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FAQS

Acupuncture produces the following effects to the body with no side effects:

Reduces inflammation, Increases naturally-produced painkillers such as opioids (for example, endorphins), Reduces cortisol (the body's "stress hormone"), and Regulates the autonomic nervous system to interfere with the way the brain processes pain. It also works at increasing circulation (blood flow) to the muscles, connective tissue, and organs, which then stimulates healing, as blood carries oxygen and essential nutrients to the tissue.

How Does Acupuncture Work?

Acupuncture works by stimulating the meridians at their external locations via points located along the body. This stimulation is accomplished by applying needles, heat, finger or hand pressure, and scraping or cupping. The therapeutic effect occurs internally by regulating the Qi and stimulating the proper internal function to which the external meridians are connected. It also removes blocks to the flow of our energy, as we need this energy to flow freely in order to assist in healing and improve the bodies functioning. Any improvement in functioning will assist the system to work more effectively, directly enabling the healing process.

What We Do:

BODY / ELECTRO ACUPUNCTURE:

Insertion of tiny thin hairlike needles into acupuncture pressure points on meridian/channels to initiate an immune response, increasing blood flow to an area, thereby alleviating symptoms and pain. Electro acupuncture provides constant stimulation and is used for chronic disorders (including musculoskeletal & nerve).

Stimulating these points helps to re-balance the disruption of Qi flow in the body. It also stimulates the nervous system which improves energy and biochemical balance.

Regular acupuncture will strengthen your bodies healing abilities

COSMETIC / FACIAL ACUPUNCTURE:

Used for anti-aging and anti-wrinkle therapy as well as acne blemishes etc. The needles initiate an immune response, thereby inducing collagen and elastin production. Good for treating eye lid puffiness and dark circles.

During a session the practitioner may use more than one therapy listed. This acupuncture treatment encourages more blood and nutrient flow to the face, giving a nourished natural glow from inside out. Suitable for fine wrinkles, dull complexion, acne scars, sagging skin.

AURICULAR ACUPUNCTURE:

Ear acupuncture used for pain , addiction, smoking cessation and weight loss

MOXIBUSTION:

Moxibustion is a form of heat therapy using mugwort herb to promote blood and Qi flow to a certain area. It stimulates the production of white blood cells to accelerate healing and is commonly used in gynaecological conditions.

GENERAL CUPPING:

Cupping is a form of therapy where glass bamboo cups are placed on the skin using a suction technique created by fire/heat (fire cupping), it then pulls the skin upwards to create more space between the tissue layers underneath. Sliding cupping is a type of deep tissue massage where massage oils are used to slide the cup across the muscle or area that is affected.

Benefits include:

- Loosens muscle tension/fascia
- Improves blood flow/ anti-inflammatory
- Relieves pain
- Suitable for all pain conditions or done as maintenance treatment for good body circulation, decreasing lactic acid build up

HEAT MINERAL THERAPY:

Infra-red heat lamp, another form of heat therapy. It penetrates deep, through layers, and stimulates deep muscle relaxation thereby increasing circulation. Commonly used in slow healing wounds, sprains, fractures, sore muscles and pain that is alleviated by heat.

This special lamp replaces the minerals your body loses , providing very effective recuperative and analgesic effects.

How Many Treatments Do You need?:

The results of acupuncture are cumulative. Each treatment builds on the progress of the ones before it. Many patients feel improvement right after the first treatment, but for lasting change and to improve quality of life it's important to commit to series of treatments.

Please note that this treatment is not symptomatic but acupuncture is aimed to get to the root of the problem and fix it so that you may not experience these symptoms again!

The general recommendation is one treatment a week for 4-6 weeks. After the 4th week, we re-assess and try to space out your treatments while still maintaining good results (twice a month or once a month).

For conditions that have existed a long time, more treatments may be necessary. For example, TMJ or lower back pain that you've had for 10 years may take more time to heal.

For acute conditions (sudden onset pain), you may need to come twice a week in the first week, and then once a week after that. This works best – Good examples are shoulder pain, Achilles tendon injury or shin splints etc.

Fertility related or Hormone Balancing will require approximately 4 to 6 sessions on a weekly basis, aiming for each phase of your cycle at first.

Cosmetic acupuncture will require 10 sessions at first, before reassessment leading to maintenance sessions.

IVF/IUI patients are recommended to start treatment about 3 months before expected transfer date. Please enquire for more information.

Labour Induction patients will need to come twice a week from the 36th week.

For any conditions not listed here, please enquire directly.

Is There Any Chance of Contracting HIV/Aids?

No, there is not. Acupuncture needles are made from stainless steel, are sterilised, come in sealed packaging, and are for single use only.

Are the Effects of Acupuncture Temporary?

No, many conditions are permanently cured, while others might need additional booster treatments over time. Maintenance sessions are generally recommended for optimal and continual results.

Is Acupuncture Painful?

Acupuncture needles are very thin, about the width of a human hair. They are much, much thinner and more gentle than hypodermic needles. Some points may feel a slight pinch, and others feel like nothing at all. Once the needles are in for about 20 minutes you will experience a drawing sensation to the needle (Painless). It really doesn't pain at all try and you will be amazed at the benefits.

What Conditions Can Be Treated With Acupuncture?

1. Rheumatic and Arthritic conditions:

These are the most common conditions treated with Acupuncture.

Some of these conditions include but are not limited to:

- Tennis elbow
- Carpal Tunnel
- All shoulder and neck related pain
- Lumbago and other back problems
- Wrist pain
- Hip, knee and ankle problems
- Any other painful conditions within the muscle, ligaments or other soft tissues.

2. Sports injuries.

3. Neurological disorders:

These include Trigeminal Neuralgia of the face, post herpetic neuralgia and headaches or migraines.

4. Paralysis caused by Bells Palsy or stroke patients.

5. Allergies:

Such as Hay-fever, asthma, and Eczema.

6. Other Conditions:

Many conditions will improve after a course of Acupuncture since it improves the bodies functioning. Conditions included are chronic fatigue, M.E syndrome, and low immune system with recurring colds or flu. Also included are conditions such as Shingles, depression, anxiety, irritable bowel syndrome, and sinusitis.

7. Gynaecological problems such as fertility related issues, PMS, PCOS, endometriosis, etc.

8. Addictions and cravings.

Chinese Herbal Medicine: Its Benefits and Uses

Your practitioner will more than likely recommend a Chinese herbal medication for you to take at home. This medicine comes in either a tea/dry herb or pill form, depending on what is being treated.

Medicinal herbs help you regain balance and strengthen your resistance to stress.

All herbs are food and plant based. Herbs aim to improve your wellness both physically and emotionally. Herbal medications complement the acupuncture treatment given. Your practitioner will advise whether herbs are needed or not.

What is Chinese herbal medicine?

Chinese herbal medicine uses well over 4000 species of medicinal plants to treat various symptoms and conditions. Practitioners have to undergo special training in order to learn the system used to prescribe these medications.

Chinese medicine practitioners believe that every herb has a particular nature. Either hot, cold, warm, or cool.

Cold and cool herbs are used to treat heat natured conditions, and warm and hot herbs are used to treat cold natured conditions.

These medicines, combined with Acupuncture, assist the healing process, to show results faster.