

< Homepage

Day Service

Inpatient Service

Groups and Classes

Therapies

Acupuncture

Allergy service

Anthroposophic Medicine

Art Therapy

Homeopathy

Mistletoe therapy

Mindfulness MBCT

Music Therapy

Referrals

Centre for Integrative Care / Acupuncture

Acupuncture

Acupuncture is a treatment which can relieve symptoms of some physical and psychological conditions and may encourage the patient's body to heal and repair itself, if it is able to do so. Acupuncture stimulates the nerves in skin and muscle, and can produce a variety of effects. We know that it increases the body's release of natural painkillers - endorphin and serotonin - in the pain pathways of both the spinal cord and the brain. This modifies the way pain signals are received. But acupuncture does much more than reduce pain, and has a beneficial effect on health. Patients often notice an improved sense of wellbeing after treatment.

Modern research shows that acupuncture can affect most of the body's systems - the nervous system, muscle tone, hormone outputs, circulation, antibody production and allergic responses, as well as the respiratory, digestive, urinary, and reproductive systems.

The practitioner will assess each patient's case and treatment will be tailored to the individual and their needs. Typically, fine needles are inserted through the skin and left in position briefly, sometimes with manual or electrical stimulation. The number of needles varies but may be only two or three. Treatment might be once every two weeks to begin with, then at longer intervals as the condition responds. A typical course of treatment lasts 6 sessions. For further information <http://www.medical-acupuncture.co.uk/>