

Treatment Plans and Sessions

During your initial treatment session, Sally will use a number of different diagnostic methods to obtain a complete picture of your health and lifestyle. This will include taking a full medical history, looking at your tongue and reading your pulses. Based on this information, Sally will build your personal treatment plan and acupuncture points will be selected according to your symptoms. Frequency and number of treatment sessions will depend on your individual condition. Some change is usually felt within five or six treatments, although occasionally just one or two treatments are sufficient depending upon the condition. Some people choose to have regular acupuncture, either fortnightly, monthly or every three months (seasonal treatments) in order to maintain good health.

About Sally

Sally had always been interested in alternative and holistic therapies, so much so, that when she was made redundant from the Banking industry she enrolled on a full time study course, undertaking a 4 year BSc (Hons) Degree in Oriental Medicine and Acupuncture at the International College of Oriental Medicine, East Grinstead.

Sally obtained her Degree with Honours and now works full time from practices in Kent and East Sussex. She is a member of the British Acupuncture Council (BACc) which abides by a strict code of ethics and safe practice, ensuring the highest standards of health and safety are met.

In March 2011, Sally spent time in Shanghai, China, observing the integration of acupuncture with Western medicine in the Shanghai University Hospitals.

Sally is also qualified in therapeutic and sports massage which complements acupuncture extremely well.



Sally is based at the:

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&

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To find out what acupuncture can do for you,
book an appointment or just to have an
informal chat regarding your requirements,
please call or email Sally:

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Acupuncture for Health and Wellbeing

Acupuncture in Kent and Sussex



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What is Acupuncture and how does it work?

Traditional acupuncture is a holistic, effective and safe healthcare system based on ancient principles originating in China and other Far Eastern cultures, which go back over 3000 years.

The fundamental principle of acupuncture is that all the body's functions are interdependent and connected by the flow of vital energy or "Qi", around the body. The Qi is believed to flow in a system of meridians or pathways that network through the entire body and when the flow of Qi is diminished, disturbed or blocked, illness, discomfort and/or pain may result at a physical, mental or emotional level. Many factors such as:

- Stress and/or overwork
- Emotional upset/trauma, sadness or grief
- Physical injury or trauma
- Infections
- Poor nutrition
- Medication
- Hereditary conditions

can all disturb the delicate balance of our health and wellbeing.

Acupuncture is aimed at resolving the root cause of a condition as well as relieving the main symptoms, so it is the practitioner's intention to regulate the Qi in order to stimulate the body's own healing response and restore its natural balance, thus leading to a more permanent resolution of the problem.

Once free from pain or disease, many people use acupuncture as an ongoing therapy to promote and maintain their health and wellbeing. Others choose to have acupuncture as a preventative measure or to simply enhance their feeling of wellbeing.



Acupuncture could help you

Acupuncture is widely considered to be beneficial for a range of illnesses and symptoms, from clearly defined complaints such as neck/low back pain and headaches, through to more general feelings of ill health such as nausea or low energy.

Acupuncture is increasingly used by women as part of a conception programme and to support them during and after pregnancy.

Acupuncture has been acknowledged by the **World Health Organisation (WHO)** to benefit a variety of illnesses which include:

- Allergies
- Anxiety and depression
- Asthma
- Coughs, colds and flu
- Constipation and diarrhoea
- Gynaecological conditions
- Insomnia
- Low immunity
- PMS
- Sciatica
- Tendonitis



Because traditional acupuncture aims to treat the whole person rather than specific body parts and symptoms in isolation, it can be effective for a wide range of conditions.

For the more serious illnesses where prescribed Western medication is essential and lifesaving, acupuncture is often used successfully in alleviating the adverse side effects of medication, thus improving vitality and quality of life.

Acupuncture is now widely used and accepted all over the world and in the UK today, GPs are increasingly recommending acupuncture which is often used in conjunction with conventional Western medicine. It is also considered suitable for all ages including babies and children.

Facial Revitalisation Acupuncture (FRA) and how it works

The ageing process is a natural part of life, however there are many factors that may affect the rapidity and severity of the ageing process such as:

- Emotions
- Fatigue
- Hereditary components
- Lifestyle
- Sleep deprivation
- Toxins

These factors can have a huge impact on an individual's appearance, as they all have an influence on the state of one's health.

FRA is a non-surgical, risk free and virtually painless method that offers a combination of refreshing the skin, whilst at the same time addressing underlying health issues. Based on the principles of Chinese medicine, a course of FRA treatments addresses all aspects of an individual's health and beauty, both on the surface and internally.

On the surface, FRA can improve facial tone, it can re-establish firmness and stimulate blood and lymph circulation in the face. By stimulating collagen production, individual fine lines can be eliminated and deep wrinkles can be reduced. FRA also includes a whole body treatment, as the aim of the treatment is not only to resolve problems at the surface, but also to address the internal imbalance that is causing the problem in the first place, e.g. hormonal imbalances which can lead to various skin conditions.

This whole body approach to revitalisation provides lasting results and many individuals report that they not only start to look better, but they feel better, their sleep and digestion has improved, as well as being relieved of their aches and pains.