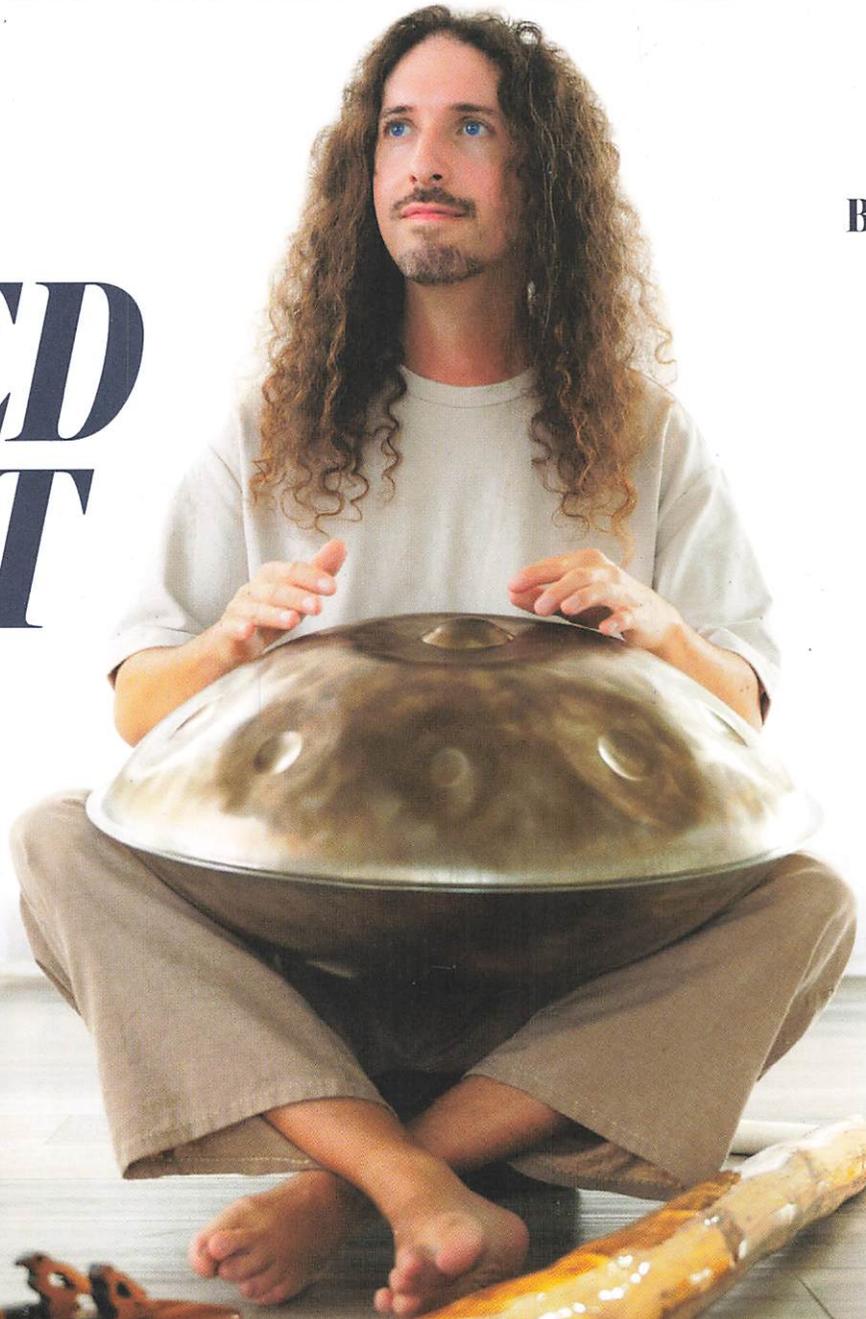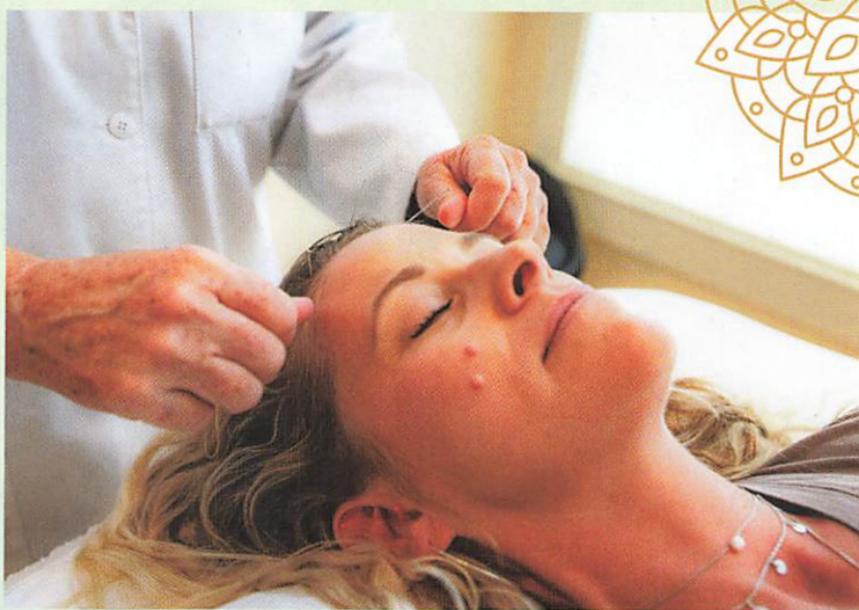# EMERALD COAST

WE TRIED IT

Contributors dive into holistic wellness

SOMETHING'S BREWING WITH NOLI SOUTH KOMBUCHA

CELEBRATING MARDI GRAS PIRATE STYLE

THE HEALING POWER OF THE OCEAN

Acupuncture

LAURIE EINSTEIN KOSZUTA

At The Tortoise Clinic in Santa Rosa Beach

AS A WRITER, I SPEND HOURS HUNCHED OVER MY KEYBOARD, shoulders rounded and neck craned forward. For almost a year, I brushed off the stiffness. At first, it was easy to ignore, but eventually, my range of motion narrowed, and turning my head made my neck ache. I tried a massage gun, chin-tuck exercises, deep-tissue massage, physical therapy, and even a TENS unit. Each one offered some relief, but the ache persisted.

When the option to try acupuncture arose, I was intrigued. I knew some basics, such as the fact that it's rooted in Chinese medicine and uses hair-thin needles placed at specific points on the body to stimulate natural healing pathways. According to acupuncturists, when those pathways are blocked, the body often responds with pain or other symptoms modern medicine can't explain.

I made an appointment at the Tortoise Clinic in Miramar Beach with Dr. Lisa Forsythe, MSOM, Dipl. O.M. (NCCAOM), one of only four highly trained neuro-acupuncture physicians in Florida. She listened carefully to my symptoms and explained the treatment in clear, reassuring terms before placing about 25 needles across my scalp. To my surprise, the insertion felt like nothing more than a pinprick. After the needles were in place, she dimmed the lights and let me rest for 30 minutes.

When Dr. Forsythe returned and removed the needles, I could feel a noticeable difference. I could move my neck more freely.

She explained that pain relief is built session by session and is not a miracle cure but rather a steady path toward rebalancing the body. After all, she noted, the pain didn't develop overnight.

I left convinced I'd return. For those of us worn down by chronic tension and long hours at a desk, it offers real relief. **EC**