



Awakening Therapies is a multimodality clinic using acupuncture, osteopathy, massage, lymphatic drainage and herbal/nutritional medicine to help you achieve optimal health.



Julie Simpson has been practicing natural therapies for 22 years, with a special interest in women's health. Julie has recently finished a master of acupuncture specializing in fertility and pregnancy management. Treatment is also offered for a wide range of other conditions including low back pain, male fertility, migraines, weight loss, menopause, insomnia, fatigue, and stress management.

**We treat:**

- low back and neck pain
- sciatica
- tennis elbow frozen shoulder and general shoulder problems
- knee pain
- sprains
- facial pain
- headache
- dental pain
- pregnancy, including induction of labor
- correction of malposition of fetus (breech presentation)
- morning sickness
- nausea and vomiting
- postoperative pain
- stroke
- adverse reactions to radiation or chemotherapy
- allergic rhinitis, including hay fever
- depression
- digestive disorders
- period pain, endometriosis, general gynaecological disorders
- digestive disorders
- menopause
- infertility

We are available by appointment only, please call us on 40923888

## How Does Acupuncture Work?

Historically, acupuncture points were believed to be holes that allow entry into channels. These holes provide us gateways to influence, redirect, increase, or decrease body's vital substance, qi, thus correcting many of the imbalances. Many studies and research were directed since to understand the mechanism of acupuncture.

## Does acupuncture really work?

Yes. In the past 2,000 years, more people have been successfully treated with acupuncture than with all other health modalities combined. Today acupuncture is practiced widely in Asia, the Soviet Union, and in Europe. It is now being used more and more in America by patients and physicians. Acupuncture is a method of encouraging the body to promote natural healing and to improve functioning. This is done by inserting needles and applying heat or electrical stimulation at very precise acupuncture points. Acupuncture has been shown to stimulate the immune system. It also has affects the circulation, blood pressure, rhythm and stroke volume of the heart, secretion of the gastric acid, and production of red and white cells. It also stimulates the release of a variety of hormones that help body to respond to injury and stress.

## Who has acupuncture?

Anyone can have acupuncture, from babies to grandparents. Most medical conditions do not rule out acupuncture treatment. If you are not sure please ask your doctor or therapist. Generally acupuncture is painless and very relaxing.

## We also offer:

**Detoxification packages** - specific treatment for detoxification, weight loss, fertility and general wellbeing

**Cosmetic acupuncture** - specialised acupuncture treatment that helps facial and skin conditions as well as rejuvenation for the skin and underlying muscles of the face. This therapy is an alternative to surgical face lifts

**Lymphatic drainage** - manual lymphatic drainage is a proven effective technique for treating odema, fluid retention and swelling. This technique uses especially developed techniques to restore normal lymphatic function

**Sports massage** - manual therapy for all kinds of muscle and joint injuries, sport performance and general wellbeing

**Aromatherapy** - delicious, relaxing, rejuvenating - aromatherapy massage is an all round favourite - relax and revive.

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