

How Acupuncture has helped me

“What I really like about traditional acupuncture is that it treats the whole person rather than the individual symptoms. I was taking medication for neuropathic pain for 7 years before trying acupuncture. Over time, with regular treatments I was able to slowly reduce my pain killing medication and now I don't take any at all. For me, acupuncture also helps me to sleep better which in turn helps my fatigue and stress levels. I always come out of acupuncture feeling better than I did when I went in!

Louise, KMSTC Member



About us

The Kent Multiple Sclerosis Therapy Centre is an independent local charity.

We provide a wide range of information, support and therapies aimed at improving symptom management and quality of life for people with MS and their carers throughout South and East Kent and the surrounding areas.

Our core therapies include: Physiotherapy, Gym and Group Exercise, Hydrotherapy, Hyperbaric Oxygen Therapy, Counselling and Nutritional Advice.

Within our brand new purpose-built centre we also offer a much wider range of complementary therapies such as Yoga, Reflexology, Indian Head Massage, Body Massage, Hot Stones Massage, Hand Massage, Hypnotherapy and Facial Reflexology.

Kent MS Therapy Centre

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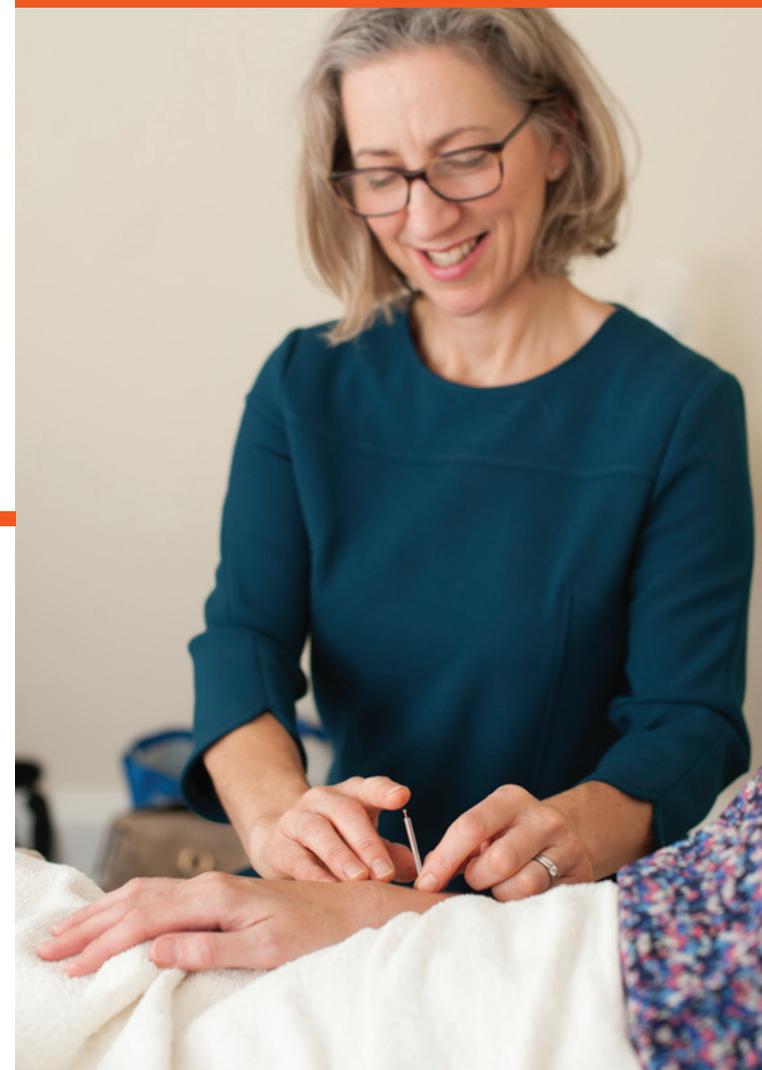
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Acupuncture

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What is Acupuncture?

Acupuncture is a system of medicine used in the restoration and maintenance of health, as well as in the prevention of illness, with symptoms associated with an imbalance in a person's energy pattern. Traditional Acupuncture treats the whole person; body, mind and emotions, and treatment is directed at relieving the cause of the person's problems rather than only palliating a symptom.

Vital 'Qi' energy travels in twelve pathways known as 'meridians' corresponding to one of the vital organs. Each of these has a pulse associated with it which informs an acupuncturist of the condition of the energy within that meridian. Sometimes, one meridian has too little energy and another too much.

By inserting very fine acupuncture needles into points along these meridians, a proper balance and flow of energy can be re-established. Energy can be summoned to the places that need it and dispersed from the areas where it is congested and may be causing a blockage.

About the treatment

An initial assessment takes into account a person's present condition, medical history and life pattern, essential to determining the cause of the problem and treatment required.

Some people quickly feel revitalised mentally and physically, while others scarcely notice any change at all, only remarking on progress when they look back and consider how they used to feel.



Acupuncture and MS

There is little research into acupuncture and MS, however some studies have reported that some patients have seen improvements in fatigue, depression, spasticity and insomnia.

Often the first changes that occur are that of an improved overall state of health, with a person sleeping better, feeling more relaxed, and enjoying an improved body temperature. These are all positive signs of a better energy balance that if continued and supported will lead to an alleviation of the main symptoms. Changes may take place mentally, physically or emotionally as balance is restored, however reactions to the treatment may vary.

The duration and frequency of treatment depends upon a variety of factors, including: the severity of the complaint; how long the person has suffered from it; the extent to which lifestyle contributes to it; and what drugs are being taken.

Some people only need a few treatments while others require prolonged attention. Initial treatments may be decreased as the person progresses, until there may only be a need for a check-up at the change of each season.

