

Shonishin

is a gentle, effective alternative to acupuncture for small children which doesn't penetrate the skin at all. It involves a variety of specialised instruments with rounded ends that are rubbed and pressed rather than inserted.

These treatment techniques are used for a wide variety of paediatric problems from birth to about seven years old. Shonishin (show-knee-shin) translates as "small children needle" and is a unique, specialised form of acupuncture developed in Japan.



Adapted 'needles' used to rub and brush the skin in children's treatment

As children, and their parents, aren't generally that keen on the idea of needles being inserted, these instruments have been developed over the last 200 years or so. They are based on the nine types of 'needles' described in the classics of Chinese medicine. Most of these so-called needles have rounded ends and flat edges which are variously brushed and pressed against the child's skin.

The aim is to rebalance the child's energy which is still readily accessible at this age. The treatment is quite simple and most children really enjoy it.

Jess regularly treats children with a very wide range of conditions. These include children with poor sleep, constipation and digestive problems and acute illnesses when appropriate. As with all treatments offered by the Children's Clinic for Cornwall, it is often felicitous for children with much more severe, chronic problems. Please contact Jess in advance of treatment if you would like advice regarding the appropriateness of shonishin for your child's condition.

Shonishin is one of the treatments offered by the Children's Clinic for Cornwall charity and may be offered at subsidised rates for families with limited incomes.

If you would like to speak to Jess in confidence about how acupuncture may help your child, you can phone her 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.

Shonishin

*needle-free acupuncture
for children*

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

*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. 01726 67567
www.sandyhillphysio.co.uk*

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

Jess Birmingham
Lic.Ac., Cert.Ac.(paed), MBAcC