

# TRADITIONAL ACUPUNCTURE



The Wellbeing Centre

*Traditional acupuncture is a highly developed system of natural healing with a focus on treating the whole person.*

*As well as being an effective response to a wide range of specific health problems, it is a powerful support for our general health and wellbeing.*



# Contents

Introduction .....	4
An ancient wisdom .....	5
Chi – energy and balance .....	6
The practitioner .....	7
Does it hurt? .....	8
The treatment experience .....	9
Some conditions for which traditional acupuncture can be helpful .....	10
Trisha Farrow .....	11
Costs .....	12
The Wellbeing Centre .....	13
Our websites .....	14
Location map .....	15
Contact information .....	16

# Introduction

We offer traditional acupuncture at The Wellbeing Centre because it is a highly developed system of natural healing with a focus on treating the whole person. As well as being an effective response to a wide range of specific health problems it is a powerful support for our general health and wellbeing.

Traditional Acupuncture can also work very well in conjunction with the chiropractic healthcare we practice here.



# An ancient wisdom

Acupuncture is a system of healing which has been practised in China and other Eastern countries for thousands of years. Although often described as a means of pain relief, it is used to treat people with a wide range of illnesses. Acupuncture's focus is on improving the overall wellbeing of the patient, rather than the isolated treatment of specific symptoms.

According to traditional Chinese philosophy, our health is dependent on the body's motivating energy, known as Chi, moving in a smooth and balanced way through a series of meridians (channels) beneath the skin.



# Chi – energy and balance

According to traditional Chinese philosophy, our health is dependent on the body's motivating energy, known as Chi, moving in a smooth and balanced way through a series of meridians (channels) beneath the skin.

When the flow of energy becomes unbalanced, illness may result. By inserting fine needles into the energy channels, an acupuncturist can stimulate the body's own healing response and so help to restore its natural balance.

The flow of Chi can be disturbed by a number of factors. These include emotional states such as anxiety, stress, anger, fear or grief, poor nutrition, weather conditions, hereditary factors, infections, poisons and trauma. The principal aim of acupuncture in treating the whole person is to restore the balance between the physical, emotional and spiritual aspects of the individual.

*(Chi is pronounced "chee" and is also written Qi.)*



# The practitioner

The skill of an acupuncturist lies in the ability to make an accurate diagnosis from what is often a complex pattern of disharmony.

The exact pattern and degree of disharmony is unique to each individual and in traditional acupuncture is always treated as such.

Once the diagnosis is made, the practitioner makes treatment choices which are informed by training, experience and intuition.



# Does it hurt?

Acupuncture needles are quite unlike the needles used in injections and blood tests. They are much finer. Needles are inserted either for a second or two or left in place for an extended period, depending on the effect required. When the needle is inserted the sensation is often described as a tingling or dull ache and sometimes patients feel nothing at all. The Five Element tradition uses very gentle needling techniques and as few needle insertions as possible.

During treatment, patients commonly experience heaviness in the limbs or a pleasant feeling of relaxation.



# The treatment experience

The initial consultation takes approximately ninety minutes.

It includes taking a full health history, a brief and unintrusive physical examination and discussion of a range of factors which affect our health and wellbeing. Subsequent appointments last approximately forty-five minutes.

The benefits of acupuncture frequently include more than just relief from a particular condition. Many people find that it leads to increased energy levels, better appetite and sleep as well as an enhanced sense of overall wellbeing.



# Some conditions for which traditional acupuncture can be particularly helpful

Addiction

Anxiety

Arthritis and rheumatism

Asthma

Migraine and tension headaches

Circulatory problems

Degenerative conditions

Depression

Digestive disorders

Facial paralysis

High blood pressure

Infertility

Irritable bowel syndrome

Menopause

Menstruation problems

Morning sickness

Post-operative recovery

Skin conditions

Sleep problems

Stress

Stroke recovery

Tiredness and low energy

*This list is a selection only.*



# Trisha Farrow BA (Hons) LicAc MBAcC

Trisha Farrow provides traditional acupuncture services at The Wellbeing Centre. She trained at The College of Traditional Acupuncture, a UK institution with an international reputation for its teaching of Five Element Acupuncture, and is a Member of The British Acupuncture Council.

Trisha is committed to providing acupuncture treatment as general healthcare support and has a special interest in infertility and in pregnancy care.



# Costs

initial consultation: £48

standard appointment: £35

## HEALTH INSURANCE

Some private health insurance policies include cover for acupuncture treatment.



# The Wellbeing Centre

The Wellbeing Centre offers chiropractic healthcare, traditional acupuncture and other therapeutic services in a peaceful and welcoming space.

Our Strength & Mobility classes can be used as both rehabilitation and bodywork. They are suitable for a wide range of people and needs.

The Wellbeing Centre is located on the outskirts of Huntingdon, close to the A1123 Huntingdon to St Ives road. There is ample car parking.

Please contact us via 01480 417641 for all appointments, for further information or to arrange a preliminary telephone discussion with a practitioner.



# Our websites

Huntingdon Traditional Acupuncture  
[www.huntingdon-traditional-acupuncture.co.uk](http://www.huntingdon-traditional-acupuncture.co.uk)

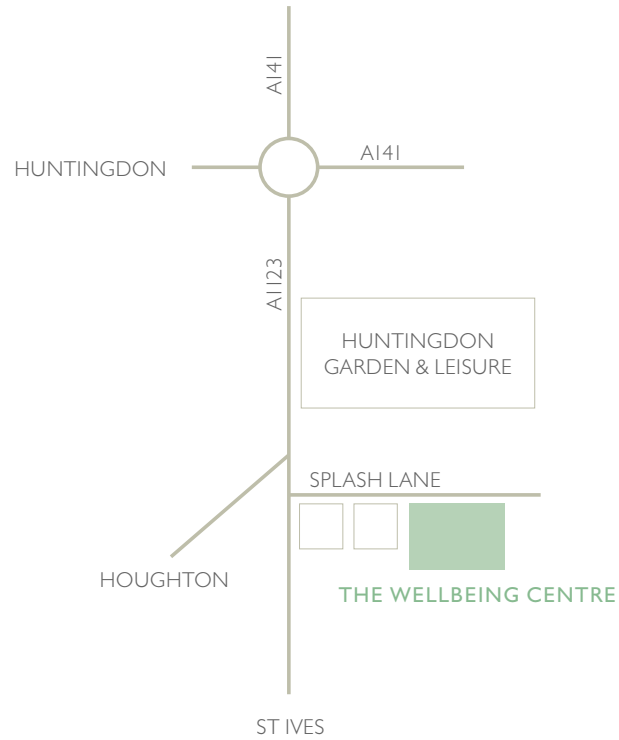
The Wellbeing Centre  
[www.the-wellbeing-centre.co.uk](http://www.the-wellbeing-centre.co.uk)

Alison Edwards  
[www.alisonedwards.co.uk](http://www.alisonedwards.co.uk)

Huntingdon Chiropractic Healthcare  
[www.huntingdon-chiropractic.co.uk](http://www.huntingdon-chiropractic.co.uk)

Pregnancy & Paediatric Care  
[www.tendershoots.co.uk](http://www.tendershoots.co.uk)

# Location



Further location maps and information can be found in the contact sections of our websites

# Contact

## ADDRESS

The Wellbeing Centre  
Splash Lane  
Wyton  
Huntingdon  
PE28 2AF

## TELEPHONE

01480 417641

## EMAIL

[reception@the-wellbeing-centre.co.uk](mailto:reception@the-wellbeing-centre.co.uk)

## WEBSITE

[www.the-wellbeing-centre.co.uk](http://www.the-wellbeing-centre.co.uk)



# The Wellbeing Centre

The Wellbeing Centre, Splash Lane, Wyton, Huntingdon, PE28 2AF

[reception@the-wellbeing-centre.co.uk](mailto:reception@the-wellbeing-centre.co.uk)

[www.the-wellbeing-centre.co.uk](http://www.the-wellbeing-centre.co.uk)

01480 417641