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South Wales Evening Post

June 20, 2006 Tuesday

**Eastern Alternative Therapies**

**SECTION:** Pg. 14

**LENGTH:** 394 words

Ruth Trevino's interest in eastern therapies was sparked when she spent 10 years as an English teacher in Tokyo.

She took a four-year course at the Beijing University of **Traditional Chinese Medicine,** where she picked up the finer points of Shiatsu, **acupuncture**, acupressure, Chinese massage, **cupping** and other therapies.

She has now brought her expertise home to Gorseinon Road, Penllergaer, and has just set up a business.

Ruth says while the western world doesn't revere these therapies as much as the Chinese do, people in Britain are warming to them, with sport-addicted nations like the Welsh relying on them more and more to keep joints and muscles moving.

She says: "While I was training in Beijing I spent some time in a teaching hospital.

"There was all the usual equipment like the X-ray and the MRI machines but there was a huge section set aside for Chinese treatments, which are used alongside surgical and medical treatments over there.

"I think people in this country are becoming more receptive. Lots of rugby players have sports massages and physio and complementary therapies like Shiatzu are popular."

Ruth demonstrates some of the basic manipulation techniques used in Tuina, the method of Chinese massage she uses.

Before treating a new client, Ruth takes them through a detailed assessment of their medical history and of any existing medical conditions, investigating sleep patterns and lifestyle points.

The subject lies on their stomach, fully clothed, while Ruth works the body using a series of hand movements, which include thumb pressing, hacking (striking quickly and lightly with the side of the hand) shearing (running the sides of he hands quickly over an area, percussion, squeezing and cupping (striking with cupped hands).

Like reflexology, the regime works on the theory that different points of the body correspond to internal organs and that physical complaints can arise when energy is hampered in its movement around the body. So a Thinah, or body map, charting the joints, muscles, blood circulation and lymph flow is used as a guide.

It is a reasonably rigorous experience with physical knots being untied and problem areas being given short shrift.

And the treatment is undoubtedly a stress-buster, carried out in relaxed and informal surroundings.

For more details abut the Zen Acupuncture and Massage Centre call 01792 891546.

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Hull Daily Mail

November 3, 2001

**CHERIE Blair is a devotee. Princess Diana is reported to have been a fan. And more and more everyday folk are getting needled every day.**

**BYLINE:** by lucysmith3

**SECTION:** FEATURES:HEALTH:Others, Pg.6

**LENGTH:** 568 words

The needles we are talking about, of course, are those used in the ancient art of **acupuncture** - just one of the many forms of treatment used at Hull Chinese Medical Centre on Hessle Road.

**Chinese medicine** has been practised for more than 5,000 years and is one of the oldest forms of healing known to man. Based on natural remedies, incorporating herbs and **acupuncture, traditional Chinese medicine** (TCM) is a holistic approach to medicine, which aims to restore a person's health, balance and harmony on all levels - physical, mental, emotional and spiritual.

Dr David Xiu, who opened the medical centre in May last year, was born and raised near the coastal city of Shandong, in eastern China. His interest in medicine started in childhood when he accompanied his mother, who suffered from a chronic heart condition, on visits to her traditional doctor.

When the universities re-opened after the Cultural Revolution, Dr Xiu followed through his interest and began his eight years of medical training. Like all Chinese medical students, he learned western and traditional methods in parallel.

They are very different, but highly complementary systems, he explains.

"Many of my patients have tried conventional medicine first, but have found it has not worked for them. They do not get results and so they come to my clinics," Dr Xiu says.

"Chinese medicine can't cure serious conditions such as cancer, but it can help with some of the symptoms. And for lots of other chronic conditions it can have the most effective results and even offer complete cures."

Chinese medicine has a very impressive pedigree - Taoist monks established the circulation of the blood, not described in the west until the 17th century, in 200BC and Chinese doctors pioneered smallpox inoculations more than 1,000 years ago.

And certainly, Dr Xiu has gathered a wide variety of testimonials from patients grateful for the treatment he has prescribed.

Young mum Rachel Cole, 24, had suffered from painful and disfiguring eczema all her life before turning to Dr Xiu in desperation.

Rachel, who lives near Wakefield, says: "I have used all the cream, from the mildest to the strongest, and in the end seem to have become immune to their effects. It was my last hope when I went to Dr Xiu. My dad suggested it and offered to pay. I was a little doubtful, but thought 'let's give it a chance'. And it worked brilliantly.

"The eczema on my hands was so bad, I couldn't even hold a pen.

"Dr Xiu gave me some herbal tea to make up each day. I don't know what's in it, but it works - even though it tastes disgusting.

"I can bend my fingers again and my mum reckons my whole attitude has changed. He is really good."

A new treatment, Dietfree - a diabetic food supplement - on offer at the medical centre, has also won praise from a grateful client.

Insulin-dependent diabetic Mrs E Brandi, from Wakefield, explains: "I have been taking Dietfree for the past three weeks and I feel I am full of energy and able to complete normal day-to-day activities and still have the energy to see friends and live a little. I cannot tell you how grateful I am for the change I have experienced."

Dr Xiu and the Hull Chinese Medical Centre are offering Home & Family readers a free initial consultation at the centre, which is located at 374 Hessle Road.

For more information and to book an appointment call (01482) 218866.

**LOAD-DATE:** November 6, 2001

**LANGUAGE:** English

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Grimsby Evening Telegraph

April 19, 2003

**A-Z of natural therapy**

**SECTION:** Features; General; Advertorials; Pg. 15

**LENGTH:** 1180 words

A is for **Acupuncture** A complementary therapy that has its roots in **Chinese medicine, acupuncture** uses fine, sterile needles and sometimes warming herbs at carefully selected points to treat conditions as diverse as arthritis, depression and sinusitis.

B is for Bach Flower Remedies Developed in the 1930s by Dr Edward Bach, there are 38 of these flower essence remedies, which can help to alleviate negative emotions.

C is for Calcium A vital nutrient that helps to maintain bones and teeth, as well as performing a variety of other very important functions, calcium is found in a wide range of foods, such as cheese, yoghurt, eggs and spinach.

D is for Dandelion More often associated with the fizzy drink Dandelion and Burdock, this humble flower has been used for centuries in **traditional Chinese medicine** to stimulate the liver and to clear toxins from the blood, among other applications.

E is for Evening Primrose Evening Primrose was traditionally used as a remedy for coughs brought on by colds, but is now used to treat a variety of other conditions, too, including depression. It can also be made into an ointment for skin rashes.

F is for Fitness Getting fit doesn't mean being confined to a sweaty gym or paying homage to stretch latex in an aerobics studio. Choose an activity that you actually enjoy and you're more likely to stick with it. So if you like cycling to work or walking your dog - this all counts as regular exercise! G is for Garlic Eating a clove of raw garlic every day can boost your immune system. If you cannot face that, then take a garlic supplement.

H is for Herbal Medicine Herbal medicine is the most ancient form of medicine in the world.

In herbal medicine, plants - or parts of plants - are used to treat illness, relieve common ailments and restore health.

The stems, leaves, flowers, roots, bark, berries and seeds of plants can be used. They are either dried for use in teas or made into ointments, powders, pills, capsules, lozenges or tinctures.

I is for insomnia Most people get insomnia at some stage. Fortunately it is usually a short-term problem. To help, try avoiding caffeine, nicotine, and alcohol late in the day. Caffeine and nicotine are stimulants and can keep you from falling asleep. Alcohol can cause waking in the night and interferes with sleep quality.

Get regular exercise, try not to exercise close to bedtime because it may stimulate you and make it hard to fall asleep.

J is for Juicing Particularly popular in the USA, where the 'smoothie' is a major hit, juicing basically involves extracting and drinking the juice of fresh, raw fruits and vegetables. It's seen as a great way to get vitamins, minerals and carbohydrates into the body fast. However, it's not suitable for everyone.

K is for Kelp Kelp is seaweed which has a positive effect on the thyroid gland due to its high iodine content.

Kelp also has been shown to bind to heavy metals, environmental toxins and fats, decreasing their absorption from the digestive tract. This may, in part, be the reason why certain degenerative diseases and cancers have a lower incidence in areas of high seaweed diets.

L is for Letting Go In today's busy world, finding the time to relax can be tough, but we all need to unwind. Take yourself off to a quiet room, unplug the phone, dim the lights, lay back in a comfortable chair and just let go. Before long you'll be fighting fit once more.

M is for Minerals Minerals are vital to you. In 1914 an-apple-a-day gave half the daily requirement for iron. But because the mineral content of apples is now much less you would need to eat 26 of today's apples to obtain the same amount of iron as your grandparents got from one.

N is for Nicotine Replacement Therapy If you're a smoker, you'll know the best thing you can do for your health is give up the demon weed. It can be a real struggle, but it can be done. And there's plenty of help available through products such as nicotine gum and patches. Talk to your pharmacist and wave tobacco goodbye for good.

O is for Organic Organic means food has been produced without the use of artificial fertilisers and pesticides, and animals have been reared without the routine use of antibiotics and other drugs.

P is for Protein A complex organic compound, protein builds and maintains body tissues, helps to create enzymes, hormones and antibodies and assists with transportation of fats, vitamins and minerals. Found in foods such as meat, poultry, fish, cereals, nuts, seeds and pulses.

Q for Qigong Usually pronounced 'chi kung', this Chinese exercise system involves slow, rhythmical exercises, plus special breathing, meditation and visualisation techniques. Qigong is widely accepted as a way to help reduce stress.

R is for Reflexology Reflexology is more than just foot massage. It can aid relaxation and stimulate the circulatory system.

Reflexology is a science following the principle that energy travels through the body along pathways known as meridians or zones.

S is for St John's Wort Use of this yellow herb dates back to ancient Greece, when it was believed its aroma had magical powers and it was a treatment for many ailments. It is used to help combat conditions such anxiety and depression.

T is for Tai Chi The benefits of Tai Chi are immense and include improved co-ordination, circulation, posture, balance and well-being. The stress relieving attributes are one of the main reasons why people start Tai Chi.

U is for U-turn It is never too late to make a U-turn in your lifestyle. Eating a healthier diet and doing more exercise will make you feel better generally.

Giving up smoking and drinking less, or no, alcohol will have a positive effect on your body. Your U-turn could change your life into a better direction.

V is for Vitamins Vitamins are necessary for our growth, vitality, and general well-being. With the exception of vitamin D, the human body cannot make its own vitamins, and some cannot be stored. Vitamins must therefore be obtained from a food on a daily basis. A person's diet must provide all the necessary vitamins.

W is for Water Making up more than two thirds of our body, water really is the staff of life. Drinking enough can help to alleviate problems as diverse as asthma, migraines and lower back pain. Taking six to eight glasses daily is recommended, though drinks like alcohol, coffee and tea don't count.

X is for Kissing! XXX is often written on a greetings card or a letter. And kissing is good for you because...

It relieves tension - a passionate kiss is a great relaxation technique - and it certainly boosts self-esteem.

Y is for Ylang Ylang The essential oil of Ylang Ylang will put you in the mood for "lurve" by creating sensual feelings. If you are feeling down in the dumps then this is the oil for you, which gives a great sense of well-being.

Z is for Zinc An essential mineral, zinc plays a key role in maintaining the immune system and is crucial for the healing of wounds.

It's found in a wide range of foods, from wheat and peanuts to almonds and beans.

Caption:

**LOAD-DATE:** April 20, 2003

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Evening Herald (Plymouth)

February 17, 2004

**ACUPUNCTURE FOR THE MENOPAUSE**

**SECTION:** Features; General; Columnist; Pg. 0

**LENGTH:** 406 words

Recent studies highlighting a link between Hormone Replacement Therapy and an increased risk of breast cancer, blood clots and strokes have left many women unsure of the best way to tackle symptoms of the menopause. **Acupuncture,** a form of **traditional Chinese medicine** that involves inserting tiny, painless needles into key points on the body, may be able to help.

**Acupuncture** has been shown to be effective in treating the hot flushes, anxiety and depression that so often accompany the menopause.

Acupuncturist Isobel Cosgrove is in no doubt about its efficacy. She said: "The menopause is the end of your childbearing years, which is a big emotional shift, and it can be accompanied by physical symptoms, such as heavy bleeding, which can be very draining.

"In addition to that, people often suffer from hot flushes, joint pain, vaginal dryness, memory loss, night sweats and anxiety.

"I use acupuncture at all stages of life to balance hormonal activity. The reason acupuncture is so good at this is that it treats the major organs that govern "You can put a needle into a certain energy channel (meridian) on the leg, and that energy channel flows up to the major organs - so it can look like we're treating the leg or the foot, but in fact we are treating the organs that distribute and regulate hormonal activity.

"Basically, acupuncture settles everything down during this period of turbulence. When someone first comes to me for acupuncture, we'll start off by talking about what they want from the acupuncture, what their symptoms are, and what treatment they have had so far.

"I also look at their medical history and their family health history. I then look at the skin, nails, hair, tongue and take 12 different pulses in 12 different locations on the body. These aspects of Chinese medicine are a very exact science - you can detect 28 different qualities in the pulses as well as the speed of the pulse and the blood pressure.

"Acupuncture uses needles that are tiny, sterile, disposable and only penetrate just below the surface of the skin. Eight people could come to me for treatment for the menopause, and I'd treat them in eight different ways.

"Whereas HRT is formulaic, acupuncture treatments are individually tailored for each person's life history, constitution and symptoms." To find a qualified practitioner in your area, call 020 8735 0400 or visit www.acupuncture.org.uk

**LOAD-DATE:** February 18, 2004

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**1035**

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Evening Herald (Plymouth)

September 22, 2010 Wednesday

**Join in with the celebrity craze**

**SECTION:** Pg. 21

**LENGTH:** 297 words

Both Victoria Beckham and Gwyneth Paltrow have been photographed with the latest fashion statement of weird round marks on their backs, created not by their stylists but by a **traditional Chinese medicine** called Chinese **cupping**.

This treatment method is now available for you at Urban Roots - The Calming Room on Mutley Plain, carried out by celebrity beauty therapist Mandy McCleave.

Chinese cups are used in the prevention and treatment of disease of the body and can be applied for many ailments. This ancient wisdom is based upon the flow of qi in the body. Blockages of energy flow are alleviated by a vacuum cup being placed on the meridian line.

Its history goes back to 300 BC when bamboo barrels were used for this purpose. However, it was in the Qing Dynasty that medical experts combined it with acupuncture and popularised it. In modern day China, the cupping method has been continuously improved and is used in most departments of internal medicine and gained popularity throughout the western world.

The treatment consists of a cup being placed on the skin and a vacuum being created by smoke or by suction. Mandy said: "I prefer to use the suction method as it can be adjusted to the client's comfort. The cup is left in place for approximately 10 minutes. It can be placed on acupuncture points but as I mainly use this therapy in my spa for sports injuries, I mostly use what is called the 'ashi point', or the point of pain. If a client has a back spasm or a pulled hamstring, the cups are placed directly on the painful muscle until the pain is relieved."

"I often combine it with needle-free acupuncture, which is the use of silicone chips to activate the cells surrounding the acupuncture point, which in turn can stimulate the internal organs to heal and balance."

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Express and Echo (Exeter)

October 25, 2006 Wednesday

**Needle-phobic Dominic a fan of acupuncture**

**SECTION:** Pg. 12

**LENGTH:** 708 words

**Traditional** **Chinese** **medicine** - once poorly understood in the western world - is now gaining in popularity here.

One of its many and varied therapies is **acupuncture**, which involves the insertion of fine needles into certain points in the body to stimulate its healing energy.

It wasn't something that Dominic Murphy considered when he first injured his ankle - particularly as he doesn't like needles.

But now he swears by it.

"I injured my right ankle landing badly while catching a rugby ball in the garden last Christmas, and it swelled up," said Dominic, 32, of Heavitree.

"I went to a doctor, who said there wasn't much I could do apart from take anti-inflammatory tablets and painkillers.

"But after a month the ankle was still the same size - massive - and I knew it was too long for it to have been so swollen."

Then Dominic, the intellectual property rights manager at the Met Office, bumped into a colleague, Mireille Hartley, a qualified acupuncturist.

"She said it might help," he said. "It's the first time I've tried something like it and initially I was really nervous because I actually hate needles, but after one treatment I knew it worked - I also knew it didn't hurt.

"Mireille treated me using needles and a laser, which seems to be very good for muscle. After five or six treatments, the swelling went down and now my ankle is fine."

In fact, Dominic was so impressed with the results, he now turns to Mireille before trying anything else.

"I used to be a fishmonger and developed repetitive strain injury in my back from bending down all the time," he said. "It has always been there, but because the treatment had worked on my ankle I thought it would work for my back.

"Now I've got no backache and my ankle has healed up. It's definitely solved the problems, and I've been telling all my friends to go for acupuncture and laser therapy."

Mireille qualified at the South West College of Oriental Medicine in Bristol five years ago and spent five weeks in China in 2004, working at hospitals in Hangzhou city where acupuncture is used as a routine treatment.

"Acupuncture's capabilities surprise a lot of people. You can treat almost anything," she said.

"Some people come to me and list all the pills they are on, but there is another way. Painkillers often just mask the pain rather than sort out the problem."

The World Health Organisation has produced a list of disease categories which traditional Chinese medicine, including acupuncture, can benefit, including asthma, sinusitis, migraine, high blood pressure, arthritis, strains, and sprains.

To help those who aren't keen on needles, Mireille also offers low-level light therapy using laser treatment. "I realise that a lot of people are needle-phobic," Mireille said.

"Low-level light is quite simply a beam that stimulates cell growth, bone knitting and muscle knitting, and it's very effective - it's like acupuncture but without needles. I went to the States to learn about it last November."

Mireille now works part-time at the Met Office and spends two days a week practising acupuncture and laser therapy at Orange Blossom spa in Exeter. She can also visit clients in their homes.

She said: "When Dominic told me about the problems he was having, I knew I could help - and what a turnaround."

Dr Graham Archard, vice-chairman of the Royal College of General Practitioners, said: "Evidence has shown that acupuncture is very effective for the treatment of acute pain, but it does not seem to be quite so effective in the treatment of long-term pain. It's very much a treatment rather than a cure."

Mireille can be contacted on on 01392 422355 or 07970 418936.

How acupuncture works

Acupuncture is a therapeutic practice believed to have begun in China in 200BC and involves needles being inserted into defined points on the body.

The technique forms an important part of traditional medicine practices in China, Japan and Korea and spread across most parts of Asia.

Practitioners claim that acupuncture works by normalising the flow of "qi" - vital energy - in the body. Theory suggests it is able to help illness by manipulating blockages of "qi". Devotees subscribe to the maxim "no blockage, no pain". A sensation of stimulus known as "deqi" is the effect of the treatment working.

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Nottingham Evening Post

October 11, 2005

**The highest point in acupuncture art**

**SECTION:** News; Health; Treatments; Pg. 10

**LENGTH:** 495 words

A Nottingham acupuncturist Andrew Kemp has had his expertise recognised - by the masters of **traditional Chinese medicine.** LYNETTE PINCHESS reports Andrew Kemp, a former social worker and trainee probation officer, became fascinated after a friend with alopecia - serious hair loss - had **acupuncture** with startling results.

After training, he went for a career swap, and has now been practising for 21 years.

Now his expertise in acupuncture, Chinese herbal medicine and massage has earned him a rare accolade.

He has been awarded an honorary doctorate from a major teaching hospital in China's Zhejiang province.

Mr Kemp is a senior lecturer in Chinese herbal medicine at the London College of Oriental Medicine and practitioner at the recently opened Grange Complementary Health Clinic in Mansfield Road.

He visits China regularly for research and to increase his specialist knowledge.

He had taken a party of postgraduate students to Hangzhou Hospital to study Chinese medicine when he was presented with the accolade.

He said: "It came as a complete surprise. It is a recognition of my skills in Chinese medicine. It is the only one the hospital has given out to a Westerner. It was a very nice gesture. I don't know of anyone else in the UK who has received such an award from a Chinese hospital." The Hangzhou is about the same size as Nottingham City Hospital.

Mr Kemp said: "In many it is similar to a Western hospital. The only difference is that you turn a corner and suddenly come across a load of patients receiving acupuncture. In China the two traditions sit side by side comfortably." The treatment was developed around 4,000 years ago and is based on the theory that energy, or qi, flows through pathways in the body. When qi's equal and opposite qualities - yin and yang - become unbalanced, illness may result. By inserting fine needles into the channels of energy an acupuncturist can stimulate the body's own healing response and help restore its natural balance.

This is the method used by Mr Kemp.

A Western version has developed over the past 30 years. It is similar to the Chinese but is based on the principles of modern conventional medicine and is usually practised by healthcare professionals such as doctors, nurses and physiotherapists.

Acupuncture is used to treat diverse problems including pain, nausea, menstrual/menopause problems, bladder, bowel or digestive ailments, skin problems, infertility and allergies.

It is being increasingly used by patients trying to overcome drink, drugs and smoking addictions.

Mr Kemp, a member of British Acupuncture and of the Register of Chinese Herbal Medicine, has teamed up with homeopath Britt Rubin, a former registered nurse, to open Grange Complementary Health Clinic. The clinic works in partnership with NHS doctors, who can refer patients, and only employs fully qualified practitioners with a minimum of five years' practical experience.

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**LANGUAGE:** English

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**1038**

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Derby Evening Telegraph

February 10, 2004

**An alternative way for women to beat the menopause**

**SECTION:** Features; Health; Others; Pg. 16

**LENGTH:** 520 words

Recent studies highlighting a link between hormone replacement therapy and an increased risk of breast cancer, blood clots and strokes have left many women unsure of the best way to tackle symptoms of the menopause. **Acupuncture,** a form of **traditional Chinese medicine** that involves inserting tiny, painless needles into key points on the body, may be able to help.

**Acupuncture** has been shown to be effective in treating the hot flushes, anxiety and depression that so often accompany the menopause.

Acupuncturist Isobel Cosgrove is in no doubt about its efficacy. She said: "I'm 60 now and I came out of the menopause at around 46 or 47.

"Luckily, I had a very straightforward menopause, and I think that's partly because I have had acupuncture for the last 25 years.

"The menopause is the end of your childbearing years, which is a big emotional shift, and it can be accompanied by physical symptoms, such as heavy bleeding.

"In addition to that, people often suffer from hot flushes, joint pain, memory loss, night sweats and anxiety.

"With a media that glorifies youthful women, you can start to feel threatened by the change.

"A lot of women go into denial or start to lose confidence. And if you have any existing problems, the menopause tends to accentuate them.

"I use acupuncture at all stages of life to balance hormonal activity. The reason acupuncture is so good at this is that it treats the major organs that govern hormonal production.

"You can put a needle into a certain energy channel - a meridian - on the leg, and that energy channel flows up to the major organs - so it can look like we're treating the leg or the foot, but in fact we are treating the organs that distribute and regulate hormonal activity.

"Basically, acupuncture settles everything down during this period of turbulence. When someone first comes to me for acupuncture, we'll start off by talking for an hour about what they want from the acupuncture, what their symptoms are and what treatment they've had so far.

"I also look at their medical history and their family health history. I then look at the skin, nails, hair, tongue and take 12 different pulses in 12 different locations on the body.

"These aspects of Chinese medicine are a very exact science - you can detect 28 different qualities in the pulses as well as the speed of the pulse and the blood pressure.

"If I see that someone's got a symptom that needs to be addressed by a GP, I'll send them straight off to be checked. It's very important for acupuncturists to work alongside GPs.

"Acupuncture uses needles that are tiny, sterile, disposable and only penetrate just below the surface of the skin. Eight people could come to me for treatment for the menopause, and I'd treat them in eight different ways.

"Whereas HRT is formulaic, acupuncture treatments are individually tailored for each person's life history, constitution and symptoms." Isobel Cosgrove is a member of the British Acupuncture Council. To find a qualified practitioner in your area, call 020 8735 0400 or visit www.acupuncture.org.uk

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**LANGUAGE:** English

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The Sentinel (Stoke)

November 20, 2006 Monday

**2,500 years worth of medical knowledge**

**SECTION:** Pg. 3

**LENGTH:** 235 words

What is **Chinese** **medicine?**

**Traditional** **Chinese** **medicine** is a relatively new phenomenon in the West, but in China usage stretches back 2,500 years. It is a complete medical system capable of treating a wide range of conditions including herbal therapy, **acupuncture,** dietary therapy, and exercises in breathing and movement. The medicine is based on the concepts of Yin and Yang aiming to treat the ways balance and harmony between the two may be undermined.

What are the herbs like and how much will they cost?

Herbs are available in traditional and modern formats. The traditional method is to boil a mixture of dried herbs to make a tea or to use pills. The herbs are also now commonly prescribed as freeze dried powders or tinctures. Prices are dependant on individual practitioners.

How popular is traditional Chinese medicine in the UK?

Favoured by high profile public figures from Prince Charles to Cherie Blair (pictured), an estimated one million British adults receive herbal prescriptions each year. Reports of the benefits in treating childhood eczema created interest during the early 1990s. Use has now spread beyond the ethnic Chinese population to all population groups.The Register of Chinese Herbal Medicine (RCHM), the self-regulating body which represents practitioners of Chinese herbal medicine, has seen its membership grow by on average 30 per cent per annum to 400 members in the UK at present.

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Lincolnshire Echo

October 31, 2008 Friday

**Chinese therapy takes an holistic approach**

**SECTION:** Pg. 20

**LENGTH:** 601 words

F Or more than 4,000 years Chinese physicians have been perfecting their traditional age-old healing techniques.

At the Clinic of **Traditional** **Chinese** **Medicine** in North Hykeham, which was established 10 years ago, the talented team of therapists use these healing techniques to treat a broad spectrum of patients with an equally broad spectrum of conditions.

Based on Chinese philosophy, the clinic specialises in an integrated form of medicine known as **Traditional** **Chinese** **Medicine** (TCM) which takes an holistic view of the patient and their symptoms.

"If you visit your GP you explain your symptoms and the GP will carry out an examination which may result in tests," explains clinical director Sean Barkes.

"This culminates in a diagnosis and appropriate treatment.

"In Chinese medicine, the process is principally the same and, because our approach is an holistic one, we spend upwards of an hour attending to the individual circumstances of the patient.

"We then treat the condition appropriately by using acupuncture, herbal medicine, traditional Chinese massage, specialised forms of exercise known as Chi Kung and T'ai Chi or a combination of all of these and other therapies.

"For example, a patient may come to us with a frozen shoulder. We delve into the underlying reasons for why the shoulder is sore, as well as physically examining the joint itself.

"For instance, the patient may have suffered a trauma or have been going through a traumatic time emotionally which may have caused prolonged tightness in the shoulders and neck.

"We treat each patient individually according to the findings of our examination and observations. Ten cases of frozen shoulder may require 10 different approaches."

At the Clinic of Traditional Chinese Medicine the therapists treat a variety of conditions including infertility, women's problems, pregnancy-related problems, migraine and headaches, muscular pain, arthritis, sciatica, IBS, anxiety and depression, post-operative pain, asthma, insomnia and many more.

The clinic employs five therapists, all of whom have completed degree level training and are members of the British Acupuncture Council.

All five therapists work closely together to share their knowledge and expertise.

"We are a large practice. Larger in fact than most GP surgeries and being able to collaborate on cases is a real strength," says Sean.

The clinic on Moor Lane in North Hykeham is open six days a week from 8am and 8pm, and is supported by three part-time receptionists and a full-time practice manager.

Some of the therapists have completed post-graduate training in specialist areas as diverse as paediatric treatment and Facial Revitalisation Acupuncture (a 'non-surgical facelift'), and all meet regularly to keep up to date with the latest developments in treatments or regulations.

"Our procedures are evolving all the time," says Sean.

"The philosophy behind the treatment doesn't vary a great deal but the tools do change.

"For example, nowadays we only ever use sterile, single-use needles in our acupuncture whereas in the past it was acceptable to re-sterilise needles."

Patients at the clinic have an initial one and a half hour consultation which allows for an in-depth picture of each patient's symptoms and state of health to be pieced together prior to administering treatment.

The patient is also encouraged to consider their work/personal life balance and diet, among other things, to help the therapist facilitate the appropriate treatment and aid the healing process.

To find out more about the Clinic of Traditional Chinese Medicine, see its website, www.lincolnacupuncture.co.uk.

**LOAD-DATE:** November 1, 2008

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**1041**

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Nottingham Evening Post

December 11, 2007 Tuesday

**Nothing to fear from healing needles**

**SECTION:** Pg. 12

**LENGTH:** 521 words

One of the most popular and well-established forms of complementary medicine in the UK, **acupuncture** is a branch of **traditional Chinese medicine** where any illness - physical or psychological - is thought to arise from an imbalance in your vital energy, or Qi (pronounced (chee). Inserting fine needles at key areas on the body is said to restore the balance.

One of the aspects I like about complementary therapists is that they begin any treatment with a full and detailed consultation.

Acupuncturist Katy Henry asked me about my physical health and state of mind. It has been a tumultuous few months because of a family bereavement. Add the daily stresses of juggling family life and work, Christmas preparations and those dreary winter days into the equation, I'm hardly on top form.

We run through my diet, how much fluid I consume, my sleeping habits, family life, how I see myself and how my friends would describe me.

The next question made me blush...."Do you still have good sex?" asked Katy.

Well, I'll leave that between the two of us....but Katy explains that 50% of her clients have fertility problems.

She said: "You'd be amazed at the number of people trying for a baby who don't have regular enough sex."

Katy, who has been practising for five years, specialises in fertility problems and some of her clients have had recurrent miscarriages or are going through IVF.

Other clients include workmen like joiners and welders, who are suffering pain in their shoulders, back and elbows.

While acupuncture won't necessarily solve the problem, it can relieve the symptoms.

Katy, a member of the British Acupuncture Council, uses a branch known as five element acupuncture which works on several levels: the body, mind and spirit.

She said: "The beautiful thing about acupuncture is we don't see you as a bunch of conditions or symptoms but a whole person and bringing balance to you.

"In winter we are using our reserves of energy to keep going and perhaps that is why sometimes people feel down."

After the lengthy consultation, it is time for me to hop on the couch.

When she shows me the needles that are to go in my ears, they are so fine I can barely see them.

There was a slight sting as the needle was inserted on the right but I didn't feel a thing on the left.

Katy also uses moxa, a dried spongy herb, which is rolled into tiny cones and burnt down on my abdomen to get the blood and Qi flowing smoothly. It was warm, aromatic and relaxing.

Finally, needles are inserted straight in and out of both sides of my wrists.

Clients are normally treated each week for a month and they'll know within that time if the treatment is having an effect. I only had a short taster session so I don't know if it would make me feel better after more treatments but I can honestly say, if you're afraid of needles, it doesn't hurt.

To find a therapist in your area contact the British Acupuncture Council on 0208 735 0400.

Or contact Katy, who works from Head 2 Toe in West Bridgford and Complexions in Arnold, on 07759 549791.

An initial consultation and treatment lasting one and a half hours costs �50. Subsequent 45-minute sessions are �35.

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South Wales Evening Post

April 13, 2000

**Sign of the thyme as herb demand grows**

**SECTION:** Health: ALTERNATIVE MEDICINE, Pg.16

**LENGTH:** 200 words

A practitioner of **traditional Chinese medicine** has proved so popular with Swansea people that she is opening her own clinic.

Limin Zhu, who dispenses Chinese herbs and practises **acupuncture,** has been much in demand to treat problems like eczema, asthma, infertility and arthritis since she joined the Clinic of Natural Medicine on Walter Road in 1993.

A fully qualified doctor, Limin formerly worked as a physician in charge of a hospital of Chinese medicine in Liao Yang City in north east China.

She came to Wales in 1991 when her husband Shiying joined the civil engineering department at Swansea University.

"I had to learn to speak English before I could start practising, which took me two years," said Limin, who lives in Sketty. "My son Tian, who was five when we came to live here, found it much easier and now speaks with a strong Welsh accent."

Limin has been seeing patients two days a week at the Clinic of Natural Medicine but is now moving to her own premises to cope with demand.

"My practice has grown and grown. When I first came here, very few people had heard of Chinese herbs but now a lot of GPs send people to see me and I get referrals from the hospitals too."

**LOAD-DATE:** April 13, 2000

**LANGUAGE:** English

**GRAPHIC:** HERB Chinese herbalist Limin Zhu at her new clinic in Walter Road. Stephen Lewis 00-04-10/7012/SL P1

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The Sentinel (Stoke)

March 23, 2009 Monday

**Go east for an alternative approach;**

**Karen Baxter takes a look at alternative medicines and how we can use eastern influences to achieve a healthy lifestyle.**

**SECTION:** Pg. 70

**LENGTH:** 598 words

Freely again. That's what medical qiqong is," said Anita, "a technique to free up the dam, or it can be a technique to speed up the waterfall if it is the source point that needs the attention."

**Acupuncture** is perhaps the best known of the **traditional Chinese medicines,** and like gigong works on freeing up blocked channels or meridians in the body. Karen Glancey has treated more than 200 patients since opening Anroach Clinic in 2004 - a third of those with skeletal pain such as osteoarthritis, fibromyalgia and sciatica, plus she treats patients with conditions such as migraine, ME, MS, cystitis, depression and fertility and gynaecological problems, to name a few - though there are some who visit her as part of a general healthy living regime.

Needles can be inserted either into ashi points - tender points local to the area to be treated - or distal points, which are further away. Either way, the intention is that the needles stimulate the body's own responses and, like qigong, restore its balance. Generally, patients will attend for six to ten sessions of treatment, with some improvement expected to be seen after three.

"It is a concern that a lot of people are afraid of needles though nine out of ten people say that once they've been they wouldn't be afraid to come again. Patients may experience numbness or tingling, but generally speaking, people are very relaxed once they have the needles in and they've been in for a while," said Karen.

Perhaps unsurprisingly, clinical hypnotherapist, Hilary Pickford said: "A lot of people come along expecting me to say 'look into my eyes...' But it's really about very deep relaxation."

Often people attend Hilary's clinics to get rid of habits such as smoking or teeth grinding, though hypnotherapy can have a positive effect on mental illnesses - depending upon how long they have had the illness and how it is being treated. Others simply enjoy the feeling of deep relaxation that it brings.

"It's like the feeling of falling asleep or just waking up - you're aware of what's going on, but you can't be bothered to do anything about it," said Hilary.

Throughout the session Hilary must monitor the client's breathing and talk to them, she also teaches them self-hypnosis and other techniques that can help to calm them once they realise they are becoming stressed.

"Everybody experiences hypnotherapy differently, but I've never had anybody say they didn't like it," she said.

Lois Cole trained in holistic and therapeutic therapy 13 years ago. This kind of therapy works in one of two ways - either to bring psychological benefits or physical ones. So clients range from those suffering from depression or grief, for example, to physical conditions like sports injuries or internal problems like constipation.

Unlike aromatherapy massage where much of the work is done by the oil that is used, therapeutic massage is reliant upon the strokes, touch and physical manipulation.

While Lois would not work on cancer patients, as the massage could risk spreading the disease, therapeutic massage is very good for the circulation and any related problems, as it flushes out toxins and helps the blood to flow more freely.

"Therapeutic massage can be quite painful - but it depends on the person's pain threshold - some therapies work by going in really deep but the person has to work with you - if they are bracing against you then there's no point.

"But when I'm giving a deep massage, afterwards the muscles just sort of give up holding out and then the nutrients flow through and you can see the benefit to the muscles," said Lois.

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**1044**

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Hull Daily Mail

October 20, 2007 Saturday

**A natural way to better health**

**SECTION:** Pg. 28

**LENGTH:** 540 words

The first professional Chinese Medical Centre in Hull is this week celebrating its eighth anniversary with a newly opened second branch in Holderness Road, in east Hull.

Dr Huang is a fully qualified doctor of TCM (**traditional** **Chinese** **medicine)** with has a PhD in **acupuncture** and decades clinical experience.

And having observed these results, a host of GPs now feel confident about recommending the Chinese Medical Centre to their patients to help treat a variety of difficult and persistent diseases.

A wide range of medical conditions can be treated with Chinese medicine.

It is very successful in treating eczema, acne and other skin problems, tinnitus, menopausal symptoms, anxiety, depression, insomnia, IBS, fatigue, arthritis, infertility etc.

The treatment can also help with losing weight, stopping smoking and general well-being.

Chinese medicine has been successfully practised for more than 5,000 years and is one of the oldest forms of healing system known to mankind.

Based on natural remedies and incorporating acupuncture and herbs, TCM is a holistic approach to medicine, which aims to restore a person's health, balance and harmony on all levels - physical, mental, emotional and spiritual.

Dr Huang said: "All our products are completely natural. Here you can find more than 200 herbs. We don't use any kind of chemicals.

"One of the best things is there are no side-effects with our treatment. Many people come looking for help and are often amazed at the effect Chinese medicine can have."

Hull Chinese Medical Centre not only specialises in herb treatment but also offers world-class acupuncture and Chinese medical massage (acupressure).

Acupuncture can help various kinds of arthritic and rheumatic pain and chronic muscle strains.

Dr Huang said: "We have helped lots of patients suffering from pain by acupuncture, like arthritis, trapped nerves, migraines, sciatica, frozen shoulder, backache, tennis elbow, stiff neck etc.

"It has been proved that acupuncture is a nature, safe, quick and effective way for pain relief and other disorders.

"We don't just treat the symptoms on the surface, we treat the underlying problems at the root - that's the only way the problem will ever be fully cured.

"We take into account all aspects of a patient's life, from medical history and age to gender and lifestyle, to get to the bottom of the complaint.

"For example, if a patient can't sleep, we will look at the cause and treat it, rather than give him (her) sleeping tablets, because it gets to the cause of the condition and remedies it to ensure it will not return."

Dr Huang added: "Traditional Chinese medicine works with the body's own energies to combat illness.

"We have a lot of regular patients with long-term illness, who come to see us because our medicine boosts their immune system and can really improve their quality of life."

Hull Chinese Medical Centre is open six days a week. Opening hours are: Monday to Wednesday and Friday, 9.30am to 6pm; Thursdays, 9:30am 9pm; and Saturday 9.30am - 5pm. Home visits are available on request.

For more information, call: (01482) 217771 for the Holderness Road clinic or (01482) 218866 for the Hessle Road clinic.

Alternatively, call in the centre at 319 Holderness Road and 374 Hessle Road.

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Scunthorpe Evening Telegraph

July 3, 2003

**Oriental route to a healthy life**

**SECTION:** News; Consumer; Crazes; Pg. 4

**LENGTH:** 319 words

For the Essex-based chain of Everwell Ltd is to open its latest branch this month in the �40-million Parishes shopping mall. Everwell claims to be the most established and biggest **traditional Chinese medicine** company in the UK, having been set up 10 years ago by managing director Peter Ren, a graduate from the University of London.

Since then, the business has extended to 16 branches, employing its own highly-qualified team of researchers, doctors and **acupuncture** practitioners.

Mr Ren, who learned about medicine at the Da Lian Maritimel University in China, plans to open between 20 and 30 new branches, including Scunthorpe, in the UK within the next year. His aim is to achieve a target 50 branches in this country and then expand the business into Europe.

Like the outlet in Slough, the new Scunthorpe business will be operated from one of six kiosks built in the Parishes alongside the KwikSave supermarket.

Supporters of traditional Chinese medicine point out it has been used for therapies for more than 3,000 years and is effective in curing most human diseases.

The medicines are all natural and said to be more effective than western remedies on long-term illnesses.

Mr Ren, however, stressed in the UK Chinese treatment was only used to complement orthodox treatments patients were receiving from their own GPs.

He explained acupuncture was a form of treatment involving insertion of thin steel needles which stimulated vital energy points.

Its aim was to regulate the channels of energy, re-establish the energy balance and to relieve pain.

Other treatments on offer at Scunthorpe will include acupressure (a Chinese medical massage) and dry herbs to be taken as either tea or in tablet, powder or lotion form.

Everwell, which operates its own online pharmacy, claims Chinese medicine will help in the treatment of many common illnesses like eczema, migraine, hay fever and asthma.

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