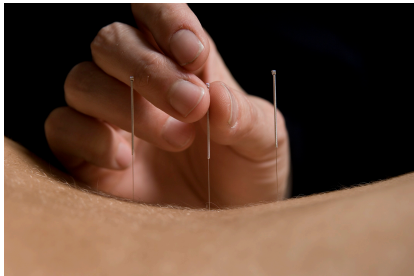




Acupuncture



What is Acupuncture?

Acupuncture involves the insertion of very fine needles into specific points on the body to restore the body's natural balance and bring about good health.

Acupuncture has been used for thousands of years to treat a wide range of physical and emotional problems. Despite its ancient origins it is being used increasingly today as research further expands our knowledge and understanding.

How does Acupuncture work?

Traditional acupuncture treats the underlying causes of any disease or

symptom, and helps the body to heal itself. Recent research suggests that acupuncture may alter the brain's chemistry and change our responses to pain.

Does it hurt?

Acupuncture needles are very fine, typically the width of a human hair and is nothing like those used by doctors and nurses, and as such don't usually hurt. Various sensations or tingling may be felt but these are usually only momentary and if anything is particularly uncomfortable it can be removed.

Needles aren't always left in so on occasion they are inserted and removed quickly, minimising any sensations.

What happens during a treatment?

The first visit will last 1 1/2 hours and includes a full case history and a discussion of the problem in detail. Depending on the problem a physical examination may be necessary and Emma may also take your pulses on both wrists. Then you will have your first

treatment and Emma will talk you through this at the time.

Please bring a list of any medication you are taking with you on the first visit.

Subsequent treatments last around 45 minutes and include a brief discussion of the problem and your progress, followed by the treatment.

Is it Safe?

Acupuncture is very safe and negative side effects are very rare. Many people do report good side effects like increased energy or better sleep.

Emma is a full member of the British Acupuncture Council who require her to work to a professional code of conduct as well as provide full insurance. It is also a requirement that Emma completes 30 hours of continuing professional development to keep up to date and further develop her existing skills.

What can acupuncture help with?

Acupuncture is widely known for treating pain, although it can help many other conditions too. The list below gives some examples but is not exclusive:

- Aches & pains including arthritis.
- Allergies
- Anxiety & Stress
- Depression
- Digestive complaints including IBS
- Fatigue
- Fertility issues & IVF support
- Headaches & Migraines
- High Blood Pressure
- Insomnia
- Menopausal Symptoms
- Period Problems
- Urinary Complaints

At the WalkWell Clinic.....

All of our clinical staff are fully qualified in their profession and members of the appropriate medical bodies, so you can be assured that we will provide you with the most appropriate treatments.

Be sure that your acupuncturist is registered – check with the British Acupuncture Council
www.acupuncture.org.uk.

Any further questions?

Please feel free to call us.....

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