



MAYA & FRIENDS VISIT THE ACUPUNCTURIST

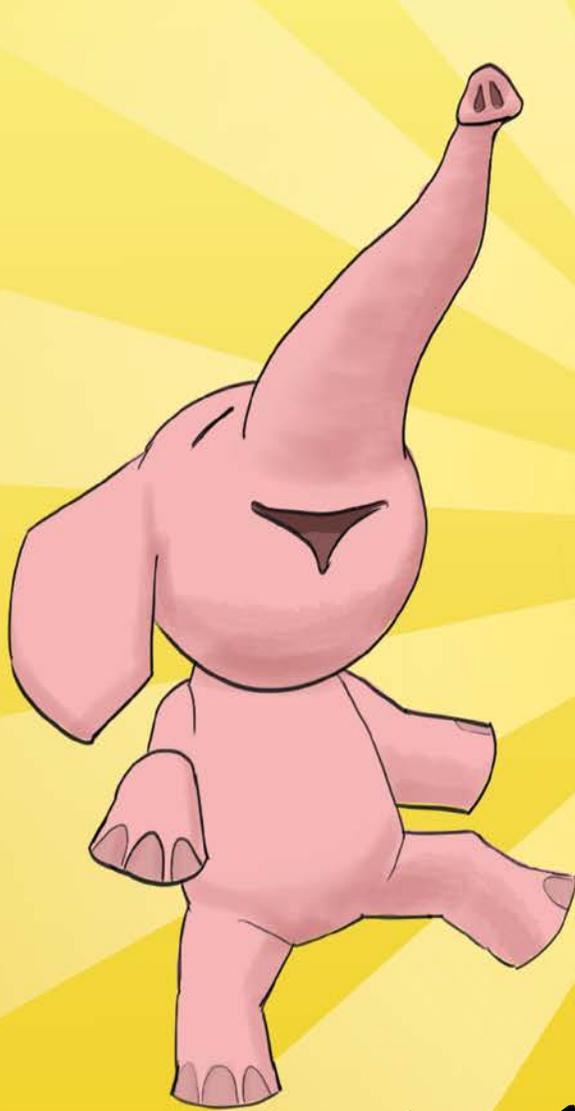


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Please enjoy this abridged version featuring 15 of the 33 illustrations from the full book. Visit www.acupuncturekidsbook.com to order a copy of the book or ebook.

Written by Samara White, LAc
Illustrated by Troy White

“Hooray!” said Maya, “Time for a Dr. Meow visit!”
Bobby Bear exclaimed, “I wouldn’t miss it!”



Ellie Elephant



Maya



Bobby Bear

So they grabbed their sled and rode away,
To see the acupuncturist that very day!



Over the hills and beyond the stream,
They traveled together as a happy team.



When they arrived, they knocked on the door.
Out came Dr. Meow, gliding across the floor.

“Welcome,” she said. “What can I do for you?”

Maya pointed to her **nose** and out came an...

A CHOO!



“Come right in, lie down, get nice and COZY.
Feel free to ask questions—that’s not being nosy.”



“Good,” said Ellie. “I like to ask and explore.
My trunk always seems to want to know more!”

“First I will feel what your **pulse** has to say:

Does your body need **rest**, or does it want to **play**?”

“Then I will ask you to **stick out your tongue**, as silly as that seems.

It gives me information on your body’s **patterns** or **themes**...”



“I can **gently** press areas of your body where acupuncture channels **flow**.
I can **show** you where they are so that you will **know**.”

“This is called **acupressure** because we press a certain point or line.
It can make your tummy **feel better** or your head or your spine.”



“I can also use a **special** needle
That is very **thin** and **light**.
When it touches your body
It makes everything **right**.”



“We can place glass **CUPS** gently on your skin,
To help **soften** and **warm** any tension.”



“As you can see, you have some **choices** of what we can do.
Whatever happens to your body is **up to you.**”



“Let’s do acupressure on your lung channel,
Because your nose is stuffy.”



“Let’s do some for Bobby Bear, too,
Because his eyes look a bit puffy.”

“Go home, eat some soup, and drink your **herbs** tonight.
Get a good night’s **sleep** and tomorrow you should **feel all right.**”

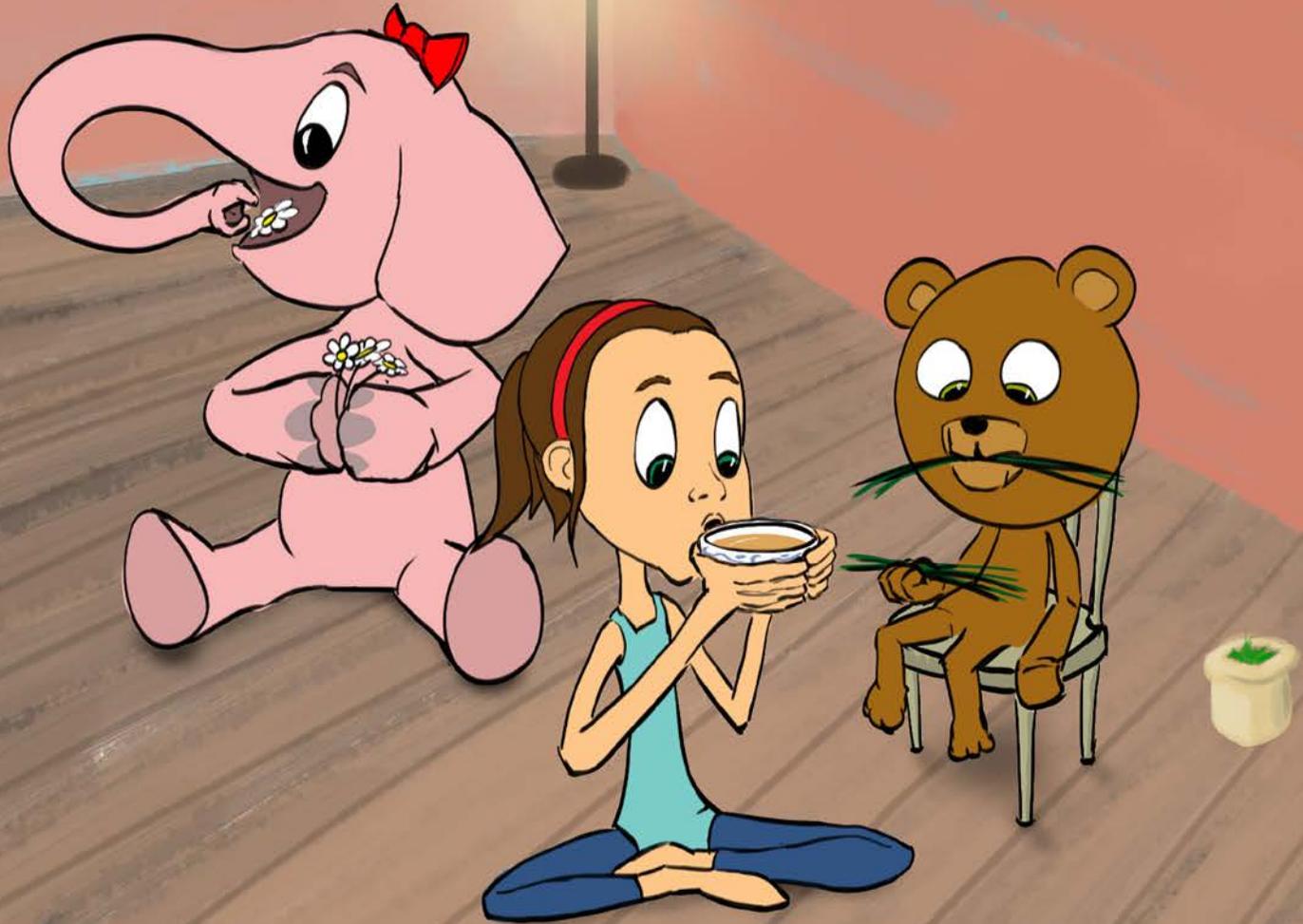


Maya put on her **jacket** to keep cozy for the **ride**.
She wanted to **balance** yin and yang and keep her **warmth inside**.



Across the **stream** and back over the **hill**,
Maya held the herbs **tightly** so they wouldn't **spill**.

The **moon** was out, **yin** filled the world.
The **stars** shone bright and **snowflakes** gently swirled.



At home, Maya drank her herbs nice and warm.
Her friends had theirs in a more natural form.

Maya's **trust** in her **body's wisdom** was growing.
She slept **soundly** that night—**calm energy** flowing.



MAYA & FRIENDS VISIT THE ACUPUNCTURIST

To learn more about Maya and her friends, and the world of acupuncture and Chinese medicine, visit:

acupuncturekidsbook.com



Mugwort Media



Samara White, LAc - *Author*

Samara has been working in the health and wellness field for years, and is a licensed acupuncturist and craniosacral practitioner with a master's degree from the Seattle Institute of Oriental Medicine. She was inspired to write this book to communicate the concepts of Chinese medicine in a fun and educational way that kids and adults alike can enjoy.

Troy White - *Illustrator*

Troy has been drawing all of his life, and works as a designer, communicating with imagery. He used his craft to make illustrations that bring these characters and concepts to life in a magical way.