



COOLOOLA ACUPUNCTURE CLINIC

Helping People to get well and stay well

Newsletter

November, 2007

Special points of Interest

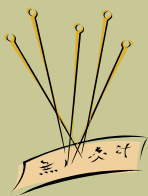


Booking your Appointments

To save disappointment it would be a good idea to pre-book your appointments. Especially Tuesday, Wednesday and Thursday afternoons as these times fill up quickly. While this is good for business and shows we are doing our job, it also means that people need to book to save disappointment

Cancellations

Please give 24 hours notice when cancelling your Appointment. We do have patients on a waitlist, that would benefit if we could give them notice.



Clinic Hours

Monday	8-1pm/2-5pm
Tuesday	9-1pm/2-6pm
Wednesday	8-1pm/2-6pm
Thursday	9-1pm/2-6pm
Friday	8-1pm.

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21 Nash Street
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CHINESE MEDICINE & YOUR HEALTH What Acupuncture and Chinese Medicine Can really do for your health Do you know all that it can do ???

Chinese Medicine has been used for over 10,000 years and can be considered the first real medical model. It was the primary medicine of an advanced civilisation and is still used today as a primary medicine, along side western medicine, in many countries around the world.

Many of you have been coming to our clinic for a long time and there are also many who haven't. Yet most of the people who come here, really have no idea of what Chinese Medicine actually does, or even bothered to find out. Most people probably think that Acupuncture and Chinese Medicine just treats back pain, or just the problem they are coming for treatment on.

For those people who think it is the massage helping, let me tell you all now, it is the Acupuncture fixing you on every level, not the massage. The massage helps on such a superficial and small sensory level compared to Acupuncture and Chinese Medicine. Just because you feel the massage on a sensory level, doesn't mean it is better. The massage that we give in our treatments, were only ever designed to assist the Acupuncture. If only all of you could see how much your body actually changes after the Acupuncture. The Acupuncture works on such a deep level. It works the whole body systems, not just the superficial layers.

Now that I have that straight, so why do we not know what Chinese Medicine can do?

Well, one, we weren't brought up with it. Two, is ignorance of the unknown. Three, a small amount of it could be called racism on some level (as we tend to think anything western is better). Four, Australians are always forever sceptical of that which they do not know until they have tried it. Some of you may think that the above statements may sound a little harsh, but that is because it is the truth. For example there are quite a few people who still will not take Chinese medicine. Even when they know about how much training I have done and how safe all the formulas are. (Just to let people who don't know, most Chinese Medicine practitioners do just as much training as your GP and cover the same degree criteria to become qualified). I've asked many people to take Chinese Medicine to help their condition and come up against much opposition. The herbs no bad side effects, promote better health and treat the cause, not just the symptoms. But most of the prescription drugs people are given, have many side effects, can stuff your health in the long run, and only treat the symptoms. Yet blindly people comply. Why? Because that's how they have been taught. Most people would not even bother to find out what the list of side effects of their medication are.

With Chinese medicine, we are the Doctor and Pharmacist combined. We know all the ingredients put in a formula and all the interactions of every ingredient. When prescribed by a qualified practitioner, Chinese medicines are a very, very safe option.

With that out of the way, I should get back to main story again. So what can Acupuncture and Chinese Medicine treat. Most of these conditions are recognised by the World Health Organisation to have been successfully treated by Acupuncture & Traditional Chinese Medicine (TCM).

WHAT DOES ACUPUNCTURE & TCM TREAT

Headaches, migraines, insomnia, nervous tension, stroke, tinnitus, glue ear, bells palsy, trigeminal neuralgia, dizziness, Meniere's syndrome, high or low blood pressure, fluid retention, angina, poor circulation, chest pain, cold hands and feet, muscle cramps, Bronchial asthma, bronchitis, acute tonsillitis, rhinitis, sinusitis, hay fever, sore throat, influenza & the common cold, tooth ache, post extraction pain, mouth ulcers, gastric and duodenal ulcers, reflux, gastritis, flatulence, colitis, irritable bowel syndrome, diarrhoea, constipation, weight control, liver and gallbladder disease, cystitis, prostatitis, orchitis, urinary tract infection, low libido, kidney disorders, bed wetting, premature ejaculation, erectile dysfunction, PMT, irregular menstrual cycle, recurrent miscarriage, endometriosis, hormonal disturbances, menopause, prolapse of uterus or bladder, infertility, morning sickness, pregnancy related illness, post natal depression, pubic symphysis syndrome, skin conditions, eczema, psoriasis, herpes, nerve rash, acne, scar tissue, adhesions, eye disorders, conjunctivitis, myopia in children, central retinitis, osteoarthritis, sciatica, back pain, all forms of arthritis, gout, frozen shoulder, tennis or golfers elbow, shoulder and neck pain, Sprains, strains & breaks, sporting injuries, ligament or cartilage problems, depression, phobias emotional disturbances, anxiety, addictions such as smoking, and there are many more that I have forgotten. But if you would like to know more, please ask anytime.