

# THE GUILFORD BUILDING NEWS

*in its 13<sup>th</sup> year of publication*

"In the hubbub of the holidays I see a lot of people who are very stressed out preparing for the season and dealing with family," says Dr. Allison K. Scott, a trained Naturopathic physician and North Carolina-licensed Acupuncturist. "As the new year begins I see those who got carried away with New Year's resolutions, especially overdoing at the gym."

Now eight years into practice, Dr. Scott likes to say that she offers complementary medicine – a counterpart to traditional medicine. She successfully treats holiday ailments, exertion injuries, women's health problems, and a whole range of other medical issues without drugs or invasive procedures. Instead, she suggests natural remedies, nutritional help, exercise programs, acupuncture, herbals, and a host of other therapies. She customizes an individual treatment program for each patient, always starting with in-depth counseling to guide the patient to new health habits.

Dr. Scott sees patients at her Guilford Building clinic, suite 310, by appointment, Wednesday through Friday in the afternoon and on Saturday mornings. In 2012, Dr. Scott's top priority will be Women's Health, but she will continue to treat a variety of patients.

More information at 336.848.7539 or [gsohealth@gmail.com](mailto:gsohealth@gmail.com).

## NEW TO THE BUILDING

Gregory Pleasants, Attorney at Law  
Immigration Defense (Licensed in CA)  
Suite 208-09

Bethany Price, Product Representative  
SNT Access, Home and Healthcare  
Suite 227-28



**Dr. Allison Scott  
Treats Holiday Stress  
And Post-Season Pain**

The GUILFORD BUILDING WILL CLOSE AT 12 NOON ON DECEMBER 23  
AND WILL OPEN AGAIN DECEMBER 27, 2011.

Enjoy the Holidays!