

Holistic treatments to heal and rebalance the body

Acupuncture is an ancient system of healing that has been practiced in China for thousands of years. According to traditional Chinese philosophy, health is dependent on the free flow of energy (Qi), through specific pathways in the body. The free flow can easily be disrupted, and when this happens illness may result. By using fine needles on specific points of the body, the flow of Qi may be manipulated and balance restored.

In the last ten years there has been an overwhelming amount of medical research produced which shows acupuncture to be of benefit in a diverse range of common problems. From skin conditions through to chronic diseases, acupuncture is increasingly becoming a first line treatment that can improve or resolve problems and, in some cases, can avoid the need for medication.

Our Acupuncture Team



Lora MacFarlane initially studied Fine Art (BA Hons), which led to her interest in internal healing arts. After working in design she started working with complementary therapies at a multi-disciplinary health centre where she learnt about many healing traditions and philosophies. She went on to study traditional Chinese Medicine and Acupuncture at the University of Westminster, qualifying with Honours. One of Lora's special interest is treating fertility and pregnancy support and spends her time at several practices, including the internationally recognised

Zita West Clinic. She uses acupuncture to regulate cycles, enhance fertility and has valuable experience supporting couples through assisted reproductive IVF cycles as well as optimising preconception health naturally.

Lora has also developed her skills in other forms of holistic therapy, including reflexology and massage, and is able to draw upon other techniques to enhance her treatments and promote health. This provides our patients with a broader and richer experience unique to her, and one simply not found in other practices.



Susana Pires developed skills in a wide range of holistic therapies, including naturopathy to degree level, and reflexology before being drawn to acupuncture. Having seen how an evidence-based holistic approach to health and well-being can be used for a wide variety of problems and conditions in a natural way she is also able to draw upon elements of herbal medicine, osteopathy and massage where these would be of particular benefit.

Susana offers classic Chinese acupuncture treatments for a broad range of conditions. Her areas of expertise are fertility, supporting couples through assisted reproductive treatments and women's health problems. She also has a keen interest in the treatment of chronic health problems, musculo-skeletal problems such as sciatica, back pain and shoulder pain, and treating people with long-term conditions.

Susana has undertaken further studies in ear acupuncture which she uses to help treat addictions such as smoking, food and alcohol problems and also to

help with problems such as depression, stress and stress-related conditions. She also works at the Gateway Clinic, a major UK centre of acupuncture research.

In addition to the medical help that acupuncture provides, Susana also offers Facial Rejuvenation Acupuncture, which stimulates facial muscles, and has been described as the non-surgical face-lift, or Botox - without the Botox.

What Happens?

In the first consultation a thorough case history will be taken and an examination takes place that looks at the tongue. Your pulses felt in different places on both wrists. A treatment plan is then developed choosing a combination of acupuncture points suitable to individual needs. Other techniques of Chinese medicine such as cupping and moxibustion may be discussed, and dietary and life-style advice may be given if this would be appropriate.

Most people find the experience of receiving acupuncture to be both relaxing and invigorating, with very little discomfort involved at all. Acupuncture needles are quite different from needles used for blood tests or injections. They are very fine and are solid as opposed to being hollow. The feeling when a needle is inserted is often described as a slight tingling sensation or a dull ache.

Once the needles have been inserted they can be left for anything up to 30 minutes depending on the effect required. Many patients experience a state of deep relaxation during this part of the treatment and may feel drowsy or sleepy. The effects can sometimes be immediate, or take several days to develop.

Health Problems Treated

Many people come to acupuncture with a defined problem, such as specific pain or a medical condition, whilst others seek help because they feel generally unwell or feel 'out of balance'. Acupuncture can be helpful in a wide range of illnesses, conditions or symptoms. We have included just some of the most commonly treated conditions to give you an idea of the wide range of problems acupuncture can treat.

- Disorders of the digestive system such as irritable bowel syndrome, ulcers, nausea and constipation.
- Sleep disorders, depression, anxiety, stress, headaches and migraines.
- Diabetes.
- Musculo-skeletal problems such as back pain, neck and shoulder problems, sports and work related problems, sciatica, arthritis and rheumatism.
- Breathing difficulties, such as asthma or hay fever.
- Menstrual and female health conditions
- Fertility treatment and support for men and women.

Acupuncture works by activating the body's own healing functions. It has proven to be safe and effective in pregnancy management, for alleviating morning sickness, correction of malposition of foetus, induction of labour and for the relief of pain during childbirth.

The benefits of acupuncture often go beyond treating or alleviating a specific condition. As acupuncture is a holistic treatment, people often find themselves with increased energy levels, a healthier appetite, a better quality of sleep, more positive attitudes and a greater overall sense of well-being.

Practice Information

Rail: Streatham Hill BR
Is a 4 minute walk

Streatham Station BR
Is a 12 minunte walk

Bus: 57, 109, 118, 133, 159,
201, 250, 255,
319, 333 & P13
All stop directly outside

Car: Un-metered parking in adjacent
Leigham Avenue or opposite in
Mount Ephraim Road
Limited Parking to 20mins directly
outside between 10am-4pm

Foot: Directly opposite junction of
Mount Ephraim Road with
Streatham High Road



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www.leighampractice.com

Other services available include:
Chiroprody / Podiatry, Physiotherapy, Osteopathy,
Massage Therapies and other treatments

We only ask our clients to respect our cancellation policy where appointments cancelled or changed with less than 24 hours notice, or are missed, incur the full charge. We send our thanks for your consideration to our staff and services.



Acupuncture



With
Lora MacFarlane
&
Susana Pires

Members of the
British Acupuncture Council

Appointments
(020) 8769 7409