

A JOURNEY OF A THOUSAND MILES BEGINS WITH A SINGLE STEP

~ Let us point you in the right direction ~



Brendan Zachar, A.P. is a board certified and licensed Acupuncture Physician. His unique approach to healing combines the teachings of Classical Chinese Medical Theory with contemporary knowledge of human anatomy and physiology. With an Integrative-Holistic approach, he combines Acupuncture, Progressive Relaxation, Meditation, Herbal Pharmacology and Nutritional Counseling to bring balance into his patients' lives.

A graduate from the Florida College of Integrative Medicine, Brendan received a Bachelor's degree in Western Professional Health Studies and a Master of Science in Oriental Medicine. Throughout his career, Brendan has worked alongside and collaborated with many gifted and experienced healers including Renowned Chinese Medical Doctors, Western Medical Doctors, Psychotherapists, Hypnotherapists, Martial Artists, Qi-Gong Practitioners, and Massage and Body-Workers of all kinds.

Brendan believes that real healing occurs when patients have an awareness and understanding of how their minds and bodies function. His holistic treatments focus on resolving core issues and not just symptoms, helping patients to create positive change in their lives and opening up new possibilities for health and transformation. He hopes to share with his patients some of the beauty and art of this ancient medicine, so that it may help them as much as it has helped him.

- Florida State Board Certified
- Member of the American Acupuncture Council
- Member of NCCAOM
- Member of FSOMA
- Bio-Medical Board Certified by NCCAOM



Brendan Zachar, A.P.

Board Certified & Licensed Acupuncture Physician

Located inside Integrative Bodywork @
4083 South US Hwy 1, Suite 102
Rockledge, Florida 32955

321-802-1046
Livewell@BackOnPoint.com
www.BackOnPoint.com

Acupuncture helps the body to self-regulate, reducing tension, resistance and pain in the body and promotes overall health and wellbeing.



Acupuncturists believe in the body's capacity to heal and self-regulate & are trained to diagnosis and treat all major organ system imbalances.

Acupuncture is Self Regulation

The less resistance encountered by the body, the more efficiently it can operate.

Frees up internal resources.

Activates our own internal healing mechanisms, namely the endorphin system.

MANY CONDITIONS ARE ABLE TO BE TREATED WITH ACUPUNCTURE AND YOUR PHYSICIAN WILL WORK WITH YOU TO PRESCRIBE A CUSTOM AND UNIQUE TREATMENT PLAN.

Common Treatable Conditions:

- Chronic pain
- Acute pain
- Headaches
- Neck pain
- Lower back pain
- Painful menses
- Knee pain
- Swelling and stiffness
- Stress
- Tension
- Anxiety
- Depression
- Fatigue
- Digestive Issues
- Nausea and Vomiting

BackOnPoint is an Acupuncture Holistic Wellness Center located in Rockledge, Florida. We create an environment suitable for self-healing and integration of mind and body. Our unique healing approach incorporates classical acupuncture treatments, herbal medicines, and progressive mind-body relaxation techniques performed in a safe, nourishing, and comfortable environment. We encourage our clients to heal and empower them to connect with their deepest sense of self.

Top Five Reasons to Try Acupuncture

1. Acupuncture helps the body to work better by utilizing our own innate healing potential. Our bodies are wonderfully complex and acupuncture utilizes our innate healing mechanisms, such as endorphins to promote healing.
2. Acupuncture treatments decrease tension, pain, and bodily resistance, allowing our bodies to operate more efficiently and freeing up internal resources.
3. Acupuncture FEELS GOOD: Acupuncture is a form of relaxation therapy; most people find the procedure calming and relaxing.
4. Acupuncture is preventative. Acupuncture therapy is often used as a form of routine health maintenance and offers many physical and psychological benefits.
5. Acupuncture is completely safe and virtually side effect free.

BackOnPoint Services:

- Acupuncture
- Herbal Medicines
- Tension Awareness Technique
- Trigger Point Therapy & Tiu-Na

*Did You Know:
Although acupuncture is relatively new in the US, it has been used for nearly 1,500 years in East Asia for the treatment of disease.*

Ready to Take the Next Step?

Take advantage of our **FREE HEALTH CONSULTATION** and see how we can help you address your health concerns. Contact us by email at Livewell@backOnPoint.com or by phone at 321-802-1046.



What makes BackOnPoint Different?

BackOnPoint Physicians are all board certified Acupuncture Physicians having obtained at least a masters level degree in addition to 2,700 hours of clinical internship. Rest assured, all our Acupuncturists are licensed statewide and nationally in order to practice this unique style of medicine.