

What is acupuncture?

Acupuncture is based on the ancient Chinese theory that there is a vital energy called Qi [pronounced chi] in all living creatures. Qi circulates throughout the body along specific pathways called meridians. Each meridian is associated with a particular physiological system and internal organ. When energy flows freely through these pathways, the individual experiences good health. Illness or pain result when the flow of energy in the pathways becomes obstructed, deficient, excessive, or imbalanced.



The cupping method has the function of warming and promoting the free flow of blood and Qi throughout the body, diminishing swelling and pain such as low back, shoulders, and legs. Cupping is also used for gastro-intestinal disorders and lung diseases such as cough and asthma

What is cupping?

Conditions Treated

Allergies, arthritis, asthma, anxiety, back & neck pain, carpal tunnel, colds & coughs, depression, fatigue, fibromyalgia, gastrointestinal disorders, gynaecological disorders, headaches & migraines, high blood pressure, injuries, menopausal discomfort, pain, premenstrual syndrome, sciatica, sleep disorders, skin disorders, stress & tension, thyroid conditions, weight loss, and many more.

