Beth Theodore Acupuncture

Chinese Medicine for Immunity & Energy

This 30 minute speech and Powerpoint presentation will be focused on sharing tools of Chinese Medicine. I'll discuss acupuncture points that balance the body and build the immunity. I'll explain the theory behind why these points are effective and finally talk about specific medicinal foods that help keep the immune system strong and the body energized.

I will leave room for questions before, during and after the speech.