

Three Treasures Acupuncture



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My Journey

I'm a fully licensed Acupuncturist specialising in a variety of holistic treatment

services. I regard each patient as a whole, rather than an illness to be defeated. I believe in nurturing, rather than battling against the body.

Originally from Slovakia, I moved to the UK in 2012 to enrol in a three-year study of Acupuncture.

The course consisted of both Chinese Medicine and Western medicine, in order to understand a pathology from both perspectives and recognise the most efficient treatment in time.

I graduated from International College of Oriental Medicine in 2015 with a

Bachelor's degree in Acupuncture.

Since graduation I have practised at an Osteopathy and Pilates clinic, where I

gained invaluable skill in treating a range of musculo-skeletal problems. In order to

broaden my expertise, I also volunteered in the UK as well as Slovakia, treating a

wide variety of illnesses and disorders. History and Methods

First mentions of physicians using a highly developed systems of medicine date back to 500 B.C. China.

It is assumed that at first, stone needles were used for early acupuncture, and were later replaced with gold and silver.

The theory behind this ancient system of medicine has been written and compiled to form The Yellow Emperor's Classic of Internal Medicine, a book supposedly written by the Yellow Emperor himself. It explains in great detail the organisation of the body, its working and functions of its parts, as well as its relation to the outside world. In Chinese medicine, everything in human body is connected, just as well as every human body is connected to its surroundings - one influences another. This belief is what shaped and crafted Chinese medicine to the form we see today.

The practitioner uses a holistic approach to each and every issue, incorporating it to their diagnosis like a jigsaw puzzle, creating a bigger picture.

The system of Stems and Branches Acupuncture reveals patient's constitution, the genetic setup they were born with, and mental make up which forms their personality.

This then enables the practitioner to find a root cause of patient's problem, and help each patient individually to overcome their issues in a way most suited to their needs. MY PURPOSE

Everyone is fighting their battles.

However big or small they may be, my purpose is to enable you to win them, in your own time, without judgement. TREATMENTS Acupuncture and Moxibustion

Using ancient wisdom to treat modern ailments

This ancient system uses fine needles to stimulate the flow of Qi, the life-giving energy flowing through all living beings. The flow of Qi follows certain pathways in human body, which are often called meridians or channels. Stimulating Acupuncture points along these pathways, the practitioner encourages the healthy flow of Qi in order to restore health, preserve life essence and release blockages in the energy flow.

Using a holistic method of treatment, therapist always tries to find and treat the root cause of a problem - and by removing the root cause of the illness, it removes the symptoms with it.

Moxibustion is often used alongside Acupuncture, to enhance the treatment effect and stimulate the correct flow of Qi. Dried, processed and purified Mugwort, usually

called Moxa is carefully burned over an acupuncture point, creating a pleasant heat
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to invigorate the flow of Qi within the area. Acupressure

Non-invasive method for the ones who dislike needles.

Acupressure is based on same principles as Acupuncture, using pressure and gentle massage to restore healthy flow of Qi. Its effects are more subtle, but can be slightly enhanced with Moxibustion.

Because the therapist is able to work only on two Acupuncture points at a time, the duration of point stimulation is shortened. In order to maintain the effects of the treatment for longer periods of time, patient may be taught simple acupressure which they can administer themselves. Cupping

Using vacuum to relieve tension

Fire cupping is an old method of creating vacuum in a glass cup and using that suction to relieve severe muscle tension, and to increase blood flow into an area and promote healing.

Due to the strength of the vacuum, harmless bruising will appear afterwards on site.

Cupping can be used for a range of reasons, including headaches, tension, spasms and detox. It is usually offered to existing patients, as a diagnosis and suitability needs to be established beforehand. Does Acupuncture hurt?

Acupuncture needles are nothing like needles at doctor's or in a hospital. They are so fine they look almost like a straight silver hair. In fact, some acupuncture needles are so thin you can easily tie them into a knot.

In most places on your body you won't even feel the needles. More sensitive people tend to feel a sensation similar to a small pinch, when the needles are inserted. What should I do before my first session?

On the day of your appointment, avoid drinking excessive amount of caffeine, especially several hours before your treatment.

Wear loose, comfortable clothes. The therapist may need to access points on your forearms or lower legs during the treatment - please ensure that the clothing you are wearing doesn't cut off circulation when rolled up.

Try to arrive at least 10 minutes before your session. If your therapist does not come to pick you up immediately, take a seat in the reception area and relax.

If you are uncertain about what happens during a treatment, please speak to your therapist or message her with your questions now. How will I feel after my appointment?

Most people feel quite relaxed after receiving Acupuncture.

It is advised to take things slowly after your appointment, even if you feel a surge of energy.

If the treatment you had was particularly strong, you may feel drowsy if that is the

case, make sure you take some time before driving or operating any

machinery. When will I feel a difference to my condition?

That depends on the stage and severity of your condition and on your overall health.

For example, more sensitive people may feel a difference within days after the first session. However, if you have had a chronic condition for several years, you may not feel the effect of the treatment until you have had at least three months of treatment.

It is advised to have at least three appointments, whether you feel any different or not.

Remember: Acupuncture is a holistic medicine, and it may take the therapist some time to discover the treatment suitable for you. Do I need to tell my doctor when I'm having Acupuncture?

If you are currently receiving a treatment from your doctor, it is advisable to mention that you intend to have acupuncture.

If you are taking any medication or supplements, it might be useful to write down the names and what you are taking them for, before you see your acupuncturist, as medication can affect your response to the treatment. Is acupuncture safe? Acupuncture has very few side-effects, and if done by a trained professional, it is safe for children and teenagers, pregnant women, people undergoing medicated treatment, as well as terminally ill.

One contraindication is for people with a blood clotting disorder or medication that affect blood clotting. If you have such a disorder or are taking this medication, you may need to consult your doctor beforehand or have acupressure instead.

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