

Acupuncture

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Acupuncture is part of a system of medicine that has been practised in China, Japan and other Eastern countries for thousands of years.

Acupuncture treatment aims to improve physical, mental and spiritual health by re-establishing the balance of vital energy (or Chi) within an individual. Although often prescribed as a means of pain relief, it is in fact used to treat people with a wide range of illnesses, symptoms or conditions. These include: **anxiety – arthritis – asthma – back pain – circulatory problems – depression – digestive problems – facial paralysis – fatigue – fibrositis – high blood pressure – indeterminate aches and pains – infertility – menstrual problems – migraines – muscular injuries – rheumatism – sciatica – skin conditions and many other ailments.**

The World Health Organisation lists over 100 conditions that can be effectively treated with acupuncture and Chinese medicine.

The benefits of acupuncture frequently include more than relief from a particular condition. Many people find that it can also lead to increased energy levels, better appetite and sleep, as well as an improved quality of life with an enhanced sense of overall well being. Treatments are individually designed and would probably include advice on lifestyle and diet.

For your initial visit, our practitioners allow enough time to gather all the information they need to make a full diagnosis, this may take up to one and a half hours. Generally you will then come weekly to begin with then, as you improve, less frequently. Typically, significant improvement is usually felt after five treatments, sometimes less. All acupuncture practitioners abide by strict codes of practice which include the highest standards of hygiene and safety. We only use disposable needles.

Grahame Gargini trained and practiced acupuncture in the UK before undertaking post graduate study at Shanghai University in 1997. He studied Chinese herbal medicine from 2001 to 2004 and has also taught acupuncture and Chinese medicine. He is a member of the British Acupuncture Council and the Register of Chinese Herbal Medicine so follows strict ethical and safety standards. Grahame also founded and is the owner of The Natural Healthcare Centre.

For further information or to book a consultation please call 01283 516444.