

What conditions can Acupuncture & TCM treat?

Respiratory: Asthma, bronchitis, tonsillitis, rhinitis, sinusitis, hay fever, cough, sore throat, flu & the common cold.

Skin: eczema, dermatitis, psoriasis, acne, herpes, scar tissue & adhesions.

Ear Nose & Throat: Acute & chronic infections, tinnitus, deafness.

Digestive: toothache, gingivitis, mouth ulcers, hiccough, ulcers, nausea & vomiting, constipation, diarrhoea, hiatus hernia, haemorrhoids, colitis, heartburn, liver & gall bladder problems.

Cardio-vascular: high & low blood pressure, angina, palpitations, poor circulation, cold hands & feet.

Neurological: headaches, migraines, insomnia, stroke, neuralgia, dizziness, Meniere's disease, Bell's palsy, some forms of paralysis.

Urogenital: cystitis, prostatitis, orchitis, kidney disorders, urinary retention, incontinence, bed wetting, low sexual vitality.

Gynaecological & obstetric: PMS, painful heavy or irregular periods, abnormal uterine bleeding, hormonal disturbances, menopause symptoms, prolapse, infertility, morning sickness.

Psychological: depression, anxiety, addictions, nervousness.

Musculoskeletal: acute & chronic.

Paediatric: All common childhood illnesses.

WE TREAT PEOPLE NOT DISEASES

Traditional Chinese Medicine (TCM) defines health as being the **harmonious relationship between the Heaven, the Earth and the Man.**

This means that there needs to be balance between the body, the environment and our spirituality. It's easy to see why so few of us meet these criteria in a world of air conditioning, jet travel and fast foods.

TCM has a recorded history of over 2000 years and the detailed theory of how the body functions is as relevant now as it was then. When we understand the effect of the influences of food, emotions, the seasons, work habits, medications etc, it is easier to have more control over our own health. TCM has its own complete and self-contained description of the body and its functions. Its theories of physiology cannot and should not be compared with Western medicine. Neither view negates the other, but it is best not to try and mix or cross reference one to the other.

Diagnosis: We will assess your state of health by feeling the pulse at each wrist and by observing the colour and form of your face, tongue and body. This information is interpreted in the context of your present health and past medical history, work and living habits, physical environment, family history and emotional state. Every sign and symptom is only understood and interpreted in relationship to all the others.

Treatment may include acupuncture, moxibustion, Chinese herbs, diet, exercise and massage. The number of treatments needed, will depend on the nature and duration of your complaint. Once health and balance have been regained, advice on preventative measures will help you keep and maintain control of your own health and wellbeing.

Acupuncture works by stimulating the body to heal itself and regain harmony. There are 360 major acupuncture points in the body and each one has its own function. Some are relaxing, some stimulating, some balance while others relieve pain. The needles are usually retained for 20-40 minutes.

Note! Only sterile, pre-packaged, disposable needles are used in this clinic.

Moxibustion is the application of heat to an acupuncture point or a general area of the body. It is used when an area is very weak or in the case of pain caused by cold.

Chinese herb formulae come in many forms, raw herbs which need to be boiled, pills, powders or teas. The formula will be tailored for your individual needs and may need to be changed frequently as the symptoms alter.

** Some of the formulae contain animal products but in our clinic we never use endangered species.*

We are always happy to answer your questions