

WHAT IS ACUPUNCTURE?

It's a system of medicine in its own right, that lends to an explanation of behavior of the human body when not in balance. In Western Medicine this can be described as 'disease', 'illness', 'sickness'. In acupuncture, we say that it is 'a pattern', based upon how the energy of the body is working or indeed under duress. The beauty of this system is it's based upon harmony or balance, so it accounts for the physical, the mental, the emotional and the spirit of the person receiving treatment.

HOW DOES ACUPUNCTURE WORK?

Treatment is provided by the use of finely honed needles, as fine as 0.013mm needles. Points in the body are selected by your registered acupuncturist once a pattern of behavior or diagnosis is established. Each treatment is immediately effective, as once a needle is in, your energy system otherwise known as 'Qi' is accessed.

Moxibustion

Many of us think of Chinese medicine as being synonymous with acupuncture, but even the Chinese term for acupuncture, " Zhen Jiu " , literally translates into "Acupuncture & Moxibustion".

Moxibustion is a form of heat therapy in which dried plant materials called "moxa" are burned above the skin. The intention is to warm and invigorate the flow of Qi in the body and dispel certain pathogenic influences.

stick moxa is chosen as a primary treatment due to the fact that it actually adds " yang qi " to the body. Yang qi deficiency can manifest in pain, loose stool, cold hands and feet, infertility, fibroid etc.

Another popular use of stick moxa is in the turning of a breech baby.

The herbal tradition of China is valued scientifically, as well as being a fascinating and popular tradition. Scientists working in China and Japan during the past four decades have demonstrated that the herb materials contain active components that can explain many of their claimed actions. Modern drugs have been developed from the herbs, such as treatments for asthma and hay fever from Chinese ephedra, hepatitis remedies from schizandra fruits and licorice roots, and a number of anticancer agents from trees and shrubs. Several popular formulations produced in China, called "patent medicines," are relied upon daily by millions of Chinese (in China and abroad), such as the Bupleurum Sedative Pills and Women's Precious Pills that invigorate the energy, nourish the blood, calm tension, and regulate menstruation, and Yin Chiao Jie Du Pian, which is a reliable treatment for the early stages of common cold, sore throat, and influenza.

Acupressure(TUINA)

It involves placing physical pressure, by hand, elbow, or with the aid of various devices, on different pressure points on the surface of the body (which may be far distant from the symptom, related by what is called the meridian system) to bring about relief through greater balance and circulation of fluids (blood, lymph) and metabolic energies in the body.

Cupping

combined with acupuncture in one treatment, or be used alone, the suction and negative pressure provided by cupping can loosen muscles, encourage blood flow, and sedate the nervous system. Cupping is used to relieve back and neck pains, stiff muscles, anxiety, fatigue, migraines, rheumatism, and even cellulite. For weight loss and cellulite treatments, oil is first applied to the skin, and then the cups are moved up and down the surrounding area.

Reflexology is the application of appropriate pressure to specific points and areas on the feet. Although reflexology is not used to diagnose or cure health disorders, millions of people around the world use it to complement other treatments when addressing conditions like anxiety, insomnia, asthma, cancer-treatment, cardiovascular issues, diabetes, headaches, kidney-function, PMS, etc.

Ear candles are made from cloth, and are soaked in either paraffin or beeswax. They are designed with a narrow funnel at one end, and the other end of the candle is lit. When the fire burns, the heat travels down the hollow tube of the candle into your ear, where it is indeed very relaxing and soothing. It could potentially be of benefit to those suffering ear infection, flu, sinuses.

7 Star Needling, also known as Plum Blossom Needling, is an acupuncture technique that uses an instrument gently tap an area until the site becomes red or elicits mild bleeding. This technique helps to invigorate and smooth the qi, and to move or disperse qi stagnation and blood stasis, making it especially effective for treating painful areas, alopecia, acne, psoriasis. Bleeding techniques such as 7 Star Needling can also be used to drain heat from the body, such as in the case of a high fever or dizziness.

Auricular Therapy the science of Auricular therapy has been well documented, internationally researched, and published in medical journals. Auricular therapy has proven to bring pain relief and healing in many cases, after all other medical interventions have failed.

Beauty Therapy Cosmetic acupuncture is a natural anti-aging treatment that's intended to stimulate the body's healing energies and increase circulation to reduce wrinkles, fine lines and folds.

Allergy Test Finding out what you are allergic to is an important first step to effective allergy treatment. Today allergy tests are more convenient and accurate than ever