



## Other Modalities

### Herbal medicine

Chinese herbal medicine uses herbal remedies to restore health and promote longevity. Today it is a treatment method that can effectively treat many health problems and maintain your state of wellness. The power of the herbal formula is always greater than the sum of its components. Unlike prescription drugs that only target one receptor or enzyme in the body, herbal formulas are designed to bring balance and healing to the whole body. Your Health Space herbalist will custom make a herbal formula that addresses the root internal imbalance whilst alleviating your symptoms. This two stage approach not only relieves symptoms but improves your health to prevent future recurrences.

### Chinese Tui Na Massage

Chinese Medical Massage is called Tui Na. Many people report that Tui Na feels like a cross between acupressure and Shiatsu. Tui Na techniques include kneading, percussion, friction, pulling, rotation, rocking, vibration, and shaking. This form of therapy has a remarkable ability to focus on specific problems, especially chronic pain associated with the joints, muscles, and skeletal system. Not only does it effectively treat musculo-skeletal conditions like sciatica and muscle spasms, but it is also good for treating insomnia, constipation, and headaches.

### Cupping

Cupping is an ancient Chinese practice in which a cup is applied to the skin and gentle and controlled suction creates a vacuum over target areas. Applying cupping can reduce pain, increase circulation and detoxification, and is effective in treating common colds, muscular-skeletal complaints such as lower back pain and frozen shoulders.

# healthspace

### To Provide

To provide every individual the opportunity to be happy and healthy and achieve their genetic potential

### To Serve

To serve our community with integrity and passion using evidence based holistic health care

### To Inspire

To inspire families to take ownership, educate themselves and make better health choices

## Tried everything? Nothing working?

Health Space has an amazing array of practitioners that have many years of experience working with chronic, weird and wonderful cases. Visit [www.healthspaceclinics.com.au](http://www.healthspaceclinics.com.au) for Clinic locations and contact information.



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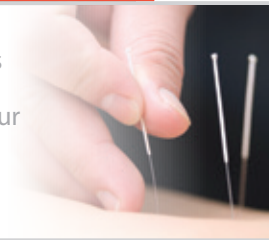
# Acupuncture & Traditional Chinese Medicine



Improves circulation & blood vessels

Promotes healthy pregnancy & labour

Assists with fertility & IVF



Regulates hormones

Activates natural pain relievers

Relieves stress



Combined with Chinese Herbal medicine to restore health and promote longevity



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## What is Acupuncture?

Acupuncture is a professional, nationally recognised health treatment that was developed through refining thousands of years of clinical experience and research.

Acupuncture uses fine, single-use, needles to stimulate your body's self-healing functions in order to return you to optimal health. Treatment with acupuncture is comfortable and relaxing and can effectively treat a wide range of health issues from pain to insomnia and infertility.

Acupuncture philosophy is based on the understanding that good health is dependent on an abundant and free flowing source of energy. Acupuncture meridians mirror the anatomical pathways of the nervous system. It can stimulate your body to produce energy more efficiently or to redirect its circulation in order to bring you back to a balanced state. This alleviates your symptoms and corrects the underlying problem that led to them in the first place, instead of just treating the presenting symptom.



## How does it work ?

Acupuncture uses diagnostic techniques which involve palpation of pulses and channels (or meridians) and sometimes the abdomen. The tongue may also be observed during consultation. By evaluating this and answering a series of questions, practitioner's of Chinese medicine will formulate a plan to bring meridians back into balance and promote natural healing in the body for many conditions.

## Biomedically speaking, acupuncture:

- activates natural pain relievers found in the body
- improves circulation and promotes healthy functioning of blood vessels
- aids in the regulation of hormones and the release of neuro-transmitters
- stimulates the parasympathetic nervous system to relieve stress

## Acupuncture may help:

- **Chronic and Acute Pain**  
Muscle and joint pain, sporting injuries, headaches, abdominal pain, menstrual pain, tendonitis, sciatica, RSI, frozen shoulder, tennis elbow, fibromyalgia
- **Reproductive & Gynaecological Disorders**  
Male and female low fertility, menstrual cramps, irregular or painful periods, abnormal uterine bleeding or discharge, pre & post natal care, menopausal symptoms, low libido, impotence
- **Metabolic Disorders**  
Weight gain, weight loss, fatigue, PCOS
- **Stress, Emotional & Psychological Disorders**  
Stress, depression, anxiety, nervousness, panic attacks, insomnia, withdrawal from nicotine, alcohol and drugs
- **Digestive, Bowel & Urinary Disorders**  
Irritable bowel syndrome, abdominal bloating or discomfort, heartburn, ulcers, constipation, diarrhoea, haemorrhoids, gastritis, colitis, cystitis, UTI, incontinence
- **Respiratory Disorders**  
Asthma, bronchitis, sinusitis, rhinitis, sore throat, colds and flu, laryngitis
- **Cardiovascular Disorders**  
High or low blood pressure, angina pectoris, chest pain, poor circulation, cold hands and feet
- **Neurological Disorders**  
Post-stroke recovery, Bell's palsy, trigeminal neuralgia, numbness, tremors, dizziness, insomnia
- **Skin Conditions**  
Eczema, dermatitis, psoriasis, acne, scar tissue
- **General Health Maintenance**  
Prevent illness and increase feelings of wellbeing