

Nuala Price

BSc (Hons) Acupuncture, Lic Ac, MBACc

Nuala has been in private practice for 5 years after graduating from the London College of Traditional Acupuncture. She has treated a wide range of conditions including musculoskeletal disorders, tiredness, stress, addiction/withdrawal, mental/emotional and gynaecological complaints. She has a special interest in arthritic pain and digestive and other disorders in children.

She works closely with patients to achieve better health and balance on all levels and strongly believes in the body's ability to heal itself.

She is fully accredited and a member of the British Acupuncture Council and has completed post graduate studies in Facial Acupuncture, Shonishin Japanese Acupuncture for Children and will soon be a member of the Acupuncture Fertility Network and has treated patients with drug and alcohol problems at rehabilitation centres in London.

Please find below additional information you may find useful before you book acupuncture. If you have any questions please do not hesitate to call me 07808 938 223.

ACUPUNCTURE

The Chinese have been using acupuncture to restore, promote and maintain good health for about 2500 years. As a system of healing it is firmly rooted in the Daoist philosophy of change, growth, balance and harmony and this text outlines the principles of natural law and the movements of life – Yin and Yang, the Five Elements, the organ system and the meridian network along which acupuncture points are located. It provides a holistic approach to the management of disease and maintenance of health. An acupuncturist uses their skill to make a traditional diagnosis from what is often a complex pattern of disharmony and from there develops a unique and individual treatment plan tailored to meet the needs of the patient to create equilibrium between the physical, emotional and spiritual planes.

According to ancient Chinese philosophy our health and well-being is dependent upon the integrity of our Qi. Qi is the body's motivating energy and life force and it flows through meridians under the skin to every tissue, organ, muscle and bone. If it becomes imbalanced or stuck illness results. Many factors can disturb our Qi – ranging from physical trauma, poor diet, hereditary factors, infections and emotional states such as stress, anger, grief, worry and anxiety. Through the insertion of fine needles acupuncture helps restore the flow of Qi and its natural balance and thus aid the body in healing itself. In many cases not only is there relief from presenting condition but many people experience better sleep, energy levels and feelings of well being.

Western Medical View of Acupuncture

There are a number of theories concerning the mechanisms of how acupuncture works. One theory is that acupuncture stimulates the release of endorphins and enkephalins, which are the body's natural painkillers and 'feel good' chemicals. Ted Kaptchuk (2002) states the large body of research undertaken suggests that acupuncture analgesia is stimulated by high threshold nerves in muscles. These muscles then send nerve messages to the spinal cord and onto the brain stem and hypothalamus, which trigger the release of endogenous opioid mechanisms via neurons. The production of these polypeptides reduces pain sensitivity (Pei Lin, ed., 2002) due to their similarity in molecular make up to opiates such as morphine, which have high anaesthetic properties. Via this pathway, acupuncture provides relief.

Bibliography

www.acupuncture.org.uk

Kaptchuk, T. (2002). Acupuncture: Theory, Efficacy and Practice [Electronic Version]. *Annals of Internal Medicine* 136(5):374-383.

Peilin, S. (Ed.) (2002). *The Treatment of Pain with Chinese Herbs and Acupuncture* (1st ed.). UK: Churchill Livingstone.

CONSULTATION

Your first consultation will be longer than subsequent visits as the acupuncturist needs to assess your current state of health in order to identify the underlying pattern of disharmony and thus give the most effective treatment.

You will be asked to describe your current condition and symptoms, your medical history and current medication, family medical history to assess hereditary weaknesses, your diet, emotional state, sleep patterns and if female details of menstrual cycle.

As an aid to diagnosis and to further show how Qi is flowing, your radial pulse on both wrists is felt and rhythm, quality and strength is noted.

Your tongue's structure, colour and coat will also be checked as these are a good guide to physical health.

After consultation, your acupuncturist will select the most appropriate treatment and points. Needling may take place on arms, legs, hands, feet, abdomen, torso, back or head therefore it is advisable to wear loose clothing although in some instances clothing may need removing. Usually 10 or 12 points will be used in each treatment. Acupuncture points may be additionally stimulated with the use of **moxa** (a smouldering herb – mugwort – that warms acupuncture points and stimulates the flow of Qi), an electro-acupuncture machine, **cupping, auricular acupuncture** or ear seeds.

Dietary or lifestyle advice maybe provided recommending what foods would best help the patient or for example, advice given on types of exercise to help ease pain relief.

At subsequent consultations, you will be asked for an update on your presenting condition and symptoms; what effect the previous treatment had; and what your current state of general health is. Your pulse and tongue will once again be checked. It is quite usual that during a course of treatment different points will be selected as the patient's condition changes.

Treatment frequency varies according to complaint and person. Sometimes the effect is dramatic after one or two treatments but generally, the effects are subtle and may take many months. Normally, a course of 4-6 treatments is usually recommended whereby you should notice a change either in yourself generally or in presenting condition.

All consultations are confidential and tailored to meet your specific needs

Conditions Treated –

- Stress, Anxiety, Insomnia and Depression
- Infertility
- Gynaecological Complaints – peri and menopausal problems including night sweats, uterine bleeding, Menstrual problems including PMT, Endometriosis, Dysmenorrhea, absent, irregular periods, PCOS
- ME, Chronic Fatigue, Tiredness
- Digestive Problems - Bloating, Borborygmi, Indigestion, Constipation, Diarrhoea
- Headaches, Migraines, Dizziness
- Back Pain and Sciatica
- Musculoskeletal Problems
- Arthritis, Rheumatism, Fibromyalgia
- MS
- Hayfever, Rhinitis, Asthma and other Respiratory Conditions
- Eczema and other Skin Conditions
- Addictions – Smoking and Drugs using **NADA** protocol
- Undiagnosed 'Pain'
- Colds and Flu
- Preventative and General Constitutional treatment
- **Facial Revitalisation** or Cosmetic Acupuncture; a natural alternative to invasive techniques.
- **Shonishin Japanese Acupuncture for Children** a specialized treatment for children and infants that focuses on gentle mostly non-inserted needle techniques that children find comfortable

NADA

The National Acupuncture Detoxification Association (NADA) protocol is the use of acupuncture in the treatment of drug and alcohol dependency to help alleviate the symptoms of drug withdrawal, detoxification and relapse prevention.

Q&A

Do I need to do anything before treatment?

Wear loose clothing, try not to eat anything heavy within an hour of your appointment or anything that may colour your tongue e.g. tea or coffee.

Is Acupuncture painful and how will I feel after treatment?

It is neither painless nor very painful. The sensation is often described as a tingling or dull ache. Everyone is different and therefore may feel this stronger or weaker than others may. Unlike needles used in injections, acupuncture needles are very fine therefore; the level of pain is much less. You may also experience heaviness in the limbs as well as a deep feeling of relaxation. After treatment you usually feel calm, relaxed and in some case tired. If there is a short term flare up in your symptoms this may be due to Qi clearing before settling again and should not worry you.

Is acupuncture safe?

As a member of the British Acupuncture Council, your practitioner has undergone extensive training in acupuncture and bio medical sciences appropriate to the practice of acupuncture in the UK. Codes of Safe Practice, Ethics and Disciplinary Procedures, approved by the Department of Health, ensure professionalism and safety. Members are covered by full Medical Malpractice and Public / Products Liability Insurance.

All needles are pre-sterilised, single use and disposable to provide protection against infectious disease. Patients who have been treated by a BACC practitioner are able to donate blood via the National Blood Service.

Is acupuncture regulated by the government?

The Department of Health has put forward proposals for statutory regulation of acupuncture and herbal medicine.

Should I tell my doctor I am receiving treatment for acupuncture?

If you are already 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. **You should never stop prescribed medication without consultation with your doctor.** You should always tell your acupuncturist about any medication you are taking as this may affect your response to acupuncture treatment.