

The Consultation

Lifestyle choices, habits, mild addictions and influential events are all discussed, helping to build an individual picture of health. A physical will also be needed, including abdominal palpitation, channel tracing massage, akabarne test, blood pressure monitor, along with wrist pulse and tongue diagnosis.

Once an energetic picture has been built if you would like acupuncture to support you in achieving health related goals and you have a specific intention towards treatment, needles are placed along the meridians to suit your individual diagnosis.

Over a course of treatments, you will gain greater insight into the rhythms and cycles our body develops, you can also however have a one-off treatment to see how acupuncture and cupping work, with this a detailed consultation is not required.

THE TREATMENTS

Initial In Depth Consultation	60 min	£40
One off Treatment	60 min	£40

20% discount on a course of 12

10% discount on a course of 6

Cancellation policy: 24hr notice or the full amount will be charged. Please contact Frazer directly to cancel / re-arrange any appointments made. Payments to be made at Lanes Reception.



Traditional 5 Element Acupuncture



For further information or to book a 15 minutes complimentary telephone consultation please call

07412582562

E: Info@moxa-acupuncture.com

W: www.moxa-acupuncture.co.uk

Meet the Therapist

Frazer has been studying health for many years which lead him to become qualified in Traditional Five Element Acupuncture from Oxford Brooks University in 2012. Since qualifying he has gained experience in sport centres and clinics treating an array of conditions such as migraines, muscle aches & pains, Crohn's disease, IBS conditions, long term chronic depression & general seasonal health support, all with positive results.

If you have a clear health goal and life seems to get in the way of achieving them then support on an energetic level is probably needed.

We all have the ability to improve our health through a daily routine, however this can be difficult to maintain or even start if there are blockages in your meridian system.

As we age, we all experience the physical body slowing and often the mental too but this can be reduced through support specifically designed for your constitutional makeup.

'I consider it a privilege when people come for supportive treatments and gain results that improve quality of life'



Traditional 5 Element Acupuncture



The practice of acupuncture began more than 3,000 years ago in China.

Early observations of the predictable patterns in nature pointed to the realization of underlying cyclical flowing energy, known as Qi. Each of the Five Elements, Wood, Fire, Earth, Metal and Water all represents a distinct quality of Qi energy that is vital to constitutional health within each of us. The Ancient Chinese observed that just as these essential energetic qualities can be found in nature, so they can be found in every living being. By understanding relationships within Elements and using this as a guide, discovery and treatment of the root cause of a person's illness can be achieved, bringing a state of healthy balance back to the body, mind and spirit.

Cupping

Cupping involves placing suction cups on the body to help increase blood flow to areas of repair and stagnation.



Cupping therapy is an ancient form of treatment that is often used to help with pain, inflammation, blood flow, relaxation and well-being, as well as being a type of deep-tissue massage.