

ACUPUNCTURE

DEFINED BY A TRADITIONAL ACUPUNCTURIST

Traditional acupuncture is a long established system of healing, developed in China and other Eastern countries. It is based on balancing our body's vital energy, known as Qi.

The energetic nature of Chinese medicine allows both physical and emotional problems to be treated. These include:

- Allergies
- Anxiety and stress and depression
- Asthma
- Digestive problems (such as IBS, indigestion, Crohn's disease)
- Fatigue and insomnia
- Gynaecological problems (such as PMS, painful, heavy or irregular menstruation, infertility, menopausal symptoms)
- Headaches and migraines
- High blood pressure
- Men's health problems (such as impotence, prostatitis, fertility issues)
- Painful conditions (such as arthritis, backache, sciatica, fibromyalgia, tennis elbow)
- Smoking cessation
- Skin conditions
- Sports injuries

The affect of good acupuncture, however, is to do more than just relieve symptoms. It aims to treat the whole patient and restore the balance between the physical, emotional and spiritual aspects of the individual. Consequently, many people find it also leads to increased vitality, greater confidence, better appetite and sleep, as well as an overall sense of well-being.

In traditional acupuncture disease is considered to be the result of an imbalance of Qi energy. Treatment can therefore benefit almost any ill person as long as the degenerative process in the tissues of the body is not too extensive.

Many people have acupuncture as a preventative treatment or because they feel unwell in themselves but are not "ill" in the Western sense.

During the first consultation, of about 1 ¼ hours, the aim is to determine the nature of the Qi imbalance by careful questioning and observation. A detailed understanding of symptoms, family, history, lifestyle, diet, sleep patterns etc. is needed. Diagnosis also includes physical examination, reading of the pulse and observation of the tongue.

Subsequent treatments last about 45 minutes. Each patient responds differently to treatment. Sometimes the effects are dramatic and only one or two sessions are needed. With other patients treatment over a longer period of time may be necessary. Typically a course of acupuncture might require 4 – 6 weeks. This will be discussed during the initial consultation.

During treatment, needles are inserted either for a second or two, or left in place for 20 – 30 minutes depending on the desired effect. As the needle is inserted, the sensation is often described as a tingling or dull ache, and most people experience a feeling of deep relaxation. The needles used are extremely fine (0.18mm). They are sterile, single use and made of high quality stainless steel.