

# WHAT IS AURICULAR ACUPUNCTURE?

This is a form of therapy in which fine needles are inserted into the ear.

The five ear points used are:

- 1 Sympathetic nervous system – its stimulation is thought to be a generalised analgesic; it promotes relaxation of the internal organs and dilates blood vessels.
- 2 Shenmen – this point has a sedating and antiallergenic effect; it can help relieve anxiety, worry and tension.
- 3 Kidney – this can help relieve nervous exhaustion, fatigue, and headache and also promotes detoxification.
- 4 Liver – used to help detoxification, helps with pain, anxiety, tension and restlessness.
- 5 Lung – controls excessive sweating, helps normalise breathing and can help relaxation, detoxification and pain relief.



## PRICING\*

Individual acupuncture treatment  
First session usually lasts 60 minutes and includes detailed assessment, subsequent sessions are approximately 40 minutes.

£35

\*£5 per session discount for NHS, Blue Light Workers & Armed Forces

## ABOUT ME

- Qualified nurse
  - Fully qualified medical acupuncturist
  - Member of the British Academy of Western Medical Acupuncture
  - Licensed by Hartlepool & Durham Borough Councils
- If you are receiving treatment through your health insurance a certificate can be provided where required.
- Should you have any queries, or would like to book an appointment, please do not hesitate to contact me through one of the methods below.



## HOW IT WORKS & THE BENEFITS

The outer ear has a prolific nerve supply that can directly influence the body's stress response and help release natural 'feel good' and relaxing chemicals.

The treatment involves inserting five sterile disposable needles into each ear for 30 minutes whilst you relax.

Auricular acupuncture has been shown to reduce hot flushes, assist weight loss, aid smoking cessation, relieve stress and anxiety and promote a better sleep pattern.

Ear seeds can also be used between sessions to aid weight loss and smoking cessation (willpower still required!)

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I am based in Hartlepool but a mobile service is also available covering the Teesside area, please ask for details.



# MEDICAL ACUPUNCTURE



*Lesley Green*

MA, BSc (Hons), Dip N Lond.  
RGN LicAc Cert CBS

# WHAT IS ACUPUNCTURE?

Western medical acupuncture is based upon medical diagnosis and incorporates evidence-based practices to ensure that those who receive acupuncture have an alternative method of dealing with their ailments.

Traditional Eastern acupuncture originates from China and involves treating individuals by diagnosing illness or problems within the body by feeling the radial pulse.

## WHAT TO EXPECT

The initial treatment will take approximately 1 hour so as to incorporate completion of consent forms, detailed medical history and list any medications taken. Details will be given as to what to expect during a session and the points used, and any questions can be answered to your satisfaction. All information taken is strictly confidential. This will then be followed by the first treatment.

Six to 10 sessions of approx 1 hour each are usually recommended, with booster sessions if necessary. However in some cases, fewer sessions may be needed.

## HOW DOES ACCUPUNCTURE WORK?

Fine needles are inserted into various points on the body depending upon the individual's symptoms. Benefits of acupuncture are:

- Releases a natural opioid which is a pain relieving substance
- Aids relaxation, reducing pain
- Increases movement
- Improves quality of life
- Induces a better sleep pattern
- Gives the individual a sense of well being
- Reduces the need for medication in some individuals
- Decreases visits to GP
- Reduces the effects experienced by long term medication
- Enables people to continue in their employment
- Assists natural healing
- Boosts the immune system
- Increases anti inflammatory response
- Promotes a positive homeostatic response controlling functions such as heart rate, blood pressure, body temperature, electrolyte balance, respiration and glandular secretion, i.e. hormonal balance
- Safe when carried out by trained professional

## WHAT CONDITIONS CAN BE TREATED USING ACCUPUNCTURE?

- Nervous tension
- Asthma and Bronchitis
- Bell's palsy
- Trigeminal neuralgia
- CVA
- Colitis, constipation and diarrhoea
- Cystitis
- Dermatological problems
- Dyspepsia
- Frozen shoulder
- Gynaecological problems
- Haemorrhoids
- Hayfever
- Hiatus Hernia
- Infertility
- Migraine
- Nervous depression
- Nausea from chemotherapy and pregnancy
- Nocturnal enuresis
- Osteoarthritis
- Peptic Ulcers
- Petit Mal
- Rheumatoid arthritis
- Sciatica
- Sinusitis and Rhinitis
- Tinnitus



## MOXIBUSTION

Occasionally during treatments, it has been found that acupuncture alone is not sufficient to create the desired result. One of the most common ways acupuncture can be enhanced is moxibustion. This is a stick of compressed plant extract which is slowly burned and gives off considerable localised heat (smokeless) when held closely over the top of the inserted needle which in turn accentuates the therapy.



## POTENTIAL SIDE EFFECTS

Acupuncture is generally very safe, and serious side effects are very rare. Sterile, single use disposable needles are used every time.



# MEDICAL ACUPUNCTURE