

# ACUPUNCTURE AT CHATFIELD MEDICAL CENTRE



## ALL YOU NEED TO KNOW TO MAKE THE RIGHT CHOICE

### What Is Acupuncture?

Acupuncture is a safe, tried and tested system of medicine which has been practised for thousands of years. Acupuncture aims to restore and maintain health by the insertion of hair-thin needles into specific points in the body. This stimulates the body to rebalance its physical, emotional and spiritual aspects, by activating our own self-healing powers.

It can be used alongside conventional medicine in the treatment of both acute and chronic disease. Also some people use acupuncture as a preventative measure to strengthen their constitution, or because they feel unwell or are going through a particularly stressful period in their lives.

### What Acupuncture Treats

Acupuncture has been known to help many conditions including amongst others:

**Aches & Pains** including arthritis & rheumatism, back pain & sciatica, cancer care, neck & shoulder pain, frozen shoulder, headaches & migraines, whiplash, RSI, sprains and Sport injuries.

**Digestive disorders** including IBS, colitis, constipation, diarrhoea, ulcers, food allergies, indigestion, bloating, weight gain and abdominal pain.

**Endocrine disorders** including diabetes, hypothyroidism and hyperthyroidism.

**Gynaecological and obstetric disorders** including amenorrhoea, period pain, PMT, fibroids, endometriosis, uterine prolapse, menopausal symptoms, miscarriage, infertility, IVF support, morning sickness, ovarian cysts, polycystic ovaries, breech births, postnatal care.

**Heart and Circulatory Diseases** including cardiac arrhythmia, Raynaud's disease, hypertension, palpitations, chest pain, angina pectoris.

**Immune system disorders/infection:** ME/Chronic Fatigue Syndrome, and general fatigue, HIV/AIDs support, allergies, hayfever.

**Mental and Emotional disorders** including depression, anxiety, panic attacks, insomnia, stress, addictions – alcohol, smoking, heroine, cocaine and sugar.

**Respiratory problems** including asthma, colds and flu.

**Skin diseases** including eczema, herpes, shingles, psoriasis, warts, and boils.

**Urinary disorders** including cystitis, urinary retention or incontinence, oedema, and kidney infections.

### **What Does It Feel Like?**

Acupuncture needles are not like those used for injections and blood tests, but are much finer and solid rather than hollow. When the needle is inserted, the sensation is often described as a tingling or dull ache. Needles are inserted for a second or two, or left in place for up to 45 minutes, depending on the effect required. During treatment, patients commonly experience a pleasant feeling of relaxation.

The benefits of acupuncture frequently include more than just 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 enhanced sense of overall wellbeing.

### **What Happens When I Go For A Treatment?**

At your first consultation you will be asked about your current symptoms, what treatment you have received, your medical history, diet and emotional health. You may be asked to show your tongue and your pulses felt on both wrists. The most effective treatment plan will then be agreed with you.

Acupuncture points will be selected and stimulated with needles or other ways including: massage, moxa (warming herb), cupping, or ear magnets or seeds. Advice on nutrition and lifestyle may also be recommended. In Traditional Acupuncture philosophy each person is considered as unique, and so the number of treatments required depends on the individual and on the condition they are presenting.

### **Should My Doctor Know?**

If you are receiving treatment from your doctor then it makes sense to tell him or her about your plans to have acupuncture. The acupuncture treatment may enable you to reduce or even stop taking some forms of medication, but your doctor should be consulted regarding any change of prescription.

### **Is Acupuncture Safe?**

Acupuncture has a very sound track record. The needles used are single-use, sterile and disposable. All members of the British Acupuncture Council must observe a code of practice, which lays down stringent standards of hygiene and safe practice.

### **Information About The Practitioner:**

Tracey Goulding trained at the University of Westminster gaining a BSc (Hons) degree in Traditional Chinese Medicine specialising in Acupuncture. She is also trained in therapeutic and aromatherapy massage. She has completed further post-graduate studies in auricular (or ear), dermatology, scalp and cosmetic acupuncture.

Tracey is passionate about Chinese Medicine and offers a friendly and approachable manner. Tracey runs private practices across South London and is founder of a complementary health site for professionals. She is a full member of the British Acupuncture Council, the leading professional body for acupuncturists in the UK.

**To book an appointment or for further information contact Tracey Goulding:**

**Mobile: 07941 740018**  
**tracey@essentialtherapia.com**  
**www.essentialtherapia.com**

### **Fees for treatments up to one hour**

Consultation and treatment £45  
[Chatfield Medical Centre patients £40]

Please allow 24 hours for cancellations, otherwise the full fee may be charged.