

Acupuncture & Chinese Medicine How can it help you?

The ancient Oriental sages perceived the flow of life force energy or Qi as a network of meridians which join the depths of the interior to the exterior of the body through the internal organs.

Through the insertion of fine needles into the correct points along these meridians, the physician balances the yang and yin Qi to create a harmonious internal landscape.

The establishment of equilibrium gently erases symptoms which were caused by the root imbalance.

The holistic vision which underlies acupuncture means that the effects permeate the physical body, the mental state and the spiritual realm simultaneously, encouraging deep healing and life change at a core level. A consultation takes the form of a detailed case history after which the tongue is examined and the pulse read.

On this basis the diagnosis is made and the correct combination of points is selected. The initial consultation and treatment takes about one hour. Acupuncture is effective for a wide range of ailments including:

- arthritis,
- rheumatism
- headache
- migraine
- menstrual conditions
- back pain
- stress and anxiety and nervousness
- sciatica
- trigeminal neuralgia
- gastric problems, constipation or diarrhoea, IBS, candida
- lethargy
- post-viral fatigue syndrome
- panic attacks.



kundalini yoga
consultancy
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Chinese herbalism has been documented for three thousand years and is considered one of the great holistic energetic forms of medicine: it is the source of many modern extrapolations and applications. Every part of each plant and mineral (and in some cases animal) was examined and categorised into a series of energetic criteria according to the specific bio-information carried within its physical form.



- **Temperature** - whether it creates heat , warmth, coolness or cold in the body.
 - **Direction** - whether the herb ascends, rises, sinks or descends during its interaction with the body.
 - **Meridian** - whether the herb has an affinity for the Heart, Small Intestine, Liver, Gall Bladder, Kidney, Bladder, Lung, Large Intestine, Spleen, Stomach, Pericardium, Triple Burner, Conception or Governor Vessels.
- Specific** - The special individual qualities of the herb besides the above.

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A detailed consultation will reveal the genesis and history of your current condition as it reflects in the terrain of the tongue and the rhythm of the pulse. Empirical research has distilled combinations of herbs into effective time tested formulae which are then modified by adding or subtracting ingredients to create a personalised remedy according to the unique configuration of your energy body. Your herbal prescription is carefully formulated according to the root cause of your condition and may take the form of capsuled patent medicine or loose dry herbs which are "decocted" or boiled and reduced into a healing drink taken twice per day.

The herbs that we stock are supplied through the Chinese Medical Association of Suppliers to ensure quality control and safety.



Contact Guru Dharam for a consultation
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