

# Rhiannon Griffiths Acupuncturist



Acupuncture is a form of Chinese Medicine that focuses on harmonizing the mind, body and emotions. It seeks to diagnose the root cause of illness, and addresses that by balancing internal energy, often referred to as Qi.

It involves the insertion of ultra fine needles into specific points, which restores proper functioning of the body.

But does it hurt? Acupuncture needles are vastly different to needles used in medicine, and do not cut the skin in the same way. You may be aware of the needle, but it should not hurt. What is felt is a sensation called "Deqi", which is the feeling of the needle connecting with the energy flow in the channel; this can vary from a dull ache or tingling, to a drawing sensation.

Rhiannon is a member of the British Acupuncture Council (MBAcC) and whilst treating a broad range of conditions (see adjacent), she has a special interest in the holistic treatment of emotional issues.  
Gift Vouchers now also available.