

Stressed and under strain? Acupuncture can help you cope and ease the pain

We're all increasingly aware of the resounding credit crunch, soaring fuel costs and slumping property sales; some of us can cope with these stressful times and the challenge of reducing the scope of our lifestyle, others are suffering, not just financially, but health-wise too...

Many people are affected by sleep deprivation, lying worrying about the situation, putting up with a disturbed sleep pattern and rising in the morning ill rested and as anxious about things as when they staggered to bed. They complain that they haven't the time or the energy to do what should be done, their Spanish dream turning nightmare-ish, making them feel like hamsters at the mercy of the turning wheel, not humans enjoying a spin on the merry-go-round of life. If you are feeling constantly tired, anxious and stressed; or your muscles are under tension, making you feel your shoulders are bunched up by your ears and your back is hunched with the weight of your cares; if you suffer frequent headaches or migraines; heartburn, or irritable bowel problems, or if you are snapping constantly at your family and colleagues, then allow yourself to relax in the knowledge that it isn't all bad – the approaches detailed in the last couple of issues can help, and so can acupuncture. And if you're muttering darkly about being so up-tight that it would be like needling a stone, then take heart from the fact that there are other successful and comfortable methods of stimulating acupuncture points – using heat, light or a mild electric current.

Contrary to popular belief, acupuncture treatment is a calming, relaxing experience, which can imbue you with a sense of contentment and of regained control and confidence over situations that were previously a cause for anxiety or panic.

Acupuncture treats the whole person: body, mind and spirit. This holistic approach means not just focusing on one symptom, one problem, but seeking to find a balance within which benefits all three. It can relax your body's voluntary muscles and improve digestive function; calm your mind, aiding improved sleep and less erratic or confused thought; and clear your spirit, helping you appreciate the people and things which are important to you, and making you feel 'more yourself'. I often find that someone has booked for treatment of one symptom, and after the detailed consultation, another couple of problems will have come to light; usually related to what the patient perceived as the main problem, but all needing to be taken into account while treating the person.

Acupuncture boosts the vital energy, or 'Qi' (pronounced 'chee') and restores a feeling of well-being, thereby boosting confidence and health. It works best, of course, if you also care about balance within your daily diet, regular exercise and restful sleep. It can help insomniacs, and those plagued by excessive and distressing dreams. Calming the spirit and clearing the mind allows you to be more open to happiness, able to value what you currently have in your life and to be more positive about situations which previously seemed hopeless, thus you will also be less vulnerable to stress and sorrow or feeling run-down and ill.

If you feel that you are coping fine, but are looking tired - shadows under your eyes, unwanted wrinkles, skin looking more sallow than tanned - then Cosmetic Acupuncture (also known as facial rejuvenation or 'Acu-Lift') works a treat on women or men of any age to restore health to your complexion, reduce the appearance of lines and wrinkles and give you a 'just had a facial' glow! I have it on good authority - during discussion a British Academy of Western Medical Acupuncture A.G.M. - that one of the stars of 'Sex and the City' boosts her youthful looks with acupuncture needles, not surgery!

I am regularly asked about my qualifications - I believe strongly in being appropriately trained and qualified in the health and beauty field, and am bound by a strict ethical code of professional practice, incorporating absolute client confidentiality. My clientele is assured of safe, hygienic, up-to-date private treatment. I am fully insured to practice Acupuncture and Beauty therapy in Spain and all my certification is displayed in my clinic in Palomares. A gentleman patient recently expressed relief that he wasn't subjected to 'a gaggle of chattering females' thinking the premises might have been more salon orientated! Having experienced the perpetual motion and multiple bookings of an N.H.S. department, I deliberately designed the clinic to treat only one person at a time (with comfortable seating for a companion if required), assuring patients of tranquil confidentiality and my undivided attention.