



A Natural Alternative to Looking Younger

LIONS GATE HEALTH CENTRE, at 156 East 13th Street, is an oasis of calm in a sea of health-care chaos.

Trained in the application of centuries-old oriental herbal medicine and acupuncture techniques, Dr. Tahmineh Nikookar works with patients to bring their entire bodies and minds into healthy harmony.

In recent years, a large wave of the population has been looking for medical alternatives. In an

atmosphere of serenity and safety, Dr. Nikookar's patients can enjoy a range of treatments from thermal massage and hyperbaric oxygenation, facial rejuvenation acupuncture, aches and pains, sports related injuries and a wide range of diseases.

A much safer alternative than conventional plastic



Dr. Tahmineh Nikookar of Lions Gate Health Centre.

surgery, facial rejuvenation acupuncture is an ancient method of improving blood flow and muscle tone, boosting natural collagen production and bringing out inner beauty

and radiance. Its benefits were recently demonstrated on ABC's *The View*.

Using 100% natural products Dr. Nikookar works to remove and reduce the ravages of the stresses and environmental toxins that can lead to weariness, fatigue and premature aging. By benefiting from both western technological power and eastern medicinal practices and traditions, Dr. Nikookar's patients end up with the best of both worlds, and end up feeling better as a result.