

**The aim of this leaflet** ... is to provide you with some general information about auricular acupuncture treatment and answer some of the most commonly asked questions. You may find it helpful prior to your first visit, to make a note (on the back of this leaflet) of the things you would like to ask.

### **what is auricular acupuncture**

Acupuncture is a form of therapy in which fine needles are inserted into specific points of the body; in the case of auricular acupuncture, this involves the ear.

The five ear points used are:

**Sympathetic nervous system** – its stimulation is thought to be a generalised analgesic; it promotes relaxation of the internal organs and dilates blood vessels.

**Shenmen** – this point has a sedating and anti allergenic effect; it can help relieve anxiety, worry and tension.

**Kidney** – this can help relieve nervous exhaustion, fatigue, and headache and promotes detoxification.

**Liver** – used to help detoxification, helps with pain, anxiety, tension, restlessness.

**Lung** – controls excessive sweating, helps normalise breathing and can help relaxation, detoxification and pain relief.

The outer ear has a prolific nerve supply that can directly influence your body's stress response and help release natural 'feel good' and relaxing chemicals.

### **How can auricular acupuncture help me?**

Possible benefits of auricular acupuncture could be a reduction in frequency and intensity of your hot flushes. You may be able to relax more easily which could help reduce anxiety and tension, promoting better sleep. As the treatment takes place in a group there is also the possibility of meeting people who have similar experiences to yourself.

### **what should I do before treatment?**

Try not to have a big meal within an hour of your appointment but try to have a snack and drink of water. It would be advisable to avoid tea and coffee.

### **what will happen on my first visit?**

Your first consultation may be longer than subsequent sessions as the acupuncturist needs to assess your general state of health; you will be asked about your current symptoms

and what treatment you have received so far, and your medical history.

The treatment involves inserting five sterile disposable needles into each ear for 40 minutes while you relax in a calm welcoming environment within a group of approximately six people. It would be advisable to wear loose, comfortable clothing.

Please bring a list of your current medication with you.

### **How many treatments will I receive?**

You will be offered 10 weekly treatments initially with the opportunity for 'top up' treatments in the future. For audit purposes you will be asked a few details about your health and asked about how the treatments are affecting you.

### **how will I feel after acupuncture?**

Usually relaxed and calm and perhaps a little drowsy; there may also be a short term flare up of your symptoms.

It is advisable to bring a friend or relative along with you.

Your practitioner is a qualified Licentiate in Western Medical Acupuncture and is comprehensively insured.

