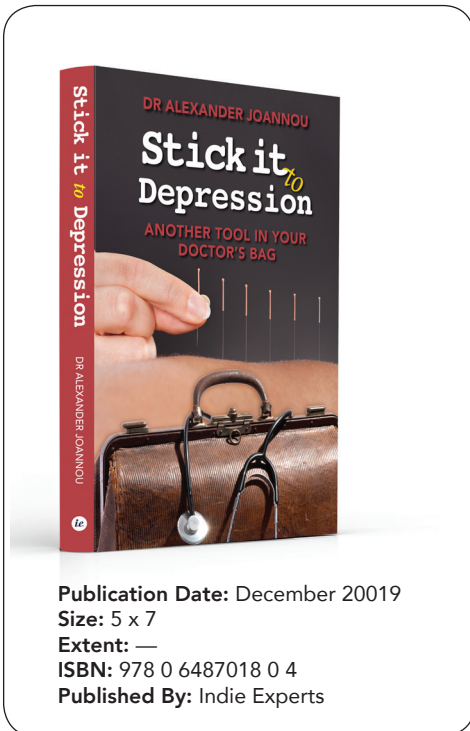


—indie.e. experts

IN OTHER WORDS



Stick it to Depression

Another Tool in Your Doctor's Bag

Dr Alexander Joannou

Running a medical practice incorporating acupuncture with mainstream medicine keeps Dr Alexander Joannou very busy. Helping to spread the word about the benefits of using acupuncture as a trusted tool in any GP's medical bag is a passion that has grown out of his own experiences of success using this option – not only for himself, but with his patients too.

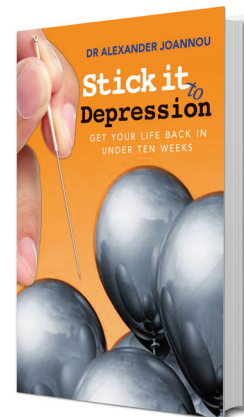
This book is filled with examples of his experience in using acupuncture to treat more than 50,000 patients to date – particularly those with depression. His engaging and easy-to-read stories are backed up by well-documented evidence of success and a wide range of case studies.

Another Tool in Your Doctor's Bag will challenge modern GPs to consider and implement ancient Eastern medicine in the form of acupuncture. The companion book is *Stick it to Depression: Get your Life Back Naturally* and is designed to help patients and doctors engage in meaningful conversation about using acupuncture in the management of depression.

Includes

- The DSM Approach to Mental Illness
- The Solution: Pills, Pills, Pills
- The Rise and Rise of SSRIs
- Doubts Creep In
- A Shocking Side Effect
- What Crohn's Disease Taught Me About Medicine
- Body Maps
- The Biomedical Model
- Yin Yang and the Autonomic Nervous System
- The Acupuncture Evidence Project
- How Does Acupuncture Work?
- Case Studies
- Acupuncture FAQs

Coming Soon



About the Author



Dr Alexander Joannou MBBS(Hons) FACNEM is the developer of the *Transformational Acupuncture System* and founder of Northside Health, a ten-doctor medical centre.

He is a conjoint lecturer with UNSW and an RACGP-accredited supervisor, and has been training medical students, international medical graduates and General Practice Registrars for 20 years.

Dr Alex has learned a lot about the human psyche in his 40-year medical career. With around 300,000 patient consultations, including performing over 50,000 acupuncture treatments, he has witnessed firsthand the complex interrelationship between mind, body and spirit.

In conjunction with Southern Cross University he is researching the benefits of acupuncture on a range of mental illnesses. With over one million Australians living with depression he is on a mission to train acupuncturists and to raise awareness with medical doctors, to make a difference in the world.

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This Brochure has the approval of the author

Dr Alexander Joannou