

Traditional acupuncture

dates back several thousand years to ancient China when the Classics, the famous textbooks that are still referred to today, were written. Amazingly it still holds its own today as an elegant and effective system of medicine that many people choose to use.

It is endorsed by the World Health Organisation (WHO) for a wide range of diseases. In 2009 acupuncture was recommended by the National Institute for Health and Clinical Excellence (NICE) in the UK, for chronic lower back pain.

Kiiko Matsumoto Style Japanese Acupuncture is steeped in the tradition of the Classics and yet remains innovative. Kiiko Matsumoto is internationally renowned and respected as an acupuncturist and teacher. She continues to develop treatment protocols after decades of practice and study under several of the finest acupuncturists of modern Japan.

In traditional oriental medicine, diagnosis and treatment is tailored to each individual and addresses the whole person in order to reach the root cause.

“Illnesses may be identical but the people suffering from them are different”

Xu Dachun (1693 - 1771)

Much of the diagnosis in Japanese acupuncture is by palpation, especially of the Hara (belly area) so you get feedback instantly as the quality of touch changes.

Acupuncture is done using ultra fine, sterile, single use, surgical steel needles often combined with an aromatic warming herb called moxa. It is this herb that often gives acupuncture clinics their distinctive smell.

Traditionally, acupuncture has been used to treat almost the entire spectrum of illness; physical and psychological, acute and chronic. Many people come to acupuncture for help with a specific symptom or condition.

Western research into the use of traditional acupuncture shows encouraging results. You can look at the BAAC's website for more detailed information on this (details overleaf) with regard to specific conditions.

Your first appointment of Japanese acupuncture takes about an hour and involves a detailed assessment of your health and usually a simple treatment.

After this assessment you will be given an idea of how many treatments you may need. Usually you will come weekly to begin with. Appointments for children last about half an hour.

As you feel better, you will come less frequently. Often people choose to come for seasonal 'top-ups' to maintain their sense of well being.

If you would like to speak to me in confidence about how acupuncture may help you or your child, you can phone me on 07816 319 540

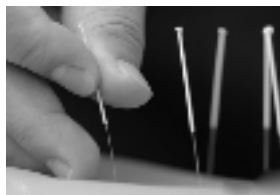
I am **Jess Birmingham***. I completed my initial Acupuncture training at the College of Integrated Chinese Medicine, Reading and have been treating patients since 1996, fully qualifying in 1997.

I practise **Kiiko Matsumoto Style Japanese Acupuncture*** and am part of an ongoing professional development programme with Andy Harrop of **Dulwich Acupuncture*** and Ms Matsumoto herself. In 2008 I completed a two year Certificate in Acupuncture for Children with **Julian Scott*** and have done further Shonishin training with **Stephen Birch***, author of **Shonishin: Japanese Pediatric Acupuncture***. I am registered with Cornwall Council to practise acupuncture.

I am a **Member of the British Acupuncture Council*** (BAcC) and observe their Codes of Safe Practice and Professional Conduct. The Code of Safe Practice lays down stringent levels of hygiene and requires the use of sterile disposable needles.

Further information is available from the BAcC, 63 Jeddo Road, London, W12 9HQ
020 8735 0400
www.acupuncture.org.uk

* You can Google these words for further information.



To **make an appointment** please contact reception at the number shown on the back of this leaflet.

Traditional Acupuncture

for adults and children

to **find out more** about acupuncture and how it could help you, call in to

*Lostwithiel Complementary
Health Clinic*

(home of Children's Clinic for Cornwall)

*Pleyber Christ Way
Lostwithiel PL22 0HA
01208 872 867*

www.childrensclinicforcornwall.com

*or Sandy Hill Physical Therapy
Centre, St Austell, PL25 3AT
01726 67567*

www.sandyhillphysio.co.uk

*or phone Jess on 07816 319 540
www.acupuncturecornwall.co.uk*

Jess Birmingham
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