

Acupuncture For All Ages



Acupuncture is a gentle holistic treatment that harmonises the mind, body and emotions, by inserting ultra fine needles into specific points that access internal energy, known in Chinese Medicine as Qi.

"We all face different challenges at various times in our lives, and some issues might be more likely to occur at certain life stages. Acupuncture's balancing effects are suitable for all ages." says local acupuncturist Rhiannon Griffiths.

Teens can suffer from a range of emotional issues including anxiety, depression, low self-esteem, and exam stress. Chinese medicine places a lot of importance on the impact emotions can have on our health. Lack of joy, frustration, grief, fear and worry are all considered causes of both mental and physical illness, as the emotion interrupts the natural flow of Qi in the body. If these emotions are longstanding or continuous, the flow of energy can become stagnant or depleted, creating symptoms. Acupuncture can help to restore the correct movement of energy in the body, helping patients to cope more effectively.

Teenagers are also susceptible to post-viral fatigue type syndromes such as glandular fever, which do not respond well to conventional medicine. Chinese medicine views the virus as being trapped in a space between the inner and outer layers of the person. Acupuncture encourages the pathogen to leave the body, whilst replenishing and boosting low energy levels, relieving the exhaustion.

During our **twenties and thirties**, menstrual and fertility issues may come to the fore. Issues with PMS, painful, irregular, or complete lack of periods can put question marks around fertility; but the regulating and harmonising affects of acupuncture make it well placed to work positively with the cyclical nature of the menstrual cycle. Treatment can help prepare the body to be in the best possible condition for pregnancy, it can support during pregnancy (tackling low blood iron levels or morning sickness), as well as after the baby is born, boosting energy levels and mood.

Insomnia, back pain and the menopause can arrive during our **forties and fifties**, as our Qi starts its natural decline. Chinese medicine views difficulty in falling asleep, or waking during the night, as part of an energetic blood deficiency; this is not the same as anaemia, it is about the blood's ability to properly nourish the body. Acupuncture can boost the blood's energetic

quality, allowing the mind to calm and quieten at night. Similarly, the natural decline of Kidney energy, which according to Chinese medicine nourishes and strengthens the spine, creates a susceptibility to weakness in the back. Acupuncture points are chosen to top-up this Kidney energy, relieving and reducing frequency of pain. Treatment of menopausal symptoms such as hot flushes and mood swings with acupuncture works well due to its aforementioned regulating and harmonising nature.

As we go towards **sixty plus**, issues such as arthritis, aches and pains, and low energy may be something we wish to keep on top of. Acupuncture is good at moving stuck or stagnant energy, which is how Chinese medicine views most kinds of arthritis. Regular treatment, perhaps once a month, can increase mobility, and reduce swelling, pain or weakness in joints – a natural alternative to all those pain killers!

Rhiannon is a member of the British Acupuncture Council (MBAcC), and combines the Five Element and TCM styles of acupuncture, at Susannah Nicholas Health & Beauty in Princes Risborough and The White House in Thame.

For further information visit www.rhiannongriffiths.com or telephone 01844 220 227 to see how acupuncture could positively help you at your particular stage of life.