



Keep Your 2011 Resolutions with Help from Acupuncture

So it's the first week of January and the New Year's resolutions you made for 2011 are already starting to slide... fear not, **says local acupuncturist Rhiannon Griffiths**, if your intentions are around improving your health and wellbeing, acupuncture and Chinese Medicine might help you to get back on track and stick to your resolutions this year.

The most popular resolution, after a festive season of treats, is undoubtedly to **lose weight**. Uncomfortable digestion, nausea, loose bowels, bloating, constipation or a slow digestive transit suggests there may be stagnant energy in the digestive system, or that energy is flowing in the wrong direction. As acupuncture focuses on harmonising imbalances in the body, by treating internal energy (also called Qi), treatment can make the digestive system work more effectively and efficiently. Acupuncture - the insertion of ultra fine needles into specific points - encourages better absorption of nutrients, which creates more energy, as well as regulating the excretion of excess fluid and waste products. This kick starts the body into controlling weight. Additionally, acupuncturists can support patients with knowledge of Chinese Food Energetics, guiding towards better food and lifestyle choices, making the likelihood of you succeeding with your resolution even greater!

If 2010 was a particularly stressful year, your resolution may be to **reduce stress** in your life and generate a **positive outlook** for 2011. Stress is a recognised cause of illness, and acupuncture acknowledges the impact emotions can have on health. Fear, worry, grief, anger and lack of joy all disturb the natural flow of Qi in the body; acupuncture can help stabilise the emotions by smoothing the flow of energy, or nourishing depleted energy. The body and mind are then able to relax, reducing anxiety, depression and worry, lowering stress to manageable levels.

Acupuncture can have a positive impact on **general health**, so if your December was full of coughs and colds, or the end of 2010 left you exhausted, consider having treatment to **boost your immune system**. The body's defensive energy can become weakened during the Winter. It can be viewed as a chainmail suit of armour - if there are a few chinks missing, it can leave you vulnerable to invasion. Treatment nourishes and repairs weakness within the defensive energy level; patients often notice an improved quality of sleep, increased energy and an overall feeling of wellbeing.

Stopping smoking is a staple resolution year after year. If you are determined that 2011 will be your year to finally put down the fags, acupuncture may assist you in keeping on track. Auricular (ear) acupuncture is effective in reducing cravings and starting the detoxification process. The emotional issues related to smoking cessation such as irritability, mood swings or increased appetite can also be addressed with acupuncture through smoothing Qi.

Rhiannon is a member of The British Acupuncture Council (MBAC), and is based at The White House in Thame, and Susannah Nicholas Health & Beauty in Princes Risborough. For further information visit www.rhiannongriffiths.com or call 01844 220 227 to see how acupuncture could positively help you this year!

