



THE PULSE

From the Longevity Health Center Team

May 2023

May Spotlight – David Moats, LAc

David Moats is a licensed acupuncturist (LAc) at Longevity Health Center, practicing a 4,000-year-old holistic healthcare system. Although acupuncture may be the most known tool in David's professional toolbox, he treats the body, mind, and spirit in harmony with the nature surrounding them, with traditional herbal medicines, movement-based therapies, and lifestyle education. In this light, David sees himself as a teacher as much as a doctor, embracing the Latin translation of the word doctor to mean teacher. When you become a patient with David, you can expect to feel as if your whole body and health concerns are being addressed all simultaneously.

Along with David's vast knowledge of traditional medicine and expert utilization of many tools, his philosophy of health and administration of care are why his patients value him. His treatment philosophy includes maintenance of positive outlook and although some conditions treated can respond immediately, many conditions require a more thorough approach. He believes pain and presenting symptoms are often messages from our bodies. If these messages are merely masked with medications, then an opportunity might be missed to learn that how a patient eats, moves, and even thinks can contribute to their pain/symptoms – therefore not resolving the condition and unfortunately maintaining it in a constant, underlying state. David supports his patients in understanding how they can heal a specific issue and take their health to a next level of prevention and improved health. "Prevention of disease is imperative for living a lifestyle of personal satisfaction and health preservation," says Moats. "The more that we can improve our daily habits, the more potential we can have for enjoying the experience of life."

Quitting unhealthy habits, such as smoking tobacco, is a perfect example of how acupuncture medicine can work to change old habits while preventing future health impairments. David offers a smoking cessation treatment program where even a two-pack a day smoker can become a non-smoker in just two to three days! As someone smokes repeatedly, it creates a chemical imbalance in the brain. Stopping suddenly causes the smoker to feel withdrawal symptoms very quickly. Acupuncture can drastically reduce the severe cravings that come with quitting smoking and works to instantly reset the brain chemistry to significantly diminish withdrawal symptoms. Acupuncture is one of the only known approaches that directly treats the addiction centers in our brain by simply changing the chemical imbalance back to normal. For smoking, this can be accomplished with as few as two acupuncture treatments spaced 18 hours apart. Contact us at 808-242-8844 to inquire about David's smoking cessation program, or any other health concerns in which he and our team providers can support you with.

NEW Therapeutic Class

We are launching our NEW Therapeutic Class Program: Relax, Stretch, Balance – each offered in a three class-series. The unique needs of all pre-registered participants shape and focus each class series. The class series will meet once weekly for three consecutive weeks to build upon unique therapeutic benefits. The class-series design also invites participants to use the three weeks for committing to making other positive lifestyle choices, with small changes such as sleeping earlier and drinking more water during the three weeks to enhance beneficial outcomes of the classes. Each series in the Therapeutic Class program is a perfect way to anchor new habits of well-being for overall health. Our existing Therapeutic Relaxation Class will now be offered in the NEW three class-series format, as will our newly launched Therapeutic Stretch Class. Stay tuned for our Therapeutic Balance Class as we prepare to launch it this summer.

Therapeutic Class Program

Relaxation Series

11:00 am-12:00 pm – Fridays, May 5, 12, 19
3:30 pm-4:30 pm – Fridays, June 2, 9, 16

Stretch Series

3:30 pm-4:30 pm – Tuesdays, May 16, 23, 30
11:00 am-12:00 pm – Fridays, June 16, 23, 30

Stay tuned for the Therapeutic Balance Class coming this summer!

HOURS OF OPERATION

MONDAY - FRIDAY 9AM - 6PM
SATURDAY 10AM - 3PM

BY APPOINTMENT • INSURANCE ACCEPTED

HOLIDAY OFFICE CLOSURE

Memorial Day

Monday, 5/29

"Our dilemma is that we hate change and love it at the same time; what we really want is for things to remain the same but get better."

-Sydney J. Harris

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