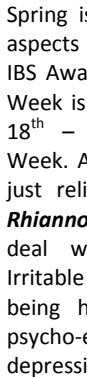


## Try Acupuncture This April



Spring is a busy time for thinking about all aspects of your health and wellbeing. April is IBS Awareness Month; Mental Health Action Week is from the 4<sup>th</sup> – 11<sup>th</sup> of April, and the 18<sup>th</sup> – 24<sup>th</sup> marks Depression Awareness Week. Acupuncture can do much more than just relieve pain, **says local acupuncturist Rhiannon Griffiths**. It is well placed to deal with physical conditions like Irritable Bowel Syndrome, as well as being highly effective in addressing psycho-emotional issues such as depression and stress.



IBS is characterised by pain or discomfort in the abdomen (between the chest and hips), and changes in frequency or consistency of stools (alternating constipation and diarrhoea, for example). These symptoms may come and go, or vary in severity, often getting worse with stress.

As acupuncture is a form of Chinese Medicine that focuses on harmonising the mind, body and emotions, it addresses any imbalances by treating internal energy, often referred to as Qi. It involves the insertion of ultra fine needles into specific points, which restores proper functioning of organs, body systems and substances. Therefore, acupuncture promotes better digestion, improves metabolism, and regulates the bowels. In conjunction with advice underpinned by the theory of Chinese Food Energetics, treatment can also guide patients towards better food and lifestyle choices; making acupuncture successful at tackling many other digestive, weight and dietary issues.

Each year the Mental Health Foundation uses its action week to highlight a particular influence upon the quality of our daily mental health; fear and anxiety was the topic for 2009, anger in 2008, and this year they are

looking at the impact of loneliness. Acupuncture strongly recognises the impact emotions can have on health. Fear, worry, grief, anger and lack of joy are all considered as causes of illness, as well as the more 'Western' thought causes such as trauma, poor nutrition and infection - they all disturb the natural flow of Qi in the body. As a result, acupuncture can effectively help depression, stress, anxiety, insomnia, and relationship or self-esteem issues by rebalancing energy within the body.

The Five Element style of acupuncture focuses on the movement of energy within nature and the seasons. By balancing the Five Elements - Water, Wood, Fire, Earth and Metal - acupuncture stimulates the body's own natural healing, enhancing quality of life on many levels. We all have one Element which is like our default setting; we may exhibit exaggerated patterns, feelings and behaviours of that particular Element if we become unbalanced or ill. This is where acupuncture can bring us back to "feeling like ourselves" again.

Rhiannon is a member of The British Acupuncture Council, and a graduate of The College of Integrated Chinese Medicine. Acupuncture can help a wide range of other conditions including migraine, infertility, menstrual and menopausal issues, asthma and scar tissue. Whilst treating these through an integration of TCM and Five Element acupuncture, Rhiannon has a special interest in the holistic treatment of emotional issues within the context of the individual patient. Having practised in Reading and Buckinghamshire, she currently practises from The White House in Thame; for further information visit [www.rhiannongriffiths.com](http://www.rhiannongriffiths.com) or call 01844 220 227 to see how acupuncture could help you.

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