

## Traditional Chinese medicine and acupuncture at AcuWell

AcuWell provides acupuncture and other traditional Chinese medicine treatments to restore health and wellbeing.

AcuWell owner and practitioner, Maria Maher, has a special interest in fertility and is a founder member of the Zita West affiliated acupuncturist network for reproductive health in Ireland.

Acupuncture is a branch of medicine which originated thousands of years ago in China. It views the body

as one whole energy system and, as such, treats the root cause of a condition requiring relief, as well as the symptoms experienced. It works at an emotional, spiritual and physical level.

A health issue is viewed as a blockage to the flow of our 'vital energy', known as Qi, and acupuncture aims to get rid of that blockage and help the body to restore itself to full health. This may be achieved by inserting special sterile, single-use

needles into specific acupressure points along pathways known as channels. Other traditional Chinese medicine treatments - including TuiNa massage, heat treatments (moxa, cupping), Chinese herbs, dietary and lifestyle advice - often assist.

The WHO recognises the effectiveness of acupuncture in treating 40 common conditions, ranging from musculo-skeletal disorders, respiratory disorders, gynaecological disorders,

gastrointestinal disorders, to being a supportive treatment for quitting smoking and relieving the side effects of chemotherapy. Acupuncture is sometimes used with conventional medicine - asthma and Assisted Reproductive Therapy being examples.

Conditions treated at AcuWell include most of the abovementioned WHO categories. In addition, the following are frequently treated:

Fertility (male and female)

Pregnancy Stress and insomnia Sinusitis and migraine Back and neck pain Support to relieve side effects of cancer treatment

Maria Maher is a member of the AFPA professional register. Treatments are recognised by health insurers.

AcuWell clinics are located in Athlone, Co Westmeath (on Mondays) and Ranelagh, Dublin 6. Further information may be obtained from [www.acuwell.ie](http://www.acuwell.ie).

## A workout for the mind, body, and soul

The International College for Personal and Professional Development (ICPPD) are offering a free workshop entitled Chakra Dance Journey from 10-11.30am on Thursday July 19.

Chakra Dance Journey combines dance, freestyle movement, and meditation to create a unique and invigorating holistic experience. It offers a workout for your physical, emotional, and spiritual self-awareness. Have fun, find meaning, let go!

Time spent at ICPPD is nurturing and supportive and this workshop is an opportunity to connect to your spirit within. Suitable for adults of all ages and fitness levels. Whether you are a beginner or you have experience practising Chakra Dance, you are welcome!

RSVP to [marketing@icppd.com](mailto:marketing@icppd.com) or call (090) 6470484.

## Complementary therapies at The Wellbeing Clinic Longford

The demand for complementary therapy is increasing as people are searching for alternative ways to maintain better health and wellbeing. The benefits experienced following complementary therapies include better sleep, reduced stress and anxiety, and a feeling of being more centred and grounded. Every third treatment is just €20! Call Edel now to book your appointment.

Reflexology is a therapy that massages the feet to relax and rebalance the whole body. The feet are like mini-maps of the body and sensitive trained hands can detect imbalances within them. By using special pressure techniques to stimulate these points, Edel O'Hanlon can relieve blockages and restore balance and wellbeing.

Reiki is a gentle but powerful treatment that



encourages deep relaxation. The Reiki healing energy helps the client to heal and rebalance themselves. Edel is a Reiki Master and teacher. Contact The Wellbeing Clinic for details on upcoming courses.

Angelic Core Healing is an ascension healing system. Clients feel deep peace and calm during the healing. The aim of this

treatment is for the client to feel more empowered and responsible for their own wellbeing. Edel will assist in healing the core issues of imbalance and so help the client move on in their own life path.

Integrated Energy Therapy provides a simple and gentle way to open the flow of vital life force within the human body and the human energy field by integrating suppressed feelings from cellular memory and clearing their associated energy blockages. This is a very gentle and supportive treatment with a special connection with Archangel Ariel.

Chinese face, scalp, neck, and shoulder massage incorporates acupressure work on meridians. Restoring balance and releasing trapped, stagnant energy, this massage is a powerful

and deeply relaxing treatment.

There are many benefits to colonic irrigation but the most commonly mentioned are a flatter tummy as bloating stops, relief of constipation, increased energy, and weight loss. When your toilet habit slows down for any reason toxins are re-absorbed into the body causing all sorts of unpleasant digestive symptoms. Colonic irrigation is the most natural answer to eliminate those symptoms and get your digestive health back on track. As a registered general nurse and with many years experience as a colon hydro-therapist, you can be assured you are in safe hands with Edel. Initial

consultation is free. Ask about special offers.

To get maximum results OxyPowder colon cleanse capsules will always be recommended. Oxy powder capsules help to restore and maintain bowel regularity and stop bloating. They are available to buy at The Wellbeing Clinic or online at [www.thewellbeingclinic.ie/oxypowder](http://www.thewellbeingclinic.ie/oxypowder).

Gift vouchers are also available.

Contact therapist and proprietor of The Wellbeing Clinic Edel O'Hanlon RGN at (087) 0518444. She is available Monday to Friday from 6.30-9pm and Saturdays 10am-5pm. See [www.thewellbeingclinic.ie](http://www.thewellbeingclinic.ie) for further details.

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**For more details contact Tony Broderick 087 7648867 or Trevor Hill 087 7926602**

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