



## The Centre of Health

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# Spring 2008 Newsletter

Welcome to The Centre of Health Spring newsletter.

As the sap starts running again and bulbs start appearing the Ki of the body also starts to become more vigorous as the heat of the sun encourages movement outwards and into life. A gentle treatment at this time can help to ease the body out of its winter hibernation and into the joys of spring!

### Hayfever



Hay fever season is just around the corner. So start taking those homeopathics and for maximum benefit start having acupuncture treatments before your symptoms start.

### Acupuncture for sleep disorders

"Daylight saving can really throw the sleep rhythms out of whack"

Trouble sleeping is an increasingly common problem which is likely to affect almost everybody at some stage in their lives. Whether you suffer from long term insomnia, periodic sleeplessness, occasional disturbed sleep or just wake up feeling sluggish acupuncture could be the answer.

### What can Acupuncture do?

Acupuncture organises insomnia into four different categories; difficulty getting to sleep, waking at night, not feeling rested after sleep, and not being able to sleep at all. Each symptom tells the acupuncturist what the underlying cause of the insomnia is and the treatment is then tailored to your bodies needs to help you regain your nights rest.

### Latest News at The Centre of Health

I am extremely happy to say that Nicola (my wife) and I have a new baby on the way! As you can imagine this has increased my interest in how acupuncture works with fertility and children. A recent article in the British Medical Journal (February 2008) published a meta analysis of studies and found that overall acupuncture increased the success of IVF treatment by two thirds. This is an area where being able to view the body from a different angle complements the western approach. I also work at a clinic specialising in fertility and have seen consistently good results from acupuncture.

