
Acupuncture update

In May's edition we featured the healing powers of Thame acupuncturist, Rhiannon Griffiths.

Vale Life's Amanda decided to try the treatment for her hay fever allergy. Usually, by this time of year, she would be dosing herself up with antihistamine in a desperate attempt to combat the itchy eyes and throat, runny nose, sneezing

and tight chest symptoms caused by her seasonal pollen allergy.

After an initial 90 minute consultation and 30 minutes of acupuncture, plus three further hour long acupuncture sessions, which Amanda says were 'relaxing and fascinating' she is happy to report that as yet she has not experienced any of her usual allergy symptoms. "It's amazing," she says "You don't feel the needle go in, but you can feel the energy flow connect."



**Rhiannon,
right, treating
Amanda**



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