

For several years, I have also been receiving cosmetic acupuncture, to my delight it works! After treatments, I look brighter, refreshed & I believe younger, as my skin has a firmer, toned look & less lines. My monthly visits to Alison are something I always look forward to as I am positive they are the reason for my continued good health, boosted immune system and general sense of well being.” - S

“After years of fertility problems and multiple failed IVF attempts, I decided to put my needle phobia to one side and try acupuncture. From the very first session with Alison I felt at ease - she is a very caring person who listened with interest, is extremely knowledgeable and who carried out treatment with great care and attention (also with patience and understanding for my needle nervousness!). After each session I felt relaxed and energised. Within a few months of treatment I was pregnant and am now the extremely proud mum of a baby boy. I really believe that Alison’s treatment was a big factor in helping my husband and I achieve something we had almost given up hope on and I would not hesitate in recommending Alison to anyone.” - L

Alison is offering free 20 minute taster sessions to talk about any health concern and discuss Chinese medicine.

Clinic & Dispensary

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ALISON COURTNEY

Acupuncture & Chinese Herbal Medicine



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TRADITIONAL CHINESE MEDICINE

Acupuncture has been practised in China for some 3500 years, but the exact date of its origin is unknown. A legend says that this complex healing system, developed when it was noticed that soldiers who survived arrow wounds in battle, sometimes also recovered from other long standing ailments. In the intervening years it has been thoroughly researched and practised. Indeed, one quarter of the world’s population rely on it.

Many people use acupuncture for help with specific symptoms or conditions. Others choose acupuncture as a preventive measure to strengthen their constitution or because they just feel generally unwell. Acupuncture is considered suitable for all ages including babies, children and the elderly. It can be very effective when integrated with conventional medicine.

Consultation and treatment

During a consultation Alison will ask questions relevant to the person’s general health and lifestyle issues. Treatment is then tailored to the individual with endless nuances and possibilities. Her holistic approach thus seeks to preserve the essential philosophy central to Traditional Chinese Medicine. Time is spent getting to know each person, leading to a thorough understanding of the individual which is not always possible when seeing ones doctor. Alison feels it is essential to get to know clients on this level and nurture the traditional and holistic approach of Chinese Medicine. After an acupuncture treatment one feels very relaxed, calm and occasionally tired. It is worth bearing this in mind if you plan to drive or use machinery soon afterwards.

General conditions treated by acupuncture therapy

Allergies	Diarrhoea	Palpitations
Arthritis	Eczema	Rheumatism
Asthma	Gall stones	Sciatica
Back pain	Haemorrhoids	Shingles
Bronchitis	Hay fever	Sinusitis
Catarrh	Hypertension	Skin problems
Conjunctivitis	Indigestion	Stomach ulcers
Colitis	Insomnia	Stress
Constipation	Lack of energy	Tennis elbow
Cystitis	Migraine	Toothache
Depression	Oedema	Trigeminal neuralgia
Dizziness	Otitis media	Vertigo

Chinese Herbal Medicine

Chinese herbs can be taken by the traditional brewing of raw herbs or made into convenient capsule and powder form. Chinese herbs are said to regulate the internal organs, the immune system and greatly assist in helping skin conditions such as eczema. All the ingredients used are natural and, unlike most western drugs, have no side effects. There are over 400 Chinese herbs in common use. No two prescriptions are the same for each patient. A herbal prescription is tailored to treat the specific ailment of the individual, unlike standardised western prescriptions. There is no such thing as an automatic repeat prescription. With or without acupuncture, Chinese herbs can be a powerful therapy.

Over the last year, Alison has continued to increase the number of herbal prescriptions given to her clients. This progression towards combining acupuncture treatment with Chinese herbal medicine has been initiated by the positive results from the fertility work at the clinic.

To make an informed Chinese medical diagnosis, it is crucial to draw upon all the ancient knowledge handed down over the centuries. Alison has enjoyed and continues to enjoy spending time researching classical herbal formulae and their various modifications.

Herbal prescriptions can be taken in “tea pills” (some of you will be very familiar to those little brown pills) and herbal powder which is mixed in hot water. Some conditions treated include: hypertension, insomnia, depression, anxiety, stress, migraines, dizziness, osteoarthritis, arthritis, asthma, gynaecological symptoms, menopause, male and female infertility, digestive complaints and skin problems.

“MASTER OF MEDICINE”GUANGZHOU UNIVERSITY 2013

Alison Courtney has been an acupuncturist for over 20 years in the UK. She has just returned from Guangzhou in China where she received high recognition after successfully completing her MSc in Chinese Medicine. Alison is passionate about the therapeutic effects of acupuncture and uses the traditional diagnostic tools of pulse taking and observation of the tongue. Imbalances are addressed by inserting fine needles into acupuncture points to restore health and harmony.

Testimonials

“Alison was recommended to me by my retiring acupuncturist. She is dealing with a gut problem I have for which the NHS have prescribed constant pain killers and acupuncture, the former not dealing with the problem, but the acupuncture definitely helps. Alison can cure a migraine with one needle and controls the osteoarthritis pain in my hands. She very effectively deals with the various aches and pains associated with age, lifts me up if I’m down and energizes me when necessary. Alison is very calm, kind and efficient and willingly goes that extra mile.” - S

“Acupuncture with Alison, isn’t just receiving a treatment for an ailment, it is about looking after your whole body and mind. She has an amazing ability, insight, into your inner workings, which can be a bit unnerving to start, but you soon realise it is entirely for your own benefit, and you learn to go with the flow. So you may go to see her for an obvious ailment, but will come away, knowing a lot more about yourself.” - T

“I started visiting Alison ten years ago, when I began to get obvious menopausal symptoms & I did not want to go down the HRT route. From the very beginning, Alison’s treatments helped me, so much so, I sailed through the menopause without any other aid.