



Dr Fatimah Barden

Registered Chinese Medicine practitioner & Acupuncturist

Acupuncture is used for all types of conditions. It aims to get to the root of the problem not only treating the symptoms but the disease or condition as a whole.

Acupuncture is used in the treatment of acute & chronic conditions. It may be used in combination with other therapies listed.

Acute & Chronic conditions:

- Hypertension, High cholesterol & diabetes.
- Colds & flu or Weak Immune System.
- Excessive sweating disorders.
- Hormonal dysfunctions (male & female).
- Circulatory disorders of the limbs, oedema.
- Urinary tract infections, urinary dysfunctions (male & female).
- Headaches, migraines, sinusitis, hay fever, asthma (respiratory disorders), ear, nose & throat disorders.
- Arthritis (osteo & rheumatoid), gout, spondylitis, degenerative diseases, Systemic Lupus Erythematosus, etc.
- Cardiac conditions - hemiplegia, stroke, heart conditions, angina pectoris.
- Cancer, HIV, TB, Malaria, Chronic disorders used in combination with western medication to promote healing and also reduce side effects of pharmaceuticals.
- Any pain conditions & musculoskeletal disorders of the neck, shoulder, arm or wrist, fibromyalgia, sciatica, muscular spasms.
- Digestive disorders (food allergies, bloating, distension, acid reflux, ulcers, diarrhoea, constipation, indigestion, vomiting, IBS, halitosis, haemorrhoids)
- Metabolic dysfunctions - hyperthyroidism, hypothyroidism, obesity.
- Emotional disorders (anxiety, palpitations, depression, insomnia, irregular mood changes, chronic fatigue syndrome & overall energy levels)
- Gynaecological disorders (fibroids, polycystic ovarian syndrome, endometriosis, dysmenorrhoea - painful periods, irregular menses, excessive bleeding over long periods of time, infertility, miscarriages, low libido, menopause, impotence etc.
- Dermatological conditions - acne, eczema, itchy skin rashes, psoriasis, dermatitis, shingles.
- Cosmetic treatments - dark circles, puffiness, wrinkles, Anti aging (Increased collagen production).



Chinese Herbal Medicine

Alternatives for acute and chronic health complaints – tablet form or raw herbs

Cupping - Fire cupping (Dry & Wet) or Sliding cupping

Chinese cupping techniques used as a form of deep tissue massage. Excellent for pain in muscles and muscle knots. Also used in anti-cellulite treatment

Tuina

A form of Chinese massage used for chronic conditions (frozen shoulder or lower back pain)

Infrared mineral heat therapy

A TDP lamp is used, often combined with acupuncture treatments. Infrared light loosens the fibrous tissues connecting the muscles and organs, promoting blood circulation for arthritis, paralysis, musculoskeletal pain, fractures, reproductive & gynaecological issues, etc.

Guasha

A skin scrapping technique used with a guasha tool and massage herbal oil. It aims to treat & increase micro circulation of the surface tissues, thereby eliminating inflammation, myofascial trigger points (muscle knots), blood stasis, pain conditions & promote lymphatic drainage

Moxibustion

Mugwort herb that enhances certain treatments offered. It warms the meridians in the body, thereby promoting blood circulation, white blood cell production, treating cold conditions, infertility, dysmenorrhea, promotes immune boosting, etc.

Book an appointment

 Accurelifestylemedicine@outlook.com

 [accurelifestylemedicine](https://www.facebook.com/accurelifestylemedicine)

 [accure_lifestyle_medicine](https://www.instagram.com/accure_lifestyle_medicine)

 +27 73 047 3738

 5 Harriers Road, Mowbray, 7700



Office hours :

Monday to Thursday: 09H00 - 18H00

Friday: 09H00 - 12H00 & 16H00 - 18H00

Saturday: 09H00 - 13H00