

Therapy of the month

Acupuncture

What's it all about? *Traditional acupuncture is a form of medicine that originates from China. There is evidence to show that it has been practised for more than 2,000 years, but only really began to develop in the West during the second half of the twentieth century.*

How does it work? *Acupuncture works on the premise that there is a circuit of energy throughout your body. The energy runs in lines called meridians up and down the body and each meridian is connected to an organ. Different symptoms indicate a deficiency or excess in the meridian of that organ. The energy is strengthened or reduced by inserting acupuncture needles (which are as fine as a shaft of hair), painlessly at specific acupuncture points along the relevant meridian.*

How can it help? *MRI scans have shown that acupuncture works directly on the brain to reduce pain levels. Clinical trials back this up and demonstrate that acupuncture works for a variety of other conditions including insomnia, stress, fertility, hay fever, eczema and hot flushes.*

How can I find out more? *Call the British Acupuncture Council on 020 8735 0400 or visit www.acupuncture.org.uk*