

THE GREEN PAGES

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Many years ago we ran a section call "The Green Pages", it was a focal point for health, therapists, green and alternative issues. To advertise in this section please call 01844 344256 or email john@printnow.co.uk. With our publication printed on mainly recycled paper and printed using vegetable oil based inks we would like to think our credentials are as green as a local publication can be. We love editorial items so if you have any which fits in with the above ethos. please email them to me with photos attached if required. John

Autumn Anxiety & Acupuncture

As the season changes to autumn and we say farewell to the warm sociable summer, many of us feel a little blue. This fortnight sees the Mental Health Foundation raise awareness of mental health issues and their impact on emotional wellbeing. 10th October is the annual World Mental Health Day and the theme for 2010 is 'Mental Health & Long Term Illness: the Need for Continued & Integrated Care'. Acupuncture is a

complementary medicine that can play an important role in the integrated treatment of mental health issues, says local acupuncturist Rhiannon Griffiths. From anxiety, depression and stress, to more extreme conditions such as bi-polar, acupuncture can help rebalance the emotions.

Acupuncture is a form of Chinese Medicine that focuses on harmonising the mind, body and emotions. *Continued page 14*

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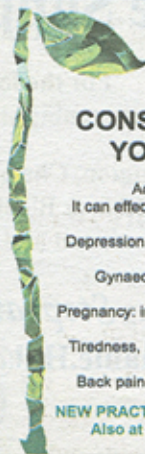
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Rhiannon Griffiths
BSc Hons, Lic Ac, MBACc
Acupuncturist
TCM & Five Element Acupuncture

CONSIDER ACUPUNCTURE FOR YOUR HEALTH & WELLBEING

Acupuncture can do much more than just relieve pain. It can effectively help with a wide range of conditions including:

- Depression, stress, anxiety, insomnia, worry & emotional issues
- Gynaecology: PMT, period problems, menopause, migraine
- Pregnancy: infertility, IVF support, post-partum & mother roasting
- Tiredness, IBS, diarrhoea, constipation, weight & dietary issues
- Back pain, arthritis, asthma, panic attacks & stopping smoking

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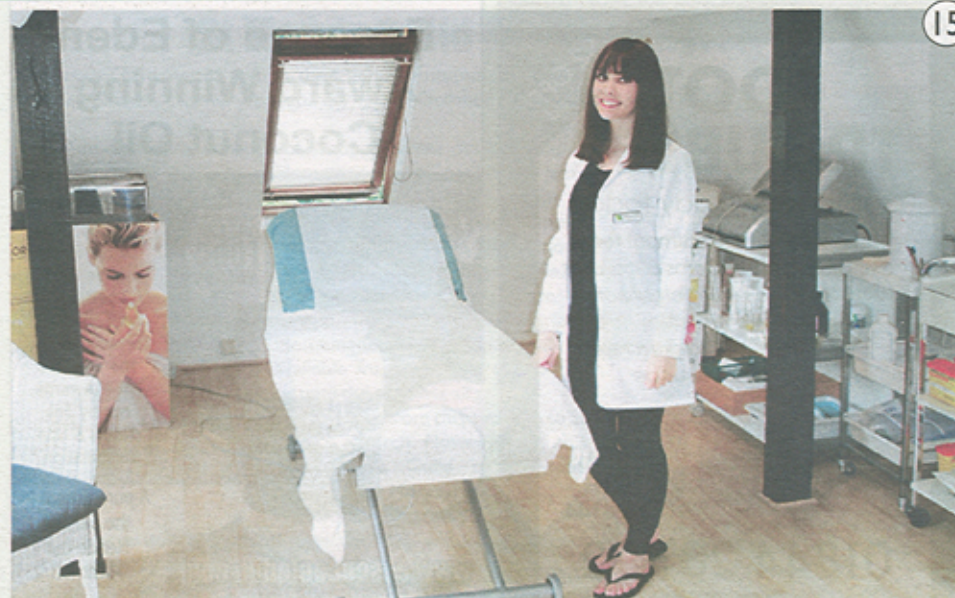
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It addresses imbalances by treating internal energy, often referred to as Qi, through the insertion of ultra fine needles into specific points. Acupuncture strongly recognises the impact emotions can have on physical and mental health. Energy can become depleted through ongoing or long-standing emotions such as anxiety, worry or grief; it can become stagnant by frustration, resentment, and the inability to make decisions. It can even move in the wrong direction, causing outbursts of anger or an unclear and muddled mind.

Treatment with acupuncture can nourish depleted energy, allowing the patient to be in a stronger position to deal with emotions that are challenging them. It can reduce anxiety, break the endless cycle of worrying, and help with the intense loss or anger after losing a loved one. Certain point combinations can help stagnant energy flow smoothly again, reducing stress and frustration, whilst aiding decision making and planning for the future. Needling in conjunction with dietary advice, underpinned by the theory of Chinese Food Energetics, can allow energy to flow in the correct direction once again, permitting clearer thought and less mania.

The Five Element style of acupuncture also offers support for emotional issues, particularly if we are "just not feeling right" or "not like our normal selves". It focuses on balancing the Five Elements - Water, Wood, Fire, Earth and Metal - which stimulates the body's own natural healing. We all have one Element that is like our default setting and we may exhibit exaggerated feelings and behaviours of that particular Element if we become unbalanced or ill. This is where acupuncture can enhance quality of life on many levels.

Rhiannon is a member of the British Acupuncture Council (BACc), and practises from The White House in Thame, and Susannah Nicholas Health & Beauty in Princes Risborough. She has a special interest in the holistic treatment of emotional issues, but also helps a wide range of ailments from migraine and back pain, to menstrual and menopausal issues. Visit www.rhiannongriffiths.com for down loadable patient advice



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sheets, or telephone 01844 220 227 for more information on how acupuncture could positively help you towards improved health and wellbeing.