



## Acupuncture

Balances, regulates and **strengthens the life force** of the human body enabling the body to self heal, and produces a feeling of **well being and peace**.

Acupuncture is the ancient Chinese practice of healing developed over thousands of years. Along with Chinese herbal medicine, acupuncture is presently one of the world's main disciplines of primary medical care; serving more than one fourth of the world's population. It is a very precise method of balancing, regulating and strengthening the life force of the human body; called Qi (pronounced Chee).

### How Does It Work

Qi flows through meridians which form a network over and inside the body. The acupuncture points, which make up the meridians, have more recently been confirmed through electromagnetic research. A simple scientific explanation is that the needles provide specific stimulation to the nervous system.

### The Treatment

Your practitioner will insert fine stainless steel needles into the skin and underlying tissue. Each needle is pre sterilised and is disposed of after use. There is usually minimal sensation as the needles are tapped in. As the needle travels to the correct depth you may feel a dull spreading ache for a short time. Usually the needles will be left in place while you rest for about 20 minutes.

### The Benefits

Inserting needles, into the meridians and acupuncture points can promote healing, increase circulation, stop pain, reduce inflammation, strengthen one's constitution, regulate and improve the function of the internal organs, build up the immune system and calm the mind.

### Do You Suffer From?

Allergies, Asthma	Knee Pain, Stiffness
Headache, Migraine	Stress, Anxiety
Sexual Dysfunction	Dizziness
Arthritis, Joint Problems	Pain Relief
Shoulder, Back or Neck Pain	Tendonitis
Heart Problems, Palpitations	Drug Addiction, Smoking
Skin Problems	Paralysis, Numbness
Bladder, Kidney Problems	Weight Control
High Blood Pressure	Fatigue
Sports Injuries	Pre-Menstrual Syndrome
Constipation, Diarrhoea	Chronic Fatigue Syndrome
Immune System Deficiency	Gynaecological Disorders
Sprains and Strains	Sciatica
Cough, Bronchitis	

### Results You Can Expect?

You may feel more relaxed and have a sense of well-being for several hours after the treatment. A course of between 6-12 treatments is common. Many patients experience some relief after the first treatment.

Our use of acupuncture has successfully treated all the conditions mentioned above. It has also improved muscle tone, blood circulation, inflammation and pain relief.

Relieves pain - restores health