



Acupuncture – for holistic, drug-free health treatments

In recent years AcuWell have seen a large increase in the popularity of acupuncture. From a patient's perspective, the main reason is that it is holistic. What does holistic mean? The Collins Dictionary defines holistic as: "Of or relating to the medical consideration of the complete person, physically and psychologically, in the treatment of disease".

Acupuncture, a branch of medicine which originated thousands of years ago in China, does just that. It works at an emotional, spiritual, and physical level. The root cause of a health condition is treated, as well as the symptoms experienced. Lifestyle, diet, and environment are always factors considered when it comes to a person's health. A health issue is viewed

as a blockage in the flow of our 'vital energy', known as Qi, and acupuncture aims to get rid of that blockage by inserting tiny sterile, single-use needles into specific acupressure points along energy pathways, known as channels. Other traditional Chinese medicine treatments - including Tui Na massage, heat treatments (moxa, cupping), Chinese herbs, dietary and lifestyle advice

- also assist. Acupuncture is the largest drug-free healthcare system in the world and the WHO recognises its effectiveness in treating 40 common conditions. It is sometimes used with conventional medicine - asthma and assisted reproductive therapy being two examples. Conditions frequently treated at AcuWell include

fertility (including IUI, IVF), pregnancy, stress and insomnia, sinusitis and migraine, and back and

neck pain. AcuWell clinics are located in Athlone and in Ranelagh, Dublin 6.

Further information may be obtained from www.acuwell.ie.

Bring balance to your life with reiki

Mary Conlon is a qualified and highly experienced Irish complementary therapist. She specialises in CranioSacral Therapy, Reiki, and Bio-Testing Therapy.

Mary lives and works in Dublin, and also works in The Dancing Soul in Athlone. She is a Usui Shiki Ryoho Reiki Master - practising and teaching the Tera Mai System of Reiki. Mary is also a professional member of the Reiki Federation of Ireland. She also holds a diploma in anatomy and physiology.

Reiki is a natural energy

healing, designed to help you deeply relax, clear your mind, and bring balance in mind, body, and spirit.

You can use Reiki to relieve physical pain and symptoms. You can clear emotions and thoughts and create a powerful space in your mind and spirit to reach your potential and bring peace to your everyday life.

Reiki is a powerful energy that can enhance the quality of life and is easy to learn and everyone can learn it.

Reiki can reduce stress and tension, boost your immune

system, promote health and wellbeing, reduce blood pressure, aid better sleep, help reduce pain, and help with many more conditions.

Reiki treatments are available in The Dancing Soul, Pearse Street, Athlone. Reiki workshops are run on a regular basis. A Reiki level 1 workshop takes place the weekend of July 27 and 28.

For more information, contact Mary on (086) 6682855, email mary@complementary-therapists.com, or see www.complementary-therapists.com.

What is energy therapy?

'Energy therapy is a holistic approach to assist us in our return journey to good health.'

It encourages the body to draw upon its natural healing ability by opening up the flow of energy in the body and clearing emotional blockages and can therefore assist in the healing of physical and emotional pain.

We all have an energy field which surrounds our physical body and is also connected to our energy centres (chakras). Energy therapists believe it is here in the energy system that illness first appears. Therefore, when they clear emotional blockages in the energy system, our physical body feels the benefits. With regular energy therapy treatments they can help eliminate pain and illness which exists.

Kate Mullins is an energy therapist based at AcheBusters, Athlone. She says that from her experience as an energy therapist she has found that one of the main benefits of having regular energy therapy treatments is that it induces you into a state of deep relaxation and therefore helps reduce

stress and tension from the body. Stress-related illnesses such as headaches, migraine, insomnia, sleep deprivation, high blood pressure, fibromyalgia,

back pain, neck and shoulder pain, to name a few are considerably reduced after an energy therapy treatment.

Kate Mullins at AcheBusters is offering

half-price treatments for a limited time only, so book your half-price treatment and free consultation today!

For more information call Kate on (086) 4076430.



the dancing soul
Adolescent and Family Wellbeing Centre
09064 90607

 <p>Martina Breen H.Dip. M.A. 087 3296366 Counselling & Psychotherapy and group facilitation <i>Works with individuals, couples and adolescents with a range of issues</i></p>	 <p>Julie Parmenter 087 2879097 Counselling & Psychotherapy <i>Works with individuals, couples and adolescents with a range of issues</i></p>	 <p>John Prendergast MCHPA 085 1313700 Clinical Hypnotherapy, NLP, EMDR, Trauma Therapy <i>Specialising in Trauma, Anxiety, Weight Loss, Panic & Grief</i></p>
 <p>Mary Conlon 086 6682855 Cranio Sacral Therapy, Reiki</p>	 <p>Sean Butler 086 602 1962 Reflexology, Reiki <i>Promote relaxation, improve circulation, immune system, stress disorders, stimulate nerve function</i></p>	 <p>Frances Sweeney 0894320493 Kinesiology, Reiki <i>Frequent infections, nutritional support, allergies, postural realignment, stress release</i></p>

Reiki level 1 workshop Saturday 27th and Sunday 28th of July Contact Mary on 086 6682855 or email Mary@complementary-therapists.com

Athlone Affordable Counselling Service Call or text: 083 3567781
€10 p.h - Operates from The Dancing Soul

8 Pearse Street, Athlone, Co. Westmeath

 www.thedancingsoul.ie

What is your B'BAG?

A B'BAG (pronounced 'bee-bag') stands for Big Bold Audacious Goal. It's a big, bold, powerful goal you set for yourself that excites you, motivates you, and will require you to step outside of your comfort zone and stretch yourself to achieve.

One of the B'BAGs Julie Parmenter set for herself this year is to create a brand new beautiful therapy centre where a collection of therapists can work in co-operation to inspire themselves and others to live a life of health, vitality, freedom, and happiness. Talk about stepping outside of your comfort zone!

What's your B'BAG? If you don't have one, here are four simple steps you can follow to create one that inspires you into action:

Step 1: Decide on the area of life you'd like to impact - money, business, career, relationships, fitness - or even creating more fun and adventure!

Step 2: Choose a goal that you have little or no idea how you'll achieve, that will require you to stretch and grow.

Step 3: Write it down and

share it with your friends and family to get it out of your head and into reality.

Step 4: Take one action, no matter how big or small, towards your B'BAG every single day - this is important!

Remember: Life is meant to be lived fully, so don't be

afraid to set a B'BAG that's bold. Be brave and be daring. You can do it!

Julie Parmenter is a counsellor and co-owner of The Dancing Soul, soon to relocate to Monksland, above the medical centre. Contact Julie on (087) 2879097.



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Ache-Busters®

Massage Clinic Athlone, Crystal Village - Now new treatment room in 2 Garden Vale!

 <p>Kate Mullins 086 4076 430 Hands-On Healing With Bio-Energy Crystal Therapy Chakra Cleaning</p>	 <p>John Picard 086 8255 206 Sports Massage Holistic Massage Hawaiian Lomi Lomi Reiki</p>	 <p>Gyongyi Karasz 089 4133 884 Orthopaedic Massage Holistic Massage, Reflexology Hawaiian Lomi Lomi Brandon Raynor Bodywork</p>
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Bio-Energy treatment and Chakra cleansing balances the psyche and the body, boosts the immune system, reduces anxiety.

<p>Workshops: Massage for Home Use Every Tuesday 7-9 pm €20 Next class: July 2nd Back massage Call Gyongyi for a booking!</p>	<p>Guided Meditation Every Wednesday 7-8 pm €10 Concession €5 Crystal Village Call Kate for a booking!</p>
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To make an appointment log on to
www.achebusters.ie
Massages from €50, treatments from €30. Every 8th massage FREE!
"The largest room in the world is the room for improvement."