IF YOU DESIRE TO HUMOROUS BOOKS, LOTS OF NOVELS, TALE, JOKES, AND MORE FICTIONS COLLECTIONS ARE THEN LAUNCHED, FROM BEST SELLER TO ONE OF THE MOST CURRENT RELEASED.

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STUDY COLOR A COURSE IN MASTERING THE ART

THEREFORE, THE CHURCH ACCOUNTING SOFTWARE IS DESIGNED TO MEET THE VARIOUS NEEDS OF THE INSTITUTION AND IT STILL HAS ROOM FOR CUSTOMIZATION SINCE THE NEEDS OF THE CHURCH ALSO CHANGE AS YEARS GO BY.

IF THE CHURCH WANTS TO HANDLE ALL ITS FINANCIAL TRANSACTIONS WITH EASE, THEY SHOULD GET A CHURCH ACCOUNTING SOFTWARE. BY DOING SO, THEY CAN CREATE ACCOUNT STATEMENTS, BALANCE SHEETS, BUDGET REPORTS, PRINT CHECKS, MAINTAIN INVOICES, RECORD PURCHASES, ETC WITH EASE.

BUT BEFORE ANYTHING ELSE, THE CHURCH REPRESENTATIVE WHO WILL PURCHASE THE CHURCH ACCOUNTING SOFTWARE SHOULD BE KNOWLEDGEABLE. HE OR SHE MUST LOOK INTO THE SOFTWARE'S VARIOUS FEATURES AND CAREFULLY EXAMINE IT. THAT PERSON SHOULD MAKE SURE THAT THE SOFTWARE IS FLEXIBLE TO RESPOND TO THE CHURCH'S EVER CHANGING NEEDS.

READING COLOR A COURSE IN MASTERING THE ART:INSOMNIA

ACUPUNCTURE HAS BECOME A POPULAR ALTERNATIVE TO COMMON REMEDIES SUCH AS SLEEPING PILLS. IT WORKS AT THE NERVE LEVELS, RELAXING AND SOOTHING YOUR SENSES.

ACUPUNCTURE IS THOUGHT TO BE A SAFER ROUTE FOR INSOMNIA BECAUSE IT BRINGS BACK YOUR NATURAL SLEEPING CYCLE THROUGH NATURAL MEANS AND NOT THROUGH CHEMICALS, WHICH CAN TURN INTO AN ADDICTION. USING ACUPUNCTURE FOR INSOMNIA USUALLY STARTS WORKING AFTER THE VERY FIRST SESSION. THE TREATMENT IS USUALLY STRETCHED OUT FOR A PERIOD OF TIME, UNTIL YOUR BODY RETURNS TO ITS NATURAL SLEEPING CYCLE.

INFERTILITY

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STUDIES SHOW THAT ACUPUNCTURE IS A BENEFICIAL FORM OF COMPLEMENTARY THERAPY FOR WOMEN WHO ARE HAVING UNDERGOING TREATMENTS FOR FERTILITY PROBLEM. ACUPUNCTURE IS BELIEVED TO RELIEVE THE ANXIETY OF WOMEN UNDERGOING FERTILITY TREATMENT. ALSO, ACUPUNCTURES SUCCESS IN AIDING FERTILITY IS MORE PRONOUNCED IN IN-VITRO FERTILIZATION. IN ADDITION, THE RATE OF MISCARRIAGES HAS BEEN FOUND TO BE LOWER FOR WOMEN WHO DO ACUPUNCTURE.

EXAMPLE COLOR A COURSE IN MASTERING THE ART; THE PROFIT & LOSS OF A CERTAIN COMPANY IS DETERMINED BY FINANCE PROFESSIONALS THROUGH ACCOUNTING. THEY CAN DETERMINE WHAT CREATED THE PROFITS AS WELL AS THE LOSSES. ACCOUNTANTS FORM SOME SORT OF BUSINESS EQUATION SO JUSTIFY THE PROFITS & LOSSES OF A BUSINESS. BY DOING SO, THEY CAN EASILY TELL A COMPANY'S NET WORTH.

IT SEEMS THAT BY SIMPLY STARTING TO DEFINE ONE ACCOUNTING TERM, IT EVENTUALLY LEADS TO DEFINING OTHER TERMS AS WELL. NET WORTH IS ANOTHER TERM THAT IS QUITE DIFFICULT TO UNDERSTAND. IT REFERS TO THE RESULTING AMOUNT AFTER DEDUCTING THE LIABILITIES OF A COMPANY FROM THE ASSETS. PRIVATE COMPANIES REFER TO NET WORTH AS OWNER'S EQUITY. WHY OWNER'S EQUITY? WELL, AFTER DEDUCTING ALL THE LIABILITIES, WHAT'S LEFT BASICALLY BELONGS TO THE OWNER. IN THE CASE OF PUBLIC COMPANIES, THE PROFIT OF THE BUSINESS IS RETURNED AS DIVIDENDS TO SHAREHOLDERS. AS YOU CAN SEE, BEFORE OWNER OR SHAREHOLDERS OF A COMPANY CAN TAKE HOLD OF THE PROFITS, ALL LIABILITIES MUST BE DEDUCTED FIRST.

HAPPINESS COLOR A COURSE IN MASTERING THE ART ___ REACTIONS AND RESEARCH

NOT EVERYONE IS IMPRESSED WITH ACUPUNCTURE ITSELF. MOST WESTERN MEDICAL PROFESSIONALS HAVE EXPRESSED EITHER DOUBT OR INDIFFERENCE TO THE ORIENTAL METHOD WHILE OTHERS HAVE DOWNRIGHT DRIVEN IT DOWN INTO THE EARTH WITH CRITICISMS AND BRUTAL SKEPTICISM. HOWEVER, RECENT RESEARCH SHOWS THE EFFICACY (OR LACK THEREOF) OF ACUPUNCTURE, AND WHILE MORE RESEARCH HAS TO BE DONE, IT HAS BEEN PROVEN TO ACTUALLY POSITIVELY AFFECT SOME, BUT NOT ALL, FORMS OF AILMENTS THAT IT CLAIMS TO CURE. SO AS THE DOORS OPEN TO A NEW AGE OF ACUPUNCTURE, GIVE IT A TRY WHEN YOU FEEL THE NEED FOR PAIN RELIEF AND YOU WILL NOT BE DISAPPOINTED. AS THE CHINESE HAVE USED IT FOR MANY CENTURIES, SO SHOULD WE.

EXAMPLE COLOR A COURSE IN MASTERING THE ART

ALTHOUGH ONE TEST HAS PROVEN THAT ACUPUNCTURE CAN HELP MIGRAINES, OTHER TESTS WILL ALSO HAVE TO BE DONE TO PROVE IF THIS IS TRUE. UNTIL SUCH TIME THAT OTHER RESULTS ARE PUBLISHED, PATIENTS WILL HAVE TO RELY ON CONVENTIONAL MEDICINE THAT IS PRESCRIBED BY A DOCTOR.

BUT YOU DON'T HAVE TO WAIT FOR THE RESULTS TO COME OUT. IF YOU THINK IT IS WORTH A TRY, GO FOR IT. JUST ASK FOR A REFERRAL FROM YOUR DOCTOR AS THERE ARE MANY PRACTITIONERS WHO HAVE ACCEPTED THE FACT THAT ALTERNATIVE FORMS OF MEDICINE CAN ALSO HELP A PATIENT.

YOU CAN ALSO FIND SOMEONE ONLINE. YOU CAN BE SURE THEY ARE CERTIFIED IF THEY ARE RECOGNIZED BY THE NATIONAL CERTIFICATION COMMISSION FOR ACUPUNCTURE AND ORIENTAL MEDICINE.

OBSESSION COLOR A COURSE IN MASTERING THE ART... RESULTS HAVE SHOWED THAT OF 30 RESPONDENTS IN THE TEST, MAJORITY SHOWED FUNCTIONAL IMPROVEMENT OF VARIOUS DEGREES DEPENDING ON THE AGE AND SEVERITY OF THEIR DISABILITIES. SOME IMPROVEMENT WAS NOTICEABLE WITHIN A FEW TAC SESSIONS, ESPECIALLY FOR DROOLING, SPASTICITY (SCISSORING OR TIPTOEING), ATAXIA, AND POOR BALANCE IN WALKING. FUNCTIONAL IMPROVEMENT WAS NOTED AFTER ONE TO TWO COURSES OF TAC. MOST CHILDREN TOLERATED TAC WELL, WITH ONLY OCCASIONAL PAIN AND MINOR BLEEDING IN SOME PATIENTS.

THE REASON WHY TONGUE ACUPUNCTURE IS BEING EXPERIMENTED WITH IS BECAUSE THERE IS A CONNECTION BETWEEN THE TONGUE AND THE HEART THROUGH THE MERIDIANS THAT SPREAD TO ALL THE ORGANS IN THE BODY. IT IS BELIEVED THAT THE POINTS ON THE TONGUE CAN INFLUENCE THE STATE OF THE OTHER BODY ORGANS THUS GIVING RELIEF TO THE ONE SUFFERING FROM AUTISM.

BUT MANY BELIEVE THAT ACUPUNCTURE ALONE CANNOT HELP AUTISM SUFFERERS. IT HAS TO BE COMBINED WITH OTHER THINGS LIKE MAINTAINING A CERTAIN DIET TO HELP IMPROVE ONE'S MOOD AND COMMUNICATION SKILLS. ALTHOUGH IT IS ONLY SHORT TERM, IT IS BETTER THAN NOTHING UNTIL A CURE IS FOUND.

FIGHT COLOR A COURSE IN MASTERING THE ART ___ A SOFTWARE THAT IS SUITED FOR SMALL BUSINESSES HELPS THE BUSINESS OWNER ANALYZE FINANCIAL DATA, CUSTOMIZE REPORTS LIKE TRANSACTION HISTORY, PROFIT & LOSS, CHECK DETAILS, RECONCILIATION DETAILS, AND MANY MORE. BY SIMPLY LOOKING AT THE VARIOUS REPORTS, YOU CAN ALREADY DETERMINE YOUR BUSINESS STATUS. SOME SOFTWARE ALSO OFFERS BUILT-IN FEATURES LIKE FORECASTING TOOLS. THESE TOOLS CAN BE USED TO MANAGE BUSINESS RISKS AND CONTROL COST OF OPERATION.

IF YOU'RE RUNNING A SMALL BUSINESS, IT IS NOW TIME TO PURCHASE ACCOUNTING SOFTWARE. BY DOING SO, YOU CAN SECURE YOUR BUSINESS' FUTURE AND YOU CAN BE CERTAIN THAT ALL YOUR FINANCIAL TASKS ARE HANDLED EFFECTIVELY.

FOR FREE COLOR A COURSE IN MASTERING THE ART

ONCE HE OR SHE KNOWS THE REASON, THIS IS THE TIME THAT THE NEEDLES ARE INSERTED INTO DIFFERENT PARTS OF THE BODY. ONE WAY IS CALLED THE MULTI-TARGETED APPROACH WHICH IS DESIGNED TO LOWER THE BODY'S WEIGHT BY INCREASING THE OUTPUT OF THE PITUITARY GLAND.

THE AREAS WHERE THE NEEDLES WILL BE INSERTED WILL BE IN THE EAR AND IN TWO OF THREE BODY POINTS. THESE AREAS COULD ALSO INCLUDE THE MOUTH, THE STOMACH, THE LUNG, THE ENDOCRINE, THE SPLEEN, KIDNEY OR THYROID.

DURING THE INITIAL TREATMENT, THE "FOUR GATE" POINTS WOULD BE USED TO CIRCULATE ENERGY THROUGHOUT THE ENTIRE BODY. IT IS ALSO POSSIBLE THAT ELECTRO SIMULATION WILL ALSO BE DONE TO INCREASE ENDORPHIN RELEASE AND STIMULATE METABOLISM.

STUDY CASE COLOR A COURSE IN MASTERING THE ART, FIFTH, MEDICAL DOCTORS DO NOT BELIEVE IN THE POTENTIAL OF ALTERNATIVE MEDICINE. THIS IS NOT TRUE BECAUSE THERE ARE MORE DOCTORS THESE DAYS THAT ARE OPEN TO THE IDEA THAT THERE ARE OTHER WAYS TO HELP PATIENTS ASIDE FROM CONVENTIONAL MEDICINE. IN FACT, SOME OF THEM EVEN RECOMMEND AN ACUPUNCTURIST IF THEY KNOW THAT WHAT THEY HAVE DONE IS NOT EFFECTIVE.

ANOTHER MYTH IS THAT EVERY PATIENT WILL UNDERGO THE FOUR NEEDLE TECHNIQUE. THIS IS NOT TRUE AND IT WILL ONLY BE USED WHEN THE SPECIALIST FEELS THAT THE ENERGY OF THE PATIENT IS VIRTUALLY NOT MOVING AS A LAST RESORT.

THE SEVENTH MYTH IS THAT IT IS BETTER FOR A MEDICAL DOCTOR TO PERFORM ACUPUNCTURE. THIS IS WRONG BECAUSE THE TRAINING IS MUCH DIFFERENT THAN THAT TAUGHT IN MEDICAL SCHOOL. STUDENTS WHO HAVE AN ACUPUNCTURIST LICENSE TRAIN FOR 3,000 HOURS BEFORE THEY ARE ALLOWED TO PRACTICE THIS PROFESSION. SO BETWEEN AN ACUPUNCTURIST AND A MEDICAL DOCTOR, YOU SHOULD GO WITH SOMEONE WHO HAS LEARNED ABOUT THIS MUCH LONGER.

READ ONLY : COLOR A COURSE IN MASTERING THE ART

MOST PATIENTS THAT UNDERGO ACUPUNCTURE WILL NOT FEEL ANY SIGNIFICANT CHANGE AFTER ONE SESSION WHICH IS WHY A FEW SESSIONS ARE NEEDED. BEST OF ALL, IT IS PAINLESS SO YOUR BODY WILL NOT FEEL SORE AFTERWARDS.

SEVERAL STUDIES HAVE BEEN CONDUCTED ABOUT ACUPUNCTURE AND THERE HAVE BEEN POSITIVE RESULTS. FOR INSTANCE IN THE UK, 400 PARTICIPANTS WHO WERE SUFFERING FROM MIGRAINES CLAIMED THEY FELT BETTER AFTER 3 MONTHS WORTH OF SESSIONS.

IN THE US, ACUPUNCTURE HAS ALSO PROVEN TO BE EFFECTIVE IN HELPING PEOPLE DEAL WITH ARTHRITIS BECAUSE THE NEEDLES HELP THE BODY FIGHT AGAINST THIS CHRONIC ILLNESS THAT IS MUCH CHEAPER AND MORE EFFECTIVE THAN CONVENTIONAL MEDICINE.

FOR FREE COLOR A COURSE IN MASTERING THE ART

A QUICK-START GUIDE TO ACUPUNCTURE

USING NEEDLES TO ADJUST BODILY FUNCTIONS TO OPTIMUM LEVELS IS THE PRINCIPLE BEHIND ACUPUNCTURE. BOTH ANCIENT CHINESE AND MODERN WESTERN PRACTITIONERS HAVE USED THIS TECHNIQUE TO RELIEVE MANY SUFFERERS OF CHRONIC DISEASE. NEEDLING IS A RELATIVELY SAFE, BENEFICIAL TREATMENT STRATEGY THAT CAN BE USED TO REDUCE PAIN, IMPROVE HEALING, AND INCREASE GENERAL WELL-BEING. BUT EXACTLY HOW IS THIS PROCEDURE DONE AND WHAT SORT OF BENEFITS CAN BE OBTAINED?

PROCEDURE FOR NEEDLE PUNCTURE

THERE ARE TWO BROAD CATEGORIES OF ACUPUNCTURE PRACTICE TODAY, TRADITIONAL CHINESE MEDICINE (TCM) AND MEDICAL ACUPUNCTURE. BOTH HAVE THEIR MERITS, SO THE CHOICE IS INDIVIDUAL. THE DECISION FOR MOST PEOPLE HINGES UPON WHICH PHILOSOPHY APPEALS MORE TO THEM AND WHICH TECHNIQUE HOLDS THE LEAST APPREHENSION.

LIFE LESSONS FROM COLOR A COURSE IN MASTERING THE ART ___ ACUPUNCTURE CAN DO MORE THAN JUST HELPING PATIENTS DEAL WITH ARTHRITIS OR MIGRAINE. CLINICAL TESTS HAVE SHOWN THAT IT CAN HELP OBESE PEOPLE LOSE WEIGHT AND THOSE WHO ARE SUFFERING FROM INSOMNIA.

IN SOME COUNTRIES, ACUPUNCTURE HAS EVEN BEEN USED TO REPLACE CHEMICAL ANESTHESIA PRIOR TO SURGERY AS THERE ARE SOME PATIENTS WHO ARE NOT ABLE TO TOLERATE REGULAR ANESTHESIA.

ANOTHER FIELD WHICH ACUPUNCTURE HAS PROVEN TO BE EFFECTIVE IS HELPING PATIENTS DEAL WITH THEIR ADDICTIONS SUCH AS ALCOHOL, DRUGS AND SMOKING. ONE STUDY OF SMOKERS REVEALED THAT THE AVERAGE PATIENT WILL CUT DOWN BY HALF THE NUMBER OF CIGARETTES THEY CONSUME AFTER JUST ONE TREATMENT. JUST IMAGINE THE POTENTIAL AFTER A FEW MORE SESSIONS!

THE BEST COLOR A COURSE IN MASTERING THE ART

AFTER THE REGULAR SESSIONS, IT IS ADVISABLE TO GO BACK FOR FOLLOW UP TREATMENT. IT SHOULD BE EVERY 2 WEEKS FOR THE NEXT 2 MONTHS AND THEN ONCE A MONTH LATER ON. ASIDE FROM NEEDLES, MOST CLINICS USE HERBS IN THE FORM OF MASKS, POULTICES AND MOISTURIZERS. BEFORE YOU USE IT, CHECK WITH YOUR DOCTOR TO MAKE SURE THERE IS NO ALLERGIC REACTION TO ANY FORMS OF MEDICATION THAT YOU ARE TAKING. AFTER THE FIRST FACIAL ACUPUNCTURE TREATMENT, YOU WILL USUALLY SEEN AN INCREASED GLOW TO ONE'S COMPLEXION WHICH THE CHINESE SAY AN INCREASED QI OR BLOOD FLOW TO THE FACE. IT BECOMES MORE OPEN, THE WRINKLES START TO DISAPPEAR AND THE SKIN APPEARS MORE TONED.

TRANSFORMATION COLOR A COURSE IN MASTERING THE ART

ALTHOUGH THERE ARE RISKS IF YOU DECIDE TO GO UNDERGO ACUPUNCTURE, THESE CAN BE AVOIDED AS LONG AS THE ONE DOING IT IS A LICENSED PROFESSIONAL WHO MAKES SURE THAT THE NEEDLES USED ARE STERILIZED BEFORE THEY ARE INSERTED INTO THE BODY. THESE DAYS, A LOT OF PEOPLE IN THE MEDICAL FIELD HAVE ACCEPTED THE FACT THAT ALTERNATIVE MEDICINE SUCH AS THIS CAN ALSO HELP THE PATIENT WHICH IS WHY THEY MAY REFER SOMEONE WHEN IT IS NEEDED. SO, IF YOU ARE TIRED OF EXPERIENCING THE SIDE EFFECTS OF CONVENTIONAL MEDICINE AND WANT TO TRY A HOLISTIC FORM OF HEALTHCARE, WHY DON'T YOU SEE WHAT ACUPUNCTURE CAN DO FOR YOU? IT IS PAINLESS AND COST EFFECTIVE. IN FACT, IT IS JUST ONE OF MANY YOU CAN TRY TO HELP TREAT A CHRONIC CONDITION.

CURSE COLOR A COURSE IN MASTERING THE ART...How It Stops The Addiction

THE PLACEMENT OF NEEDLES IS USUALLY LOCATED BEHIND THE EAR, OR ON THE EAR CARTILAGE. THIS IS WHERE THE CALMING EFFECT TAKES PLACE, CURBING THE PATIENT'S CRAVINGS FOR MORE CIGARETTES. PEOPLE WHO HAVE A SMOKING HABIT ARE BOUND TO TAKE UP THE NICOTINE STICK MORE OFTEN WHENEVER THEY FEEL STRESSED, BORED, OR DEPRESSED. NEEDLES ARE ALSO OFTEN INSERTED ON THE HAND AND WRISTS TO PROMOTE A STEADIER FLOW OF BODILY ENERGY. THE FEELING OF RELAXATION WILL HELP AN INDIVIDUAL THINK TWICE ABOUT LIGHTING A CIGARETTE AGAIN. FURTHERMORE, THIS TREATMENT HAS BEEN FOUND TO HELP AN INDIVIDUAL DEAL WITH THE WITHDRAWAL SYMPTOMS BETTER. THIS ALTERNATIVE MEDICINE PROMOTES BETTER TOLERANCE TO PAIN AND DISCOMFORT DURING SMOKING CESSATION. WITHDRAWAL SYMPTOMS CAN RANGE FROM MILD TO SEVERE AND MAY INVOLVE NAUSEA, PALPITATIONS, AND DIZZINESS. OFTENTIMES, THESE SAME CONDITIONS WILL PROPEL AN INDIVIDUAL BACK TO HIS SMOKING TENDENCIES SOONER THAN LATER.

READING COLOR A COURSE IN MASTERING THE ART

ALTHOUGH MANY FORMS CHINESE MEDICATION REMAIN DEBATED CONCEPTS IN WESTERN SOCIETY, THERE IS A GROWING INTEREST IN THESE MEDICATIONS AND PERHAPS AS THE ACCEPTANCE OF THE PRACTICE GROWS, SO WILL THE DISCOVERIES ABOUT ITS MEDICAL PROPERTIES. **MORE INFORMATION ON ACUPUNCTURE** YOU CAN FIND MORE INFORMATION ABOUT ACUPUNCTURE AT AN ACUPUNCTURE CENTER CLOSE TO YOU. YOU CAN EASILY LOCATE NEARBY CENTERS OR PRACTITIONERS BY SEARCHING ONLINE. AN APPOINTMENT MAY BE NECESSARY AS ACUPUNCTURE CENTERS ARE USUALLY BUSY WITH LONG WAIT LISTS. SO IF WESTERN MEDICINE IS NOT WORKING FOR YOU AND YOU ARE LOOKING FOR AN ALTERNATIVE, GIVE SOME THOUGHT ACUPUNCTURE. MORE AND MORE PEOPLE ARE DISCOVERING THE THERAPEUTIC BENEFITS OF THIS ANCIENT MEDICINE. ACUPUNCTURE IS SAFE AND HARMLESS, AND THEREFORE YOU HAVE NOTHING TO LOSE AND EVERYTHING TO GAIN.

STUDY COLOR A COURSE IN MASTERING THE ART

ACUPUNCTURE CAN HELP YOU QUIT SMOKING

SMOKING IS ONE HARD HABIT TO BREAK. IF NICOTINE PATCHES AND GUM DOESN'T WORK, PERHAPS YOU SHOULD TRY SOMETHING ELSE LIKE AN ALTERNATIVE FORM OF HEALTHCARE LIKE ACUPUNCTURE. ACUPUNCTURE IS AN ANCIENT PRACTICE INVOLVING THE USE OF NEEDLES. THIS INSTRUMENT IS INSERTED INTO THE SKIN TO ALLOW YOU ENERGY OR QI TO START FLOWING FREELY AROUND YOUR BODY AND THUS HELP YOU QUIT SMOKING. WHEN YOU GO VISIT AN ACUPUNCTURIST FOR THE FIRST TIME AND TELL HIM OR HER THAT YOU WANT TO QUIT SMOKING, AFTER ANSWERING SOME QUESTIONS, THE SPECIALIST WILL CARRY OUT AN EXAMINATION OF YOUR EARS AND SEARCH FOR AREAS WHERE THE ENERGY IS LOW.

ANALYSIS COLOR A COURSE IN MASTERING THE ART

ACUPUNCTURE IN THE WESTERN WORLD

ONE OF THE MOST DEBATED ISSUES BETWEEN THE EAST AND THE WEST IS THE USE OF ACUPUNCTURE AS A WESTERN MEANS OF MEDICAL TREATMENT. EVEN THOUGH THIS FORM OF MEDICINE HAS BEEN USED AS AN EFFECTIVE METHOD FOR OVER FIVE THOUSAND YEARS IN CHINA, THERE IS NO CONCRETE EVIDENCE FROM SCIENTIFIC RESEARCH STUDIES THAT HAVE PROVEN THE HEALING PROPERTIES OF ACUPUNCTURE. SKEPTICS SHRUG OFF THE POSITIVE EFFECTS OF ACUPUNCTURE AS MERELY PLACEBO EFFECTS. BELIEVERS IN ACUPUNCTURE, HOWEVER, SAY THAT THE BENEFITS HAVE SIMPLY NOT YET BEEN PROVEN. BELIEVERS PROMOTE THAT THE TREATMENT IS HARMLESS AND CAN BE USED AS A COMPLEMENT TO WESTERN MEDICINE.

REVENGE COLOR A COURSE IN MASTERING THE ART

QUITTING SMOKING FOR GOOD WITH ACUPUNCTURE

ACUPUNCTURE IS ALREADY A RENOWNED METHOD USED IN TREATING SMOKING ADDICTION. AN ALTERNATIVE MEDICINE BELIEVED TO HAVE ORIGINATED AS FAR AS 3000 BC IN ANCIENT CHINA, THIS TREATMENT IS NOW BEING WIDELY UTILIZED FOR VARIOUS MEDICINAL AND THERAPEUTIC PURPOSES. IT HAS BEEN FOUND FURTHERMORE TO SUCCESSFULLY TREAT DRUG DEPENDENCE AND CHRONIC SMOKING ADDICTION. THERE ARE SEVERAL SMOKING CESSATION MEDICATIONS AND THERAPIES AVAILABLE PRESENTLY. HOWEVER ACUPUNCTURE IS A RECOMMENDED ALTERNATIVE PROCEDURE, ESPECIALLY WHERE CONVENTIONAL THERAPIES HAVE ALREADY FAILED. THE STRATEGIC INSERTION OF NEEDLES IN VARIOUS PARTS OF THE BODY AIMS TO TREAT THE CONDITION IN A MORE PROFOUND AND EMOTIONAL LEVEL. A SMOKER NEEDS TO FREE HIMSELF FROM THE PHYSIOLOGICAL AND PSYCHOLOGICAL ADDICTION OF SMOKING, THUS NECESSITATING A MORE HOLISTIC TREATMENT.

CHALLENGE COLOR A COURSE IN MASTERING THE ART

VISIBLE SPECTRUM OF REALITY, A TEAM OF SCIENTISTS AT THE QUANTUM OBSERVATORY MADE A GROUNDBREAKING DISCOVERY — A PORTAL TO PARALLEL UNIVERSES. AS THEY STEPPED INTO THIS UNKNOWN, THEY FOUND THEMSELVES ENTANGLED IN A COSMIC CONSPIRACY THAT CHALLENGED THEIR LIMITS OF THEIR UNDERSTANDING OF THE MULTIVERSE.

FILE PDF COLOR A COURSE IN MASTERING THE ART VISIBLE SPECTRUM OF REALITY, A TEAM OF SCIENTISTS AT THE QUANTUM OBSERVATORY MADE A GROUNDBREAKING DISCOVERY — A PORTAL TO PARALLEL UNIVERSES. AS THEY STEPPED INTO THIS UNKNOWN, THEY FOUND THEMSELVES ENTANGLED IN A COSMIC CONSPIRACY THAT CHALLENGED THEIR LIMITS OF THEIR UNDERSTANDING OF THE MULTIVERSE.

OBSESSION COLOR A COURSE IN MASTERING THE ART

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FIGHT COLOR A COURSE IN MASTERING THE ART

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LIBERATION COLOR A COURSE IN MASTERING THE ART; VISIBLE SPECTRUM OF REALITY, A TEAM OF SCIENTISTS AT THE QUANTUM OBSERVATORY MADE A GROUNDBREAKING DISCOVERY — A PORTAL TO PARALLEL UNIVERSES. AS THEY STEPPED INTO THIS UNKNOWN, THEY FOUND THEMSELVES ENTANGLED IN A COSMIC CONSPIRACY THAT CHALLENGED THEIR LIMITS OF THEIR UNDERSTANDING OF THE MULTIVERSE.

DISCOVERY COLOR A COURSE IN MASTERING THE ART, VISIBLE SPECTRUM OF REALITY, A TEAM OF SCIENTISTS AT THE QUANTUM OBSERVATORY MADE A GROUNDBREAKING DISCOVERY — A PORTAL TO PARALLEL UNIVERSES. AS THEY STEPPED INTO THIS UNKNOWN, THEY FOUND THEMSELVES ENTANGLED IN A COSMIC CONSPIRACY THAT CHALLENGED THEIR LIMITS OF THEIR UNDERSTANDING OF THE MULTIVERSE.

REVIEW COLOR A COURSE IN MASTERING THE ART

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POWER COLOR A COURSE IN MASTERING THE ART

ACCOUNTING PRINCIPALS AND TULSA

HAVE YOU EVER BEEN TO THE CITY OF TULSA? TULSA IS A CITY THAT EMBRACES CHALLENGES AND IT ALSO VALUES COLLABORATIVE SOLUTIONS. THE TOP OFFICIALS OF THE CITY ARE TRYING VERY HARD TO PROMOTE PUBLIC SAFETY, GREEN INITIATIVES, INNOVATIVE EDUCATIONAL OPPORTUNITIES, AND DIVERSITY. IF YOU WANT TO FREE YOUR ENTREPRENEURIAL SPIRIT, TULSA IS THE BEST PLACE FOR YOU.

YOU CAN ALSO FIND ACCOUNTING PRINCIPALS IN THE CITY OF TULSA. THE COMPANY IS CONSIDERED A LEADER IN TERMS OF OFFERING THE BEST WORKFORCE SOLUTIONS SPECIFICALLY IN THE FINANCIAL AND ACCOUNTING SERVICES INDUSTRIES.

HOW CAN ACCOUNTING PRINCIPALS DO THIS? WELL, THE COMPANY MAKES USE OF A BLEND OF TEMP-TO-HIRE, TEMPORARY STAFFING, PAYROLL SERVICES, CONTRACT SERVICES, DIRECT PLACEMENT, AND A LOT MORE. ACCOUNTING PRINCIPALS CAN PROVIDE THEIR CLIENTS WITH AN ACCOUNTING PROFESSIONAL OR EVEN A TEAM OF CPAs WHEN NEEDED. THE COMPANY IS MADE UP OF NATIONWIDE REPRESENTATIVES WHO HAVE EXPERIENCED ACCOUNTING IN THE REAL WORLD, AND NOT JUST BY THE BOOKS.

FILE PDF COLOR A COURSE IN MASTERING THE ART~PERIODONTAL DISEASE CAN BE DIAGNOSED BY A DENTIST OR A PERIODONTIST AFTER REVIEWING THE COMPLETE MEDICAL HISTORY AND ALSO PHYSICAL EXAMINATION OF THE TEENAGER'S MOUTH. USUALLY X-RAY OF THE TEETH IS TAKEN TO EVALUATE THE DISEASE. PERIODONTAL DISEASE IS CLASSIFIED INTO DIFFERENT TYPES BASED ON WHAT STAGE THE DISEASE IS IN. THE MILDEST FORM OF GUM DISEASE IS KNOWN AS "GINGIVITIS" IN WHICH GUMS BECOME SWOLLEN, RED AND TENDER RESULTING IN BLEEDING WHILE DAILY BRUSHING AND FLOSSING. GINGIVITIS IS AGAIN DIVIDED INTO 4 GROUPS PRIMARILY ACUTE, SUB-ACUTE, RECURRENT AND CHRONIC. ACUTE GINGIVITIS IS NOTHING BUT SUDDEN APPEARANCE WHICH LASTS FOR SHORTER DURATION AND COULD BE PAINFUL. SUB-ACUTE GINGIVITIS IS LESS SEVERE TYPE OF GINGIVITIS. RECURRENT GINGIVITIS IS THE ONE THAT COMES BACK AFTER TREATMENT. CHRONIC GINGIVITIS IS THE ONE THAT ONSETS SLOWLY, LASTS LONGER AND IS GENERALLY PAINLESS. A DENTIST'S TREATMENT AND PROPER AND CONTINUOUS CARE CAN EASILY SOLVE THE PROBLEM OF GINGIVITIS BUT IF LEFT UNTREATED COULD RESULT IN PERIODONTITIS.

PERIODONTITIS IS FURTHER CLASSIFIED INTO MILD AND MODERATE TO ADVANCE. PERIODONTITIS RESULTS FROM UNTREATED GINGIVITIS. IN THIS STAGE THE DETERIORATION OF THE BONE IN THE VICINITY OF THE TOOTH BECOMES EVIDENT. THE COMMON SYMPTOMS INCLUDE RED GUMS THAT BLEED; MOUTH TASTES BAD; LOOSE TEETH; TOOTH LOSS. PROPER TREATMENT IS A MUST TO CONTROL THE DISEASE AND PREVENT FURTHER DETERIORATION. PERIODONTITIS WHICH IS IN MODERATE TO ADVANCED STAGE SHOWS SIGNS OF MAJOR LOSS OF TISSUE AND BONE LOSS NEAR THE TEETH.

THERE ARE VARIOUS TREATMENTS AVAILABLE FOR PERIODONTAL DISEASE WHICH IS DECIDED BY THE DENTIST DEPENDING ON TEENAGER'S AGE, MEDICAL HISTORY AND HEALTH IN GENERAL. THE METHOD OF TREATMENT ALSO DEPENDS ON THE EXTENT TO WHICH DISEASE HAS REACHED. THE TOLERANCE OF THE TEENAGER TO CERTAIN MEDICINES, THERAPIES AND PROCEDURES ARE ALSO TAKEN INTO CONSIDERATION. EXPECTATIONS AND OPINION OF THE PARENTS OR TEENAGER IS ALSO THE CRITERIA IN DECIDING THE TYPE OF TREATMENT. THE TREATMENT USUALLY INVOLVES PLAQUE REMOVAL, MEDICATION AND IN WORSE CASES A SURGERY.

CONCEPTS COLOR A COURSE IN MASTERING THE ART

THE SYMPTOMS OF OSGOOD-SCHLATTER DISEASE ARE SWELLING OF KNEE, TENDERNESS BELOW KNEE AREA AND LIMPING. THE DOCTOR WILL CHECK THE MEDICAL HISTORY OF THE PATIENT AND WILL CONDUCT PHYSICAL EXAMINATION AND DIAGNOSTIC PROCEDURES SUCH AS TAKING AN X-RAY. THE PHYSICIAN WILL DECIDE ON THE TREATMENT TO BE DONE BY STUDYING THE OVERALL HEALTH, AGE, MEDICAL HISTORY, TOLERANCE FOR CERTAIN MEDICATIONS AND EXTENT OF THE DISEASE. TREATMENT WILL INCLUDE MEDICATIONS, REST, COMPRESSION, ELEVATION, NEOPRENE KNEE SLEEVE AND PHYSICAL THERAPY. THE MAIN AIM WILL BE TO CONTROL AND LIMIT THE KNEE PAIN BY CUTTING DOWN ON THE ADOLESCENT'S PHYSICAL ACTIVITIES. USUALLY THE OSGOOD-SCHLATTER DISEASE GETS HEALED OVER A PERIOD OF TIME AND IN VERY RARE CASES IS A SURGERY REQUIRED.

SLIPPED CAPITAL FEMORAL EPIPHYSIS IS A PROBLEM WHICH AFFECTS THE HIP JOINT. THE BALL OR HEAD OF THE THIGH BONE, ALSO KNOWN AS FEMORAL HEAD SLIPS FROM THE THIGH BONE'S NECK. BECAUSE OF THIS THE HIP JOINT BECOMES STIFF AND PAINFUL. SLIPPED CAPITAL FEMORAL EPIPHYSIS IS THE MOST COMMON DISORDER OF THE HIP WHICH CAN HAPPEN IN BOTH THE HIPS OR ONE AND IT IS MORE COMMON IN BOYS WHEN COMPARED TO GIRLS. BASICALLY, ADOLESCENTS OF THE AGE TEN TO EIGHTEEN YEARS AND WHO ARE OVERWEIGHT CAN BE AFFECTED BY THIS CONDITION. THE CONDITION CAN ARISE OVER A TIME INTERVAL OF FEW WEEKS OR YEARS. THE CONDITION, IF RESULTED BECAUSE OF TRAUMA AND IS ALSO CALLED ACUTE SLIP AND IF RESULTS AFTER A PERIOD OF TIME IS CALLED CHRONIC SLIP. SLIPPED CAPITAL FEMORAL EPIPHYSIS IS CAUSED BECAUSE OF MEDICATIONS, RADIATION TREATMENT, THYROID PROBLEMS, AND CHEMOTHERAPY.

THERE ARE THREE DEGREES OF INTENSITY OF SLIPPED CAPITAL FEMORAL EPIPHYSIS, MILD, MODERATE AND SEVERE. IN MILD SLIPPED CAPITAL FEMORAL EPIPHYSIS, ONLY ONE THIRD OF FEMORAL HEAD SLIPS FROM THE THIGH BONE. IN MODERATE, ONE THIRD TO HALF SLIPS AND IN SEVERE, MORE THAN HALF OF THE FEMORAL HEAD SLIPS. THE SYMPTOMS OF THIS CONDITION ARE PAIN IN HIP WHICH INCREASES UPON MOVEMENT, PAIN IN THIGH, KNEE & GROIN AND LIMPNESS IN THE LEG. WHEN AN ADOLESCENT WALKS THERE WILL BE A CLICKING SOUND IN THE HIP AND HIS/HER LEGS WILL BE TURNED OUTWARDS.

STUDY COLOR A COURSE IN MASTERING THE ART CAREER OPPORTUNITIES IN THE ACCOUNTING FIELD

ANY TYPE OF BUSINESS NEEDS AN ACCOUNTANT WHO WILL BE RESPONSIBLE FOR KEEPING RECORDS AND ALSO KEEP TRACK OF ITS INCOME AND ASSETS OVER A PERIOD OF TIME. IN THIS TYPE OF CAREER, YOU WILL SEE THAT AS AN ACCOUNTANT, YOU WILL BE ABLE TO LEARN A LOT OF VALUABLE THINGS THAT CAN HELP YOU ADVANCE IN THIS FIELD. IN ACCOUNTING OR ACCOUNTANCY, IT IS IMPORTANT FOR YOU TO KNOW HOW BUSINESSES WORK IN ORDER TO HAVE A FULL UNDERSTANDING ON HOW YOU CAN DO YOUR JOB WELL.

IN FACT, A LOT OF SUCCESSFUL BUSINESSMEN AND WOMEN TODAY WERE FORMER ACCOUNTANTS WHO WERE ALSO WORKING IN A BUSINESS THAT THEY DIDN'T OWN BUT DECIDED TO WORK THEIR WAY UP IN THE FIELD.

THE GREAT THING ABOUT THIS CAREER IS THAT IT WILL INCREASE YOUR KNOWLEDGE ON HOW BUSINESSES WORK. YOU HAVE TO CONSIDER THAT ACCOUNTING IS SORT OF LIKE A CONTINUING EDUCATION. EVEN AFTER YOU GRADUATED FROM COLLEGE AND YOU ARE ALREADY A CERTIFIED ACCOUNTANT, YOU WILL STILL NEED TO LEARN ABOUT THE DIFFERENT CHANGES AND TRENDS IN THE BUSINESS WORLD IN ORDER FOR YOU TO KNOW WHAT TO DO AND WHAT NOT TO DO WHEN OWNING BUSINESSES.

BEHIND THE COLOR A COURSE IN MASTERING THE ART___**How ACUPUNCTURE INDUCES WEIGHT LOSS**

MOST ACUPUNCTURISTS WILL TARGET THE SPOTS BEHIND THE EAR WHEN IT COMES TO PROMOTING WEIGHT LOSS. WHEN THESE POINTS BEHIND THE EAR ARE STIMULATED, ENDORPHINS ARE RELEASED IN LARGE DOSES. ENDORPHINS ARE CALLED THE FEEL-GOOD HORMONES, AND THESE ARE ALSO OFTEN REFERRED TO AS NATURAL PAIN AND FEVER RELIEVERS. THE RELEASE OF ENDORPHINS IS WHAT MAKES YOU FEEL BETTER AFTER AN INCREASED LEVEL OF PHYSICAL ACTIVITY, AS IN THE CASE OF A GOOD WORKOUT.

THESE BODILY COMPOUNDS ALLOW THE PATIENT TO EXPERIENCE BETTER RELAXATION, THUS CONSIDERABLY ALLEVIATING STRESS. THERE IS A GREATER POSSIBILITY OF ENHANCED WEIGHT LOSS WHEN THE PATIENT HAS ALREADY ACHIEVED EMOTIONAL WELLNESS. ENDORPHINS ARE ALSO RELEASED WHENEVER THE BODY EXPERIENCES LOW LEVELS OF BODILY PAIN, THUS THEIR MONIKER AS A NATURAL PAIN RELIEVER.

EXAMPLE COLOR A COURSE IN MASTERING THE ART

CONTACT THE COMPANY NOW. YOU CAN EASILY CHECK OUT THEIR ONLINE WEBSITE. THERE YOU CAN FIND ALL THE INFORMATION YOU MAY NEED. THE WEBSITE IS USER-FRIENDLY AND SO YOU CAN EASILY MANEUVER IN AND OUT OF THE SITE. YOU CAN GET ALL THE IMPORTANT INFORMATION LIKE TELEPHONE NUMBERS, EMAIL ADDRESS, AND A LOT MORE. IF YOU LIVE IN TULSA, YOU CAN ALWAYS VISIT THE COMPANY'S OFFICE. IT HAS BRANCHES ALL OVER THE NATION BUT IF YOU CAN'T FIND ONE LOCALLY, YOU CAN JUST CALL THEM.

DON'T WORRY BECAUSE YOUR CALL WILL BE CONFIDENTIAL AND THE COMPANY WILL NOT JUST GIVE OUT YOUR INFORMATION TO OTHERS. ACCOUNTING PRINCIPALS IS A REPUTABLE NAME THAT YOU CAN TRUST. THE COMPANY ALREADY HAVE A LOT OF CLIENTS AND SO YOU CAN ALSO TRUST THEM.

TRANSFORMATION COLOR A COURSE IN MASTERING THE ART

WHICH TYPE OF ACUPUNCTURE SHOULD YOU TRY? THAT IS UP TO YOU. ALL OF THEM ARE EFFECTIVE SO DISCUSS THIS WITH YOUR DOCTOR AND DO SOME RESEARCH SO YOU KNOW WHAT YOU ARE GETTING YOURSELF INTO. EACH OF THESE IS PAINLESS SO JUST RELAX AND LET THE PROFESSIONAL DO THE REST.

JUST LIKE CONVENTIONAL MEDICINE, DON'T EXPECT AN IMPROVEMENT OVERNIGHT AS THIS TAKES TIME SO JUST KEEP AN OPEN MIND.

WHAT DO ACUPUNCTURISTS DO

THE ACUPUNCTURIST IS THE SPECIALIST WHO CONDUCTS ACUPUNCTURE. HE OR SHE MAY USE NEEDLES OR SOME OTHER INSTRUMENTS DEPENDING ON THE TYPE THAT WILL BE USED TO CREATE HARMONY AND BALANCE IN THE BODY.

READ ONLY : COLOR A COURSE IN MASTERING THE ART.GIVEN THAT THIS HAS BEEN PRACTICED FOR MORE THAN 2000 YEARS, VARIOUS STYLES OF ACUPUNCTURE HAVE BEEN DEVELOPED. SO, BEFORE YOU DECIDE TO GO FOR A SESSION, YOU SHOULD KNOW WHAT TECHNIQUE IS USED SO THEY CAN EXPLAIN TO YOU WHAT HAPPENS.

WHEN LOOKING FOR AN ACUPUNCTURIST, YOU SHOULD ALSO ASK WHERE THEY GOT THEIR TRAINING, HOW LONG THEY HAVE BEEN IN THE PRACTICE AND MOST IMPORTANTLY, WHAT EXPERIENCE THE SPECIALIST HAS HAD IN TREATING THE CONDITION YOU ARE EXPERIENCING.

THEY SHOULD ALSO BE ABLE TO PRESENT THEIR CREDENTIALS LIKE WHERE THEY GRADUATED AND THEIR STATE BOARD LICENSE. IF YOU LIVE IN A STATE THAT DOES NOT REQUIRE A LICENSE, MAKE SURE THEY HAVE SOMETHING TO SHOW WHICH CERTIFIES THAT THEY CAN PRACTICE THEIR PROFESSION LIKE A DOCUMENT FROM THE NATIONAL COMMISSION FOR THE CERTIFICATION OF ACUPUNCTURISTS.

PROJECT COLOR A COURSE IN MASTERING THE ART

THE DURATION OF YOUR TREATMENT VARIES DEPENDING ON THE NATURE OF YOUR PROBLEM. SOME ARE EASY TO FIX COMPARED TO OTHERS ESPECIALLY IF YOU ARE DEALING WITH SOMETHING LONG TERM. FOR INSTANCE, ALCOHOLICS AND DRUG USERS MAY QUIT THEIR VICIES AFTER 3 OR 4 MONTHS WHILE THOSE SUFFERING FROM A DISEASE LIKE AUTISM WILL TAKE YEARS AS THERE IS NO KNOWN CURE YET FOR THIS ILLNESS.

BEFORE THE NEEDLES ARE INSERTED, YOU NEED TO UNDERGO A PHYSICAL EXAMINATION AND ANSWER A FEW QUESTIONS. THERE ARE RISKS INVOLVED EVEN THOUGH IT IS A PAINLESS PROCEDURE BECAUSE THE NEEDLE MIGHT HIT SOMETHING VITAL INSIDE BUT IF THE SPECIALIST IS GOOD, THEN THERE IS NOTHING TO WORRY ABOUT.

YOU MAY NOTICE A SPOT OF BLOOD WHEN THE NEEDLES COME OFF. BUT IF YOU ARE CONCERNED ABOUT IT, TALK TO YOUR ACUPUNCTURIST SO HE OR SHE CAN PRESCRIBE SOMETHING.

BEST SELLER : COLOR A COURSE IN MASTERING THE ART; GOVERNMENT SERVICE – YOU CAN LOOK FOR JOB OPPORTUNITIES IN THE STATE OR FEDERAL LEVEL. GOVERNMENT ACCOUNTANTS ARE RESPONSIBLE FOR TRACKING COSTS, BUDGETS, AND ANALYZING THE VARIOUS GOVERNMENT PROGRAMS THAT INVOLVE HUGE AMOUNTS. BEING A GOVERNMENT ACCOUNTANT CAN GIVE YOU THE CHANCE OF IMPROVING THE CONDITIONS OF THE POOR HOWEVER, DUE TO POLITICAL INFLUENCE, YOU WILL EXPERIENCE BUREAUCRATIC IMPEDIMENT.

IF YOU WANT TO BECOME A GOVERNMENT ACCOUNTANT, YOU HAVE TO THINK TWICE BECAUSE THE PUBLIC USUALLY THINK DIFFERENTLY OF THOSE IN POSITION. BUT IT DOESN'T REALLY MATTER WHAT OTHER PEOPLE THINK AS LONG AS YOU'RE DOING YOUR WORK HONESTLY AND EFFECTIVELY.

COMMERCE – ACCOUNTING GROUPS ARE MAINTAINED BY CORPORATIONS, WHETHER BIG OR SMALL. THE GROUPS OF ACCOUNTANTS PREPARE AND ORGANIZE ALL THE FINANCIAL STATEMENTS, HANDLE TAX ISSUES, TRACK COSTS, HANDLE INTERNATIONAL TRANSACTIONS, AND A LOT MORE.

HOPE COLOR A COURSE IN MASTERING THE ART

THE EARLIEST ACCOUNT OF THIS IS FOUND IN THE BOOK CALLED NEI JING WHICH IN ENGLISH MEANS THE YELLOW EMPEROR'S CLASSIC OF INTERNAL MEDICINE. THE CONTENTS OF THIS BOOK DATE SOMEWHERE AROUND 200 BC. BACK THEN, THEY DID NOT USE METAL NEEDLES AND INSTEAD USED THOSE MADE OUT OF STONE, MOXIBUSTION AND HERBS TO TREAT A PATIENT.

ACUPUNCTURE PREVENTS AND TREATS DISEASES BY INSERTING VERY FINE NEEDLES INTO THE SKIN SPECIFICALLY AT THE ANATOMIC POINTS OF THE BODY.

THE PRINCIPLE BEHIND THIS CONCEPT IS THAT ILLNESSES OCCUR BECAUSE THERE IS AN IMBALANCE IN YOUR LIFE FORCE OTHERWISE KNOWN AS QI. IT IS BELIEVED THAT THIS FLOWS IN 14 CHANNELS IN THE HUMAN BODY KNOWN AS MERIDIANS WHICH BRANCH OUT TO BODILY ORGANS AND FUNCTIONS. IF THERE IS A BLOCKAGE OR OBSTRUCTION IN ANY OF THEM, THIS IS WHEN YOU SUCCUMB TO A DISEASE OR AN ILLNESS.

DISCOVERY COLOR A COURSE IN MASTERING THE ART

IN SOME CASES, ACUPUNCTURE IS MORE EFFECTIVE WHEN THE NEEDLES ARE FIRST HEATED. THIS TECHNIQUE IS KNOWN AS "MOXIBUSTION." HERE, THE ACUPUNCTURIST LIGHTS A SMALL BUNCH OF THE DRIED HERB CALLED MOXA OR MUGWORT AND HOLDS IT ABOVE THE NEEDLES. THE HERB, WHICH BURNS SLOWLY AND GIVES OFF A LITTLE SMOKE AND A PLEASANT, INCENSE-LIKE SMELL, WILL NEVER DIRECTLY TOUCH YOUR BODY.

ANOTHER VARIATION IS ELECTRICAL ACUPUNCTURE. HERE, ELECTRICAL WIRES ARE HOOKED UP TO THE NEEDLES AND A WEAK CURRENT RUNS THROUGH IT WHICH MAY CAUSE NO OR LITTLE SENSATION AT ALL.

IT IS ALSO POSSIBLE THAT HERBAL MEDICATIONS WILL ALSO BE PRESCRIBED BY THE ACUPUNCTURIST FOR YOUR TREATMENT TO BE SUCCESSFUL.

OBSESSION COLOR A COURSE IN MASTERING THE ART ____ THERE CAN BE VARIOUS CAUSES WHY ACNE FORMS. APART FROM RISING HORMONE LEVELS DUE TO PUBERTY IT CAN ALSO BE ATTRIBUTED TO CERTAIN OTHER FACTORS LIKE INTAKE OF DRUGS WHICH CONTAIN LITHIUM, BARBITURATES AND CORTICOSTEROIDS. ACNE CAN ALSO BE CAUSED DUE TO EXCESS GREASE AND OIL IN THE SCALP, DUE TO COOKING OIL AND USE OF SOME COSMETICS CAN ACTUALLY ALLEVIATE THE ACNE PROBLEM. ACNE PROBLEM MANY TIMES IS INHERITED ALSO. ACNE PROBLEM IS WORSENERD IF THE PIMPLES ARE SQUEEZED OR SCRUBBED TOO HARD.

ACNE CAN FORM AT ANY PLACE OF THE BODY BUT THEY MOST COMMONLY FORM IN THE AREAS WHERE THERE SEBACEOUS GLANDS ARE PRESENT IN HIGH PROPORTIONS LIKE FACE, CHEST, SHOULDERS, NECK AND UPPER BACK. THE SYMPTOMS MAY DIFFER FROM PERSON TO PERSON BUT COMMONLY SEEN SYMPTOMS ARE: FORMATION OF BLACKHEADS, WHITEHEADS, LESIONS FILLED WITH PUS AND WHICH ARE VERY PAINFUL AND LASTLY NODULES. ONE MAY GET CONFUSED SOMETIMES AS SYMPTOMS OF ACNE MAY BE LIKE SOME OTHER SKIN CONDITION AND IT IS ALWAYS ADVISED TO CONSULT A DOCTOR IN THIS SCENARIO.

THERE ARE LOTS OF TREATMENTS AVAILABLE TODAY TO TREAT ACNE. THE PRIMARY GOAL OF THE TREATMENT IS TO REDUCE SCARS AND BETTER APPEARANCE. THERE ARE VARIOUS TREATMENTS AND THE DOCTOR DECIDES WHICH SPECIFIC TREATMENT YOU NEED BASED ON: THE EXTENT OF ACNE PROBLEM, AGE, MEDICAL HISTORY, OVERALL HEALTH, TOLERANCE TO SPECIFIC MEDICATIONS AND PROCEDURES, EXPECTATIONS AND LAST BUT NOT THE LEAST WHAT PATIENTS PREFER.

INVESTMENT COLOR A COURSE IN MASTERING THE ART; THERE ARE DIFFERENT ACCOUNTING FIELDS. ARE YOU ALREADY IN THE RIGHT CAREER PATH? IF NOT, PERHAPS IT'S NOW TIME TO CHANGE YOUR ACCOUNTING CAREER. SO WHICH IS IT GOING TO BE? GOVERNMENT ACCOUNTING, PUBLIC ACCOUNTING, INTERNAL AUDITING, MANAGEMENT ACCOUNTING, ETC? CHOOSE THE ONE YOU REALLY LIKE.

OLDER ADULTS ARE SOMETIMES HARD TO TEACH BUT IF YOU WANT TO REACH YOUR ULTIMATE GOALS, YOU MUST NOT STOP LEARNING. YOU HAVE TO BECOME PROFICIENT IN THE ACCOUNTING SOFTWARE USED BY THE COMPANY THAT YOU'RE WORKING. THERE IS A GREAT NUMBER OF ACCOUNTING SOFTWARE OUT THERE AND YOU MUST FAMILIARIZE YOURSELF WITH THE SOFTWARE.

HOW LONG HAVE YOU BEEN IN THE ACCOUNTING FIELD? HAVE YOU BEEN PROMOTED? YOU HAVE TO TAKE ADVANCED ACCOUNTING CAREER STUDIES SO THAT YOU CAN BECOME HIGHLY SKILLED AND EXPERIENCED IN THE PROFESSION. YOU WILL BENEFIT A LOT AND PROMOTIONS WILL COME SOON.

HISTORY COLOR A COURSE IN MASTERING THE ART

IN TCM, PRACTITIONERS ADHERE TO THE CONCEPT OF QI, OR ENERGY FLOW, AND THE MERIDIANS IN WHICH THEY TRAVEL. THEY USE LONGER NEEDLES AND INSERT THEM DEEPER IN ORDER TO REACH THE ACUPUNCTURE POINTS. MODERN SCIENCE HAS FOUND LITTLE EVIDENCE TO PROVE THE EXISTENCE OF THESE ENERGY CHANNELS, BUT THIS IS THE TECHNIQUE THAT HAS BEEN USED EFFECTIVELY FOR THOUSANDS OF YEARS.

IN MEDICAL ACUPUNCTURE, THE PRACTITIONERS ARE GRADUATES OF WESTERN MEDICAL SCHOOLS. THEIR APPLICATION OF NEEDLES IS NOT BASED ON THE TRADITIONAL ACUPUNCTURE POINTS, BUT ON ANATOMIC DATA. THESE ACUPUNCTURISTS USE SHORTER NEEDLES AND THE INSERTIONS ARE SHALLOWER. THEY ALSO TEND TO USE FEWER NEEDLES AND LEAVE THEM INSERTED FOR SHORTER PERIODS OF TIME. ADHERENTS TO TCM FEEL THIS IS A WATERED-DOWN VERSION OF THE REAL THING. NEVERTHELESS, MANY PATIENTS HAVE FELT RELIEF OF SYMPTOMS THROUGH THIS METHOD.

CONDITIONS FOR PUNCTURE APPLICATION

THERE IS A BROAD AND EXTENSIVE LIST OF AILMENTS WHICH CAN BE TREATED WITH ACUPUNCTURE. THE CONDITIONS RUN THE GAMUT FROM ASTHMA TO CONSTIPATION, ANXIETY TO WEIGHT LOSS. MOST TCM PRACTITIONERS BELIEVE THAT ANY HEALTH CONDITION RESULTS FROM AN IMBALANCE IN QI FLOW, THEREFORE AMENABLE TO NEEDLE THERAPY. WESTERN ACUPUNCTURISTS TEND TO HAVE A MORE LIMITED LIST OF INDICATIONS, THE MOST COMMON OF WHICH IS UNDOUBTEDLY CONTROL OF PAIN.

READ ONLY : COLOR A COURSE IN MASTERING THE ART

IT SOUNDS LIKE A MADE-UP EXPLANATION WITH NO BASIS IN REALITY, BUT THERE ARE NUMEROUS SCIENTIFIC STUDIES WHICH SUPPORT THE EFFECTS OF ACUPUNCTURE. ALTHOUGH THE EXACT SCIENTIFIC BASIS IS STILL UNKNOWN, RECENT THEORIES SEEM TO SUGGEST INVOLVEMENT OF COMPLICATED NEUROCHEMICAL EFFECTS IN THE BRAIN, NERVE TO SPINAL CORD IMPULSE MODULATION, AND MICROSCOPIC CONNECTIVE TISSUE CHANGES.

WHAT RISKS AND SIDE EFFECTS ARE OF CONCERN?

THE USE OF THINGS NOT COMPLETELY UNDERSTOOD FOR THE TREATMENT OF MEDICAL CONDITIONS IS NOTHING NEW. PENICILLIN AND ASPIRIN WERE USED FOR DECADES SOLELY ON THE BASIS OF THEIR BENEFICIAL EFFECTS, WITHOUT DOCTORS KNOWING EXACTLY HOW THEY WORKED. RESULTS ARE WHAT ARE TRULY IMPORTANT. HOWEVER, IT IS EQUALLY IMPORTANT IS TO ENSURE THAT THE TECHNIQUE IS USED SAFELY.

THE BEST COLOR A COURSE IN MASTERING THE ART; RIGHT AFTER EACH ACUPUNCTURE SESSION, YOU WILL FEEL A BIT TIRED AND MAY NEED TO REST. SOME PEOPLE FEEL AN INCREASE IN THEIR ENERGY LEVELS. THE RESPONSE TO ACUPUNCTURE IS VERY INDIVIDUAL. IN SOME CASES THERE IS IMMEDIATE RELIEF OF SYMPTOMS. FOR SOME PATIENTS, THE BENEFICIAL EFFECTS MAY ONLY BE NOTICED AFTER UNDERGOING A FEW SESSIONS. DO NOT BE ALARMED AND KEEP YOUR ACUPUNCTURIST UPDATED ON WHAT YOU ARE FEELING TO ENSURE EVERYTHING IS GOING AS EXPECTED. YOU NEED NEVER FEAR THE THOUGHT OF NEEDLES EVER AGAIN. ACUPUNCTURE IS A BENEFICIAL TREATMENT WITH A LONG HISTORY OF EFFECTIVENESS. IT IS USED TO COMPLEMENT CURRENT MEDICAL THERAPY AND SHOULD NOT REPLACE CURRENTLY EXISTING MEDICATIONS OR TREATMENTS.

THE SAFE APPLICATION OF THIS ONCE EXCLUSIVELY CHINESE THERAPY CAN NOW BE EXPERIENCED BY CHRONIC DISEASE SUFFERERS WORLDWIDE.

LIBERATION COLOR A COURSE IN MASTERING THE ART-COMMON ORAL HEALTH PROBLEMS IN ADOLESCENTS

ADOLESCENTS FACE MANY ORAL HEALTH PROBLEMS WHICH MAY REQUIRE THEM TO VISIT A DENTIST OR ANY OTHER HEALTHCARE PROFESSIONAL. IRREGULAR TEETH GROWTH IS A COMMON PROBLEM AND ADOLESCENTS WITH BRACES ARE A COMMON SIGHT. ANOTHER PROBLEM IS WISDOM TEETH EXTRACTION OR THE REMOVAL OF THE THIRD MOLAR. DENTAL CAVITIES ARE YET ANOTHER COMMON PROBLEM IN ADOLESCENTS.

ORTHODONTICS IS A SPECIALTY IN DENTISTRY WHICH DEALS WITH CORRECTION, DEVELOPMENT AND PREVENTION OF IRREGULAR TEETH, JAW AND BITE. ORTHODONTICS ALSO HELPS TO CORRECT JAW DISORDERS AND FACIAL ABNORMALITIES. IF A GENERAL DENTIST FEELS ABNORMALITIES IN THE ADOLESCENT, HE/SHE WILL REFER THE PATIENT TO AN ORTHODONTIST. THE

AMERICAN DENTAL ASSOCIATION SUGGESTS THAT EVERY ADOLESCENT ABOVE THE AGE OF SEVEN SHOULD GET AN ORTHODONTIC EVALUATION DONE. PROBLEMS WHICH REQUIRE ORTHODONTIC TREATMENT ARE CROWDED OR CROOKED TEETH, EXTRA TEETH, MISSING TEETH, UNDER-BITE, OVERBITE, JAW JOINT DISORDER, AND INCORRECT OR MISALIGNED JAW POSITION. TO GET BRACES OR ANY OTHER ORTHODONTIC TREATMENTS, THE APPROPRIATE AGE IS TEN TO FOURTEEN YEARS. BUT REGARDLESS OF THE AGE, THE SAME PHYSICAL AND BIOLOGICAL PROCESS IS USED IN CORRECTING AND MOVING THE TEETH ALIGNMENTS. BRACES ARE ALSO KNOWN AS FIXED ORTHODONTIC APPLIANCES. THERE ARE THREE TYPES OF BRACES USED TO MOVE AND REPOSITION THE TEETH. THE FIRST CONSISTS OF BRACKETS WHICH ARE MADE OUT OF PLASTIC OR METAL. THEY ARE EITHER OF TOOTH COLOR OR CLEAR AND ARE BONDED ONTO THE TEETH. THE SECOND TYPE IS THE LINGUAL TYPE OF BRACKETS WHICH ARE ATTACHED TO THE BACK TEETH AND CANNOT BE SEEN WHILE TALKING. THE THIRD TYPE IS A BAND. IT IS A METAL BAND WHICH COVERS THE TEETH AND WRAPS AROUND THE LAST ONES.

HOPE COLOR A COURSE IN MASTERING THE ART: ALTHOUGH THERE IS AN INCREASE IN THE USE OF CONTRACEPTIVE METHODS BY ADOLESCENTS DURING THEIR FIRST SEXUAL CONTACT, ONLY SIXTY THREE PERCENT OF THE HIGH SCHOOL STUDENTS HAVE SAID TO USE CONDOM WHILE HAVING SEX PREVIOUSLY. ADOLESCENTS, WHO USE PRESCRIPTION CONTRACEPTIVES, DELAY THEIR DOCTOR'S VISIT UNTIL THE TIME THEY BECOME SEXUALLY ACTIVE FOR OVER A YEAR.

ACCORDING TO A RESEARCH, YOUNGSTERS WHO HAVE PARTICIPATED IN SEX EDUCATION PROGRAMS WHICH GAVE THEM KNOWLEDGE ABOUT CONTRACEPTION METHODS, ABSTINENCE, SEXUALLY TRANSMITTED DISEASES AND YOUNGSTERS WHO INVOLVED IN DISCUSSIONS IN ORDER TO GET A CLEAR PICTURE, USED CONTRACEPTIVES AND CONDOMS EFFECTIVELY WITHOUT ANY INCREASE IN SEXUAL ACTIVITY. THE CENTER FOR DISEASE CONTROL & PREVENTION HAS SAID THAT THE SOLUTION FOR UNWANTED ADOLESCENT PREGNANCIES AND STDs ARE BARRIER CONTRACEPTIVE USE AND ABSTINENCE.

ALLERGIES IN ADOLESCENTS

ALLERGIES ARE REACTIONS BY IMMUNE SYSTEM THAT ARE ABNORMAL IN NATURE TO STUFF THAT ARE USUALLY HARMLESS TO MAJORITY OF THE PEOPLE. WHEN SOMEBODY IS ALLERGIC TO SOMETHING THE IMMUNE SYSTEM OF THAT PERSON GETS CONFUSED AND THINKS THAT THE SUBSTANCE IS DETRIMENTAL TO THE BODY. THE SUBSTANCES CAUSING ALLERGIC REACTIONS ARE KNOWN AS ALLERGENS. THE EXAMPLES OF ALLERGENS ARE DUST, FOOD, PLANT POLLEN, MEDICINE ETC. THE BODY PRODUCES ANTIBODIES TO PROTECT ITSELF FROM THESE ALLERGENS. THE ANTIBODIES MAKE CERTAIN CELLS PRESENT IN THE SYSTEM TO LET CHEMICALS TO MIX WITH THE BLOODSTREAM AND ONE OF THEM IS HISTAMINE. THIS CHEMICAL THEN ACTS ON NOSE, EYES, SKIN, LUNGS, GASTROINTESTINAL TRACT AND RESULTS IN ALLERGIC REACTION SYMPTOMS. EXPOSURE TO THE SAME CHEMICALS IN FUTURE TRIGGERS SAME RESPONSE TO THE ANTIBODIES AGAIN MEANING EVERY TIME ONE COMES IN CONTACT WITH THE SAME ALLERGEN, ALLERGIC REACTION IS PRODUCED IN THE BODY.

OPPORTUNITY COLOR A COURSE IN MASTERING THE ART

THE LAST IS BEING A NATIONAL INCOME ACCOUNTANT. THIS TYPE OF CAREER MAKES USE OF THE SOCIAL AND ECONOMIC CONCEPTS AND NOT THE CONCEPT OF BUSINESS ENTITY. AS A NATIONAL INCOME ACCOUNTANT, IT IS YOUR TASK TO PROVIDE A PUBLIC ESTIMATE OF THE YEARLY PURCHASING POWER OF A NATION.

NOW YOU KNOW THE DIFFERENT TYPES OF CAREER IN ACCOUNTANCY. TO SUM IT ALL UP, THE FIVE TYPES ARE AS FOLLOWS: INDUSTRIAL OR PUBLIC ACCOUNTING, PUBLIC ACCOUNTING, GOVERNMENT ACCOUNTING, FIDUCIARY, AND NATIONAL INCOME ACCOUNTING. SO, WHICH OF THESE FIVE CAREERS WILL YOU SPECIALIZE IN? YOU HAVE TO CHOOSE WISELY BECAUSE YOUR FUTURE CAREER WILL DEPEND ON IT. WHILE YOU'RE STILL STUDYING, YOU CAN ALREADY DETERMINE WHICH CAREER PATH TO TAKE.

PLAN AHEAD BECAUSE BY DOING SO, YOU CAN REACH ALL YOUR GOALS IN LIFE.

OPPORTUNITY COLOR A COURSE IN MASTERING THE ART, THE TREATMENT IS FINISHED AFTER AN HOUR AND WHEN THE NEEDLES ARE REMOVED, YOU ARE ADVISED TO WEAR EAR MAGNETS SO YOUR SESSION CONTINUES EVEN WHEN YOU LEAVE THE CLINIC. WHILE ACUPUNCTURE ITSELF IS A PAINLESS PROCEDURE, SOME SMOKERS HAVE CLAIMED THAT THEY FELT A PRICK OR GET SLEEPY.

MOST SMOKERS WILL HAVE TO COME TO THE CLINIC 4 TO 6 TIMES BEFORE SEEING ANY SIGNIFICANT RESULTS. JUST TO GIVE YOU AN IDEA, ONE STUDY SHOWS THAT THE RESPONDENTS REPORTED A DECREASE IN THE NUMBER OF CRAVINGS TO SMOKE JUST AFTER ONE OR TWO SESSIONS. SEVEN OUT OF 10 OF THE RESPONDENTS WERE ABLE TO KICK THE HABIT AFTER 5 OR 6 SESSIONS.

BECAUSE THE NUMBER OF TEST SUBJECTS IS SMALL, THERE ARE SOME WHO DOUBT THE EFFECTIVENESS OF ACUPUNCTURE. THIS IS BECAUSE ALTHOUGH THERE ARE POSITIVE SIGNS WITH REGARDS TO THE SHORT TERM EFFECTS OF THIS TECHNIQUE, ITS EFFECTS WERE NOT SUSTAINED. THIS IS WHY SOME MEDICAL JOURNALS HAVE STATED THAT IT IS UNCLEAR WHAT ACUPUNCTURE CAN DO IN SMOKING CESSATION.

CURSE COLOR A COURSE IN MASTERING THE ART

THERE ARE BASICALLY 14 PATHWAYS THROUGHOUT THE BODY WHERE CHI FLOWS CONTINUOUSLY. THESE ARE CALLED THE MERIDIAN POINTS. IN ORDER FOR CHI TO COURSE THROUGH THE BODY UNOBSTRUCTED, THERE HAS TO BE A BALANCE BETWEEN THE STRENGTHS OF YIN AND YANG. IN ANCIENT CHINESE PHILOSOPHY, YIN AND YANG REPRESENT THE FORCES OF THE UNIVERSE- YIN IS FOR FEMININE, WHILE YANG IS FOR MASCULINE. EVERY SINGLE THING IN THE UNIVERSE IS BELIEVED TO CONTAIN BOTH YIN AND YANG FOR HARMONY.

WHEN THE YIN AND YANG ARE NOT BALANCED, CHI CANNOT STREAM THROUGH THE BODY LIBERALLY. THEREFORE, THE MERIDIAN POINTS THROUGH WHICH CHI COURSES THROUGH NEED TO BE STIMULATED. THIS IS DONE BY THE INSERTION OF HAIR-THIN, DISPOSABLE NEEDLES IN SPECIFIC AREAS ON A PERSON'S BODY TO INDUCE BODILY HARMONY AND BRING ABOUT HEALING.

A CERTIFIED AND TRAINED ACUPUNCTURIST WILL BE ABLE TO CARRY OUT AN EXCELLENT THERAPY SESSION FOR THE PATIENT. TRAININGS FOR ACUPUNCTURISTS ARE GIVEN IN ORDER FOR THEM TO OBTAIN THEIR LICENSES. A POOR PRACTITIONER MAY NOT BE PROFICIENT ENOUGH WITH THE PRACTICE AND COULD END UP JEOPARDIZING THE RESULTS OF THE ENTIRE PROCEDURE.

NOWADAYS, IT IS WISE TO VERIFY ON A PRACTITIONER'S CREDENTIALS TO ENSURE A SAFE AND EFFECTIVE ACUPUNCTURE TREATMENT.

STORY OF " COLOR A COURSE IN MASTERING THE ART

YOU CAN THINK OF A SESSION WITH THE ACUPUNCTURIST AS VERY MUCH LIKE MASSAGE THERAPY. A GOOD MASSAGE WOULD HELP GIVE YOU A VERY RELAXING SLEEP THAT NIGHT AND AN ACUPUNCTURIST COULD HELP YOU WITH YOUR SLEEP AS WELL. YOU MIGHT IMMEDIATELY START TO FEEL DROWSY AS SOON AS THE RIGHT NERVES ARE STIMULATED BY THE ACUPUNCTURISTS NEEDLES.

YOU MIGHT BE ASKING YOURSELF HOW YOU'D BE ABLE TO RELAX IF YOU'RE SUFFERING FROM THE PAIN OF THE NEEDLES ATTACHED TO YOUR BODY. WHAT YOU MIGHT NOT REALIZE IS THAT BECAUSE OF THE THINNESS OF THE NEEDLES, YOU WOULD HARDLY FEEL ANYTHING. THE MOST THAT MANY PEOPLE CLAIM THEY FEEL IS A KIND OF TINGLING FEELING WHERE THE NEEDLES ARE. AND THAT IS ACTUALLY A SIGN THAT THE PROCESS IS WORKING,

ACUPUNCTURE IS A PRACTICE THAT HELPS YOU USE YOUR BODIES OWN ABILITY TO MANAGE STRESS PROPERLY. THIS LEAVES YOU HEALTHIER, AND MORE IMPORTANTLY, PREVENTS ANY OF THE SERIOUS DISEASES THAT COULD COME FROM UNBALANCED, STRESSFUL LIFESTYLES.

OBSESSION COLOR A COURSE IN MASTERING THE ART

HOW DOES STICKING NEEDLES INTO YOUR BODY HELP MANAGE THE STRESS?

IN TRADITIONAL CHINESE MEDICINE, MUCH OF THE TREATMENTS DEPEND ON AN UNDERSTANDING OF THE BALANCE IN OUR BODIES AND ITS INTERNAL ORGANS. THE SICKNESSES WE SOMETIMES DEVELOP ARE SEEN TO BE CAUSED BY IMBALANCES IN OUR LIFESTYLES AND ENVIRONMENT. STRESS IS ALSO AFFECTED BY THIS IMBALANCE. THAT IS WHY WHEN THERE IS SOMETHING WRONG WITH YOUR BODY, YOU'D TYPICALLY HAVE LESS OF AN ABILITY TO DEAL WITH STRESS. YOU'D GET MORE IRRITABLE AND FIND IT REALLY TO DIFFICULT TO RELAX.

BY STICKING THESE VERY THIN NEEDLES PAST THE SURFACE OF OUR SKIN, THE ACUPUNCTURIST STIMULATES NERVES IN OUR BODY. THESE NERVES SEND SIGNALS TO OUR BRAIN AND SCIENTISTS BELIEVE THAT THE BRAIN THEN RELEASES ITS NATURAL PAINKILLERS INTO OUR SYSTEM. THIS IMMEDIATELY CAUSES A FEELING OF RELAXATION FOR MANY PEOPLE.

THE NEEDLES COULD ALSO HELP YOUR BODY BY STIMULATING ITS CIRCULATION. WITH THE CIRCULATION BETWEEN THE ORGANS OF THE BODY IMPROVED, A LOT OF THE BODYS WASTES COULD BE CLEANSSED PROPERLY. YOUR ORGANS WOULD ALSO RECEIVE THE FULL BENEFIT OF THE OXYGEN FROM YOUR LUNGS MAKING ITS WAY INTO THE CELLS OF YOUR BODY WITHOUT ANY BLOCKAGES. THIS MAKES YOUR ORGANS MUCH HEALTHIER AND LEAVES YOU FEELING MUCH BETTER IN THE LONG TERM AS WELL.

SOLUTIONS COLOR A COURSE IN MASTERING THE ART-**WHAT THIS ANCIENT METHOD DOES**

ONE OF THE FOREMOST EFFECTS OF ACUPUNCTURE ON THE BODY IS RELAXATION. STRESS IS FREQUENTLY PINPOINTED AS THE MAIN PRECURSOR FOR A HOST OF PHYSICAL AILMENTS. THERE ARE PARTICULAR POINTS ALL OVER THE BODY THAT DIRECT THE FLOW OF HARMONY AND RELAXATION AND WHEN THESE ARE ENTHUSED, THE PATIENT BECOMES MORE AT EASE.

ANOTHER POSITIVE EFFECT OF THIS ALTERNATIVE THERAPY IS INCREASED PAIN CONTROL. DURING A SESSION, A PATIENT WILL USUALLY FEEL VERY MINIMAL PAIN AS THE THIN NEEDLES ARE BEING INSERTED GRADUALLY. HOWEVER, THE NEEDLES ARE DELIBERATELY PLACED IN VARYING DEPTHS, DEPENDING ON THE HEALTH REQUIREMENTS OF THE PATIENT. WHEN THE NEEDLES REACH THE RIGHT DEPTH, THE PATIENT WILL FEEL DEEPER PAIN, ALTHOUGH THE ENTIRE PROCEDURE IS NOT NECESSARILY PAINFUL.

IT IS ALSO RECOMMENDED FOR RELIEF FROM CHEMOTHERAPY FATIGUE AS WELL AS CHEMOTHERAPY-RELATED NAUSEA. IT HAS ALSO BEEN FOUND TO BE LARGELY EFFECTIVE FOR BACK PAINS, MIGRAINES, MENSTRUAL CRAMPS, AND AS A PAIN CONTROLLER FOR PATIENTS AFTER UNDERGOING SURGICAL OPERATIONS.

POWER COLOR A COURSE IN MASTERING THE ART~A REST OF ABOUT A MONTH IS GENERALLY ADVISED AND NORMAL ACTIVITIES CAN BE RESUMED AFTER ACUTE SYMPTOMS DISAPPEAR. ALSO CARE SHOULD BE TAKEN TO AVOID PHYSICAL ACTIVITIES WHICH ARE HEAVY IN NATURE AND ALSO ACTIVITIES OR SPORTS INVOLVING PHYSICAL CONTACTS SHOULD ALSO BE AVOIDED. CARE MUST ALSO BE TAKEN TO AVOID EATING SWEET THINGS IN EXCESS FOR FEW MONTHS.

MENSTRUAL DISORDERS IN ADOLESCENT GIRLS

ADOLESCENCE IS THE TIME WHEN THERE IS SUDDEN TRANSFORMATION IN THE BODY AND MANY QUESTIONS ARISES IN THE MINDS OF THE ADOLESCENTS. FIRSTLY THEY ARE NOT ABLE TO COPE WITH THE CHANGES AND SECONDLY THE CHANGES BRING ALONG PROBLEMS WITH THEM. THE MOST CHALLENGING PROBLEMS ARE RELATED TO MENSES, IN GIRLS. MENSTRUAL CONDITIONS ARE

MANY THAT MAY REQUIRE PHYSICIAN'S ATTENTION OR ANY OTHER HEALTHCARE PROFESSIONAL'S ATTENTION. THE MOST COMMON OF THE MENSTRUAL DISORDERS ARE PREMENSTRUAL SYNDROME, DYSMENORRHEAL AND AMENORRHEA.

BEFORE THE ONSET OF THE MENSES, FEMALES FACE MANY UNCOMFORTABLE SYMPTOMS WHICH LAST FOR A SHORT PERIOD, STRETCHING FROM FEW HOURS TO FEW DAYS. BUT SOME OF THEM CAN BE VERY INTENSE AND CAN DISTURB THE NORMAL FUNCTIONING OF THE PERSON. THESE SYMPTOMS ARE GROUPED AS PREMENSTRUAL SYNDROME. IN USUAL CASES, THE SYMPTOMS COME TO A HALT WHEN THE MENSES BEGIN, BUT FOR SOME THEY MAY LAST EVEN AFTER THE MENSTRUAL PERIODS ARE OVER. EIGHTY FIVE PERCENT OF THE FEMALES EXPERIENCE SOME OF THE SYMPTOMS OF PREMENSTRUAL SYNDROME AT ONE TIME OR THE OTHER. NEARLY FORTY PERCENT EXPERIENCE THE SYMPTOMS SO INTENSELY THAT THEIR DAILY CHORES ARE AFFECTED BY IT AND TEN PERCENT ARE DISABLED BY IT.

LIBERATION COLOR A COURSE IN MASTERING THE ART

THERE ARE MANY PREMENSTRUAL SYNDROME SYMPTOMS WHICH CAN BE BROADLY CLASSIFIED AS NEUROLOGIC & VASCULAR SYMPTOMS, PSYCHOLOGICAL SYMPTOMS, GASTROINTESTINAL SYMPTOMS, FLUID RETENTION, EYE PROBLEMS AND RESPIRATORY PROBLEMS. THE CAUSE OF PREMENSTRUAL SYNDROME ARE FLUCTUATIONS IN THE LEVELS OF PROGESTERONE & ESTROGEN, HYPOGLYCEMIA, HYPERPROLACTINEMIA, PSYCHOGENIC FACTORS, CHANGES IN CARBOHYDRATE METABOLISM, EXCESSIVE ALDOSTERONE, PROGESTERONE ALLERGY AND WATER RETENTION BY KIDNEYS. THE GOOD THING IS THAT PREMENSTRUAL SYNDROME CAN BE PREVENTED BY EXERCISING REGULARLY, EATING BALANCED DIET AND SLEEPING ADEQUATELY.

DYSMENORRHEA IS FEELING INTENSE MENSTRUAL PAIN AND CRAMPS. DEPENDING ON THE SEVERITY, DYSMENORRHEA IS STATED AS PRIMARY DYSMENORRHEA OR SECONDARY DYSMENORRHEA. PRIMARY DYSMENORRHEA SYMPTOMS ARE FELT FROM THE ONSET OF THE MENSTRUAL PERIODS AND ARE FELT LIFE-LONG. BECAUSE OF ABNORMAL UTERINE CONTRACTIONS DUE TO CHEMICAL IMBALANCE, SEVERE MENSTRUAL CRAMPING IS EXPERIENCED. SECONDARY DYSMENORRHEA STARTS IN THE LATER STAGES. THE CAUSES ARE DIFFERENT FOR PRIMARY AND SECONDARY DYSMENORRHEA. SECONDARY DYSMENORRHEA CAN BE BLAMED ON MEDICAL CONDITIONS SUCH AS ENDOMETRIOSIS, UTERINE FIBROIDS, PELVIC INFLAMMATORY DISEASE, TUMORS, INFECTIONS, AND ABNORMAL PREGNANCY.

DYSMENORRHEA SYMPTOMS ARE LOWER ABDOMEN CRAMPING & PAIN, LOWER BACK PAIN, NAUSEA, DIARRHEA, VOMITING, FATIGUE, FAINTING, WEAKNESS AND HEADACHES. FEMALES WHO ARE OVERWEIGHT, SMOKE, AND HAVE STARTED TO MENSTRUATE BEFORE TURNING ELEVEN ARE AT A HIGHER RISK OF DEVELOPING DYSMENORRHEAL. FEMALES WHO DRINK ALCOHOL DURING MENSTRUAL PERIOD EXPERIENCE PROLONGED PAIN. AFTER STUDYING THE HEALTH CONDITIONS, AGE, CAUSE OF DYSMENORRHEA, AND EXTENT OF CONDITION OF THE INDIVIDUAL, CORRESPONDING TREATMENT WILL BE RECOMMENDED. REGULAR EXERCISE, ABDOMINAL MASSAGE, HOT BATH, VITAMIN SUPPLEMENTS, AND DIETARY MODIFICATIONS CAN HELP OVERCOME DYSMENORRHEA.

LOLITA COLOR A COURSE IN MASTERING THE ART~WHAT IS ACUPUNCTURE?

ACUPUNCTURE HAS SURGED IN POPULARITY FOR THE LAST FEW DECADES AS BROUGHT ON BY THE RECENT HEALTH TREND. MOSTLY KNOWN AS A TRADITIONAL CHINESE MEDICAL TECHNIQUE, ACUPUNCTURE IS SEEN AS A HOMEOPATHIC METHOD OF TREATMENT. WHILE ALTERNATIVE MEDICINE DOES RAISE A LOT OF EYEBROWS FOR THE SCIENTIFICALLY-INCLINED, IT DOES MERIT ATTENTION BEFORE BEING DISMISSED AS A QUACK CURE.

BASIC PROCEDURE

BASICALLY, NEEDLES ARE INSERTED INTO THE SKIN, EACH CORRESPONDING TO ONE OF THE NUMEROUS PRESSURE POINTS LOCATED THROUGHOUT THE BODY. ACCORDING TO TRADITIONAL CHINESE MEDICINE, BY INSERTING A NEEDLE INTO THE PRESSURE POINT, AN ACUPUNCTURIST CAN MANIPULATE THE FLOW OF CHI OR LIFE FORCE, THUS RELIEVING PAIN AND GRADUALLY TREATING THE PATIENT. WHILE MOST WOULD SAY THAT THE WHOLE CHI THING IS A BUNCH OF NONSENSE, SCIENCE HAS SUGGESTED THAT WITH THE NEEDLES INSERTED, THE BODY'S NATURAL PAINKILLERS CALLED ENDORPHINS ARE RELEASED, THUS HELPING WITH PAIN RELIEF.

STUDY CASE COLOR A COURSE IN MASTERING THE ART

NOW THAT YOU KNOW THE DO'S AND DON'TS OF ACUPUNCTURE, YOU SHOULD ASK YOURSELF IF THIS FORM OF TREATMENT IS RIGHT FOR YOU. IF CONVENTIONAL MEDICATION DOESN'T WORK, IT WOULDN'T HURT TO SEE HOW THINGS TURN OUT.

THE EFFECTIVENESS OF ACUPUNCTURE

WHENEVER YOU ARE FEELING PAIN AND DISCOMFORT, YOU USUALLY REACH FOR YOUR PAINKILLERS FOR RELIEF. WHILE THEY DO RELIEVE THE PAIN, THEY ALSO BRING ALONG SIDE EFFECTS THAT COMES WITH TAKING FOREIGN CHEMICALS INTO YOUR BODY. AS MUCH AS MODERN MEDICINE HAS DEVELOPED DRUGS THAT CAN RELIEVE PAIN RIGHT OFF THE BAT, DO YOU REALLY THINK THAT THE QUICK FIXES YOUVE BEEN TAKING ARE ACTUALLY GOOD FOR YOUR BODY? WHY NOT TRY SOMETHING SAFER AND MORE EFFECTIVE LIKE ACUPUNCTURE.

OBSERVATION COLOR A COURSE IN MASTERING THE ART:AFTERWARDS, YOU WILL SIMPLY HAVE TO CHOOSE ONE THAT YOU THINK IS BEST. GOOD LUCK IN YOUR TRAININGS.

ACCOUNTING IS BASICALLY THE LANGUAGE OF BUSINESSES.

IN ACCOUNTING, YOU WILL SEE THAT THERE WILL BE A LOT OF CAREER OPPORTUNITIES THAT YOU CAN CONSIDER.

THE FIRST IS PUBLIC PRACTICE. MOST ACCOUNTANTS START THEIR CAREER AS A CERTIFIED PUBLIC ACCOUNTANT. IN THIS CAREER CHOICE, YOU WILL BE ABLE TO CHARGE A FEE FOR YOUR SERVICES OR YOU CAN ALSO WORK AS A STAFF ACCOUNTANT OR AN IN-HOUSE ACCOUNTANT.

READING COLOR A COURSE IN MASTERING THE ART...THERE ARE THINGS THAT PATIENTS HAVE TO BE AWARE OF BEFORE, DURING AND AFTER SURGERY. THE SAME GOES FOR THOSE WHO UNDERGO ACUPUNCTURE BECAUSE IN ORDER TO ENHANCE THE VALUE OF THE TREATMENT, THERE ARE SOME DO'S AND DON'TS THAT PATIENTS HAVE TO FOLLOW.

FIRST, YOU SHOULD NOT EAT A LARGE MEAL BEFORE OR AFTER TREATMENT.

YOU SHOULD ALSO AVOID OVER EXERCISING, ENGAGING IN A SEXUAL ACTIVITY OR CONSUME ALCOHOLIC BEVERAGES 6 HOURS BEFORE AND AFTER TREATMENT.

SINCE THE ACUPUNCTURE SESSION WILL LAST FROM 45 MINUTES TO 2 HOURS DEPENDING ON HOW OFTEN YOU HAVE TO GO TO THE CLINIC, YOU BETTER FIX YOUR SCHEDULE SO YOU HAVE TIME TO REST.