

Acupuncture as a Natural Therapy

How does Acupuncture work?

Acupuncture is an ancient system of healing that focuses on improving health and wellbeing by balancing the flow of energy (qi) known as "chi". According to Chinese theory, disease in the body can stem from an imbalance, if there is a blockage in the flow of energy this can cause dysfunction. Acupuncture works by stimulation of specific acu-points with fine needles to restore harmony in the body. You can relax, the needling techniques are very gentle. In fact, many people enjoy having acupuncture on a regular basis as a way to de-stress!

Many conditions can be treated with Acupuncture

- ⇒ Headaches & migraines
- ⇒ High or low blood pressure
- ⇒ Respiratory problems - bronchitis, rhinitis, sinusitis, common colds
- ⇒ Digestive system disorders
- ⇒ Gynaecological disorders or hormonal imbalances
- ⇒ Fertility issues - or to enhance IVF treatment
- ⇒ Skin problems – eczema, dermatitis, psoriasis, acne
- ⇒ Emotional conditions – anxiety, depression, sleep disorders

Acupuncture has no side effects

Acupuncture is a complementary therapy that can be used either in conjunction with medical treatment, or as a natural alternative to taking medications and drugs.

What is Cosmetic Acupuncture?

Cosmetic acupuncture is a natural, non-surgical alternative to western cosmetic surgery. It is a holistic, comprehensive program designed to restore, rejuvenate and relax. Small acupuncture needles are placed in a precise configuration just under the skin's surface to stimulate the production of collagen and elastin.

What to expect?

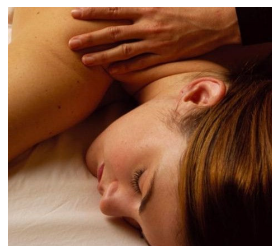
The results of cosmetic acupuncture reflect not only a change in external appearance, but also improves total body wellness.

Cosmetic Acupuncture can enhance the following areas

- ⇒ More radiant skin
- ⇒ Reduction of fine lines
- ⇒ Smoothing of deep lines
- ⇒ Fading of age spots
- ⇒ More toned muscles
- ⇒ Reduction of sagginess
- ⇒ Lifting of droopy eyelids
- ⇒ Minimization of double chins
- ⇒ Enhanced overall appearance and health

How many treatments will I need for Cosmetic Acupuncture?

A recommended course of treatment is 10-15 sessions. Some results may be seen as early as the 2nd or the 3rd session, with many people noticing a difference after the first treatment.



Cosmetic Acupuncture - chosen by Hollywood Stars!

Cosmetic Acupuncture has become the "sought after" anti-aging program of Hollywood's rich and famous.

A recent write up in the Sunday Mail tells how celebrities Madonna, Gwyneth Paltrow and Cher are fans of Cosmetic Acupuncture. To read the article please follow this link

www.assiram.com.au and look under "Cosmetic Acupuncture."

Acupuncture at Assiram

At Assiram Natural Therapies, we have experienced practitioners trained in traditional Chinese Acupuncture, Japanese Acupuncture and Cosmetic Acupuncture ... available in the clinic from Monday to Saturday.

Can I claim on my health fund?

If you are covered with private health insurance then we can offer rebates for Acupuncture. A list of HICAPS participating health funds is available on our website www.assiram.com.au under "Health Fund Rebates."

Saturday Special

Want to experience the benefits of Acupuncture?

On Saturdays we offer

10% off 1-hour

Acupuncture treatments.

Phone our clinic to make

a booking 3229-0115



Acupuncture

Musculoskeletal Therapy

Corporate Massage

Assiram Natural Therapies - 99 Creek St Brisbane 4000
Ph: (07) 3229 0115 Fax: (07) 3229 2145
www.assiram.com.au

Introducing Two Great Therapists at Assiram...



Hayley Montgomery is a Musculoskeletal Therapist with a Bachelor Degree in Health Sciences (Musculoskeletal Therapy) and a Diploma in Remedial Massage. Hayley specialises in

musculoskeletal therapy, structural assessment, remedial massage, soft or deep tissue massage, trigger point therapy, cupping, gentle joint mobilisation and myofascial release.

Hayley is available in the clinic on

Monday 11.00am - 7.00pm
Tuesday 8.30am - 6.30pm
Wednesday 8.30am - 6.30pm
Saturday 9.00am - 3.00pm



Jeremy Syme has recently returned from his overseas adventure in Canada. Many clients will be happy to see him back in the clinic. Jeremy holds a Diploma in Remedial Massage and his talents lie in deep tissue work, trigger

point therapy, myofascial release, muscle energy technique, rehabilitation, sports massage and corporate massage.

Jeremy is available in the clinic on

Monday 2.00pm - 7.00pm
Tuesday 10.30am - 7.00pm



Now is the time to improve your health for winter with Ki Immune Defence and vitality

A formula of natural herbs that boost your energy and immune system to help you fight off cold and flu viruses. Always in stock, ask at the clinic for more info.

WHEAT BAGS - are the perfect health accessory this winter! Wheat bags come in a range of colours, they are a therapeutic way to ease muscular aches and pains and keep you nice and warm. Available in store.



GIFT VOUCHERS can be purchased for any amount so why not treat someone to a remedial massage!



Special Offers at Assiram Natural Therapies

**10% off 1-hour Massage & Acupuncture
Saturdays only from 9.00am - 3.00 pm**

Check out our website www.assiram.com.au for more info



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