

## **WHAT IS ACUPUNCTURE?**

Acupuncture is an ancient system of medicine that has been practiced in China for over 2000 years. Treatment originated with the discovery that the stimulation of certain points on the body provided relief to remote disorders. These points are in very specific positions and lie in channels of energy or *meridians*. The stimulation of these points encourage the body's own healing response. Being a holistic medicine it treats the person as a whole, focusing on the causes of imbalance rather than just the symptoms.

## **COMING FOR TREATMENT**

The initial treatment, lasting about one and a half hours, will provide the acupuncturist with an opportunity to determine the nature of the body's disharmony by careful questioning and observation. Diagnosis will include the inspection of the tongue for its'

structure, colour and coating, and the pulses are felt for their quality and strength. Subsequent treatments would normally be weekly, their frequency varying from person to person and the type of condition. The average is about six visits.

## **DOES IT HURT?**

Acupuncture needles are so fine that there is little discomfort when they are inserted, but a slight tingle may be experienced. You may even feel the energy moving along the meridian. They are either withdrawn immediately or left in for up to twenty minutes, during which time there may be a heaviness of the limbs and a pleasant feeling of relaxation.

## **ARE THE NEEDLES SAFE?**

Acupuncture is a very safe form of treatment when administered by a registered practitioner. I use sterile disposable needles providing complete safety against all forms

of infectious diseases. Acupuncture carried out under the British Acupuncture Council's code of practise is approved by the Blood Transfusion Services of the UK, for people who wish to donate blood.

## **SHOULD I TELL MY DOCTOR?**

If you have been consulting your doctor you may wish to inform him/her you are seeing an acupuncturist. Your acupuncturist will be only too happy to keep your doctor informed of your progress if you request it.

## **WHAT CAN ACUPUNCTURE HELP?**

Many people visit an acupuncturist with a specific physical or emotional condition while some have acupuncture for preventative treatment to maintain health and increase vitality. Acupuncture is practiced throughout the world to provide safe effective relief from a variety of conditions ranging from anxiety, arthritis, eczema, sports injuries, hay fever, asthma through migraine, hypertension,

menstrual disorders, intestinal problems, drug and smoking addictions, shingles, insomnia to stress, sinus problems and musculo skeletal pain.

### **ABOUT THE PRACTITIONER**

I am a State Registered Nurse and have been nursing since 1981 having specialised in orthopaedics. I trained, in 1992, at the Centre for Complimentary Medicine in Southampton and went on to qualify, after three years further training, as a Traditional Chinese Acupuncturist at the British College of Acupuncture in London. Being a member of the British Acupuncture Council I am bound by their Code of Ethics and Practice and covered by professional indemnity and public liability insurance.

### **APPOINTMENTS**

To make an appointment or for further information, please contact:

01752 895401 or 07767 665677 (Mobile)

Email: [fiona@fionamatthews.co.uk](mailto:fiona@fionamatthews.co.uk)

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# **Acupuncture**



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