

Acupuncture

What is Acupuncture?

Acupuncture is a traditional Chinese medicine-based approach to treating a variety of conditions by triggering specific points on the skin with the insertion of very fine needles. It is a minimally invasive method to stimulate nerve-rich areas of the body in order to influence tissues, glands, organs, and various functions of the body.

How Acupuncture works?

Acupuncture creates a signal to let the body know it needs to respond, this involves stimulating the immune system, promoting circulation to the area, a response for wound healing and pain modulation. Contemporary research on acupuncture relies mainly on this theory.

Some people turn to acupuncture to help with a specific condition or symptoms. Other people choose to have acupuncture to help maintain good health, as a preventative measure or to improve their general wellbeing.

Diagnosis

During the first consultation the practitioner carries out a holistic health assessment according to the principles of Traditional Chinese Medicine, including details of the client's medical history and of previous treatments. Diagnosis also includes an examination of the pulse and tongue. Based on the clinical picture each client has a personal treatment plan designed for their needs.

Treatment

When the very fine acu-needles (0.25mm diameter) are inserted to a predetermined depth, the sensation is often described as a tingling or a dull ache. Needles are left in place for up to 20 minutes, depending on the effect required. The needles used are single-use, sterile and disposable.

Other techniques may include the use of Moxibustion, a method of applying a deep heat by warming acu-points with a compressed 'stick' of smoldering mugwort.

During the treatment sessions most people experience pleasant relaxation and often immediate changes in their symptoms.

Frequency and duration

The initial consultation takes 60 minutes; subsequent appointments are around 30-40 minutes. Treatment usually begins on a weekly basis and as symptoms improve, the interval is increased.

Professional Standards

Jeff is a member of the *Association of Traditional Chinese Medicine*, this denotes that a practitioner has completed extensive training in Traditional Acupuncture and has met stringent membership requirements. The organisation safeguards high practice standards.