

Complementary Medicine Clinic

Acupuncture

When are we open?

Clinics take place four days per week during term time and one or two days per week during the university holidays. Messages can be left on the answer machine if the clinic is closed, and someone will return your call when the clinic is next open.

What does it cost?

The first consultation is free of charge. Thereafter treatments are £15 per session, or block bookings can be paid for in advance (5 treatments for £50) which is non-refundable, if you discontinue your treatment.

Payment is by cheque or postal order only. We do not take cash or cards.

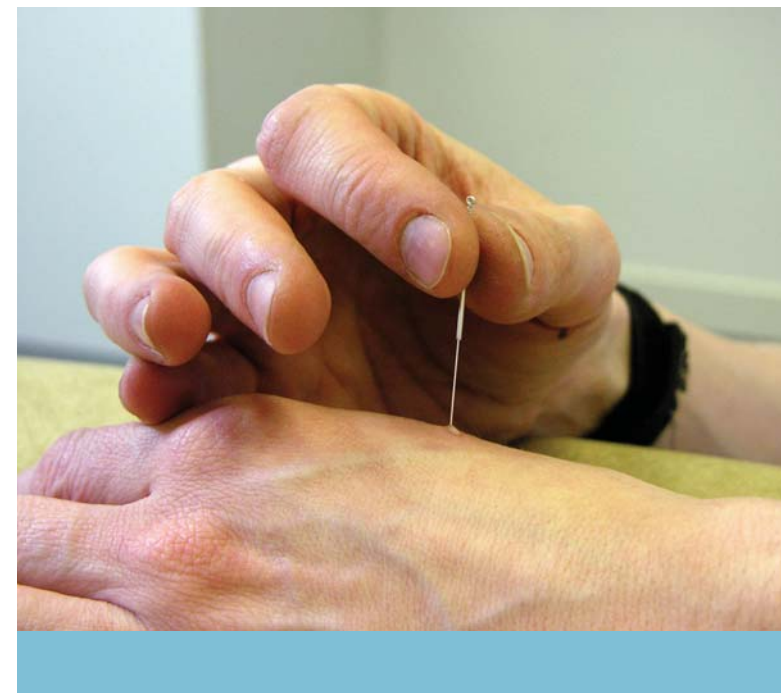
How to make an appointment?

Telephone 01522 886113
Email: clinic@lincoln.ac.uk
Call in (see map)
Look at our website

Directions to the Complementary Medicine Clinic

1 on the map is Bridge House where the clinic is situated. The clinic is on the ground floor. The university does not provide parking, other than disabled parking (outside the clinic), so please allow sufficient time to park in the public car parks before coming to the clinic. Car parks are shown on the map, as is the train station (**2**) which is a short walk away. The central bus station (**3**) is just north-east of the train station where Melville Street is marked.

Complementary Medicine Clinic
University of Lincoln
Bridge House
Brayford Pool
Lincoln
LN6 7TS
Tel: 01522 886113
Email: clinic@lincoln.ac.uk
www.lincoln.ac.uk/shsc



First Consultation Free

What is Acupuncture?

Acupuncture, as one of the main components of Traditional Chinese Medicine (TCM), has been practised in China for more than 2000 years and has become increasingly popular in the UK over the past decade.

Acupuncture is based on the distinct and comprehensive theories of TCM with its own unique diagnostic and therapeutic techniques. It views the body as an organic whole with a network of meridians connecting and co-ordinating the internal organs, muscles, bone and the skin. Qi ("vital energy") of the body circulates along the meridians. Good health relies on the dynamic balance of the two opposite yet interdependent aspects of Qi -Yin and Yang.

Acupuncture aims to restore a natural balance of Yin and Yang throughout the whole body, seeking to treat the root course of the diseases

rather than just to relieve the symptoms. It involves the insertion of very fine sterilised needles, (disposable and never re-used), into the body surfaces at strategic points (acupoints) of the meridians. The needles generate a therapeutic effect by regulating Qi mobilisation to regain Yin-Yang balance in the body. The use of needles is virtually painless. Some other therapies of TCM are often applied in combination with acupuncture, such as Tuina (Chinese remedial massage), moxibustion and cupping therapy.

What conditions can acupuncture treat?

Pain (back, joint, dental etc)	Allergies
Recurrent infection	Hormonal imbalance
Cystitis and urinary disorders	Respiratory disorders
Skin disorders	Circulatory disorders
Digestive problems	Anxiety and Depression
Migraines	Morning sickness
Arthritis and rheumatism	and many more...



What will happen when I come for a consultation?

Your first consultation will take an hour and a half. A full case history will be taken. Acupuncture treatment involves the insertion of extremely fine needles into points known as acupoints. By stimulating these points the therapist is able to stimulate Qi. When the needle is inserted, often nothing much is felt at all. After insertion the needle will be gently manipulated to cause a very important sensation called Deqi. This sensation feels like a dull ache. Patients are treated by student practitioners, under the close supervision of a qualified practitioner. All of our practitioner supervisors are full members of either the British Acupuncture Council or the Association of Traditional Chinese Medicine (UK), and are fully insured.

Moxibustion is the application of a smouldering herb held close to the skin to cause a therapeutic effect by encouraging the free circulation of Qi along the meridians.

Cupping is the application of glass or plastic cups to specific areas of the body. A vacuum is created in these cups to draw out toxins from the body that are impeding the circulation of Qi.

Gua Sha involves rubbing the muscles with the blunt edge of a porcelain Chinese soup spoon, with a lubricating massage oil. This invigorates the circulation of local Qi and blood.

Pulse diagnosis is different from western pulse taking. The therapist takes your pulse on three levels pressing deeper and deeper to feel the qualities of the pulse.

Tongue diagnosis is part of the normal consultation where the acupuncturist will look at your tongue for signs and symptoms of any underlying imbalances.

The British Acupuncture Council (BAcC) is our governing body, which ensures the highest level of training at educational institutions and the continuing development of acupuncturists once they have qualified.

www.acupuncture.org.uk

