

# To the point on mental health day

SUNDAY 10th October marks this year's World Mental Health Day, and local acupuncturist Rhiannon Griffiths is getting behind the campaign. The Mental Health Foundation annually raises awareness of the impact emotional wellbeing can have on health.

"This is something that acupuncture theory also recognises," she said. "Chinese Medicine believes that a person's energy can become depleted through ongoing or long-standing emotions, it can also become stagnant or move in the wrong direction due to emotions."

Acupuncture is a form of Chinese Medicine that focuses on harmonising the mind, body and emotions. It addresses imbalances by treating internal energy, through the insertion of very fine needles into specific points.

"Treatment with acupuncture can nourish depleted energy," Miss Griffiths explained, "this allows the patient to be in a stronger position to deal with emotions that are challenging them."

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 female issues, to migraine and back pain.

Visit [www.rhiannongriffiths.com](http://www.rhiannongriffiths.com) or telephone 01844 220 227 for more information on how acupuncture could help you towards improved health and wellbeing.