



Universal Health™



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.

What is NCR?

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

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

Integrative Medicine combines the best available in Health Care in order to obtain optimum results by maximizing the body's natural healing mechanisms.

www.universalhealth.com.au

Restore + Sustain + Advance

