

Tuina

This is a form of massage that uses many different techniques applied to acupressure points, channels and muscle groups based on the same principles as acupuncture. In a typical session the client wears loose clothing, no shoes and lies on a couch. The practitioner examines the specific problems of the patient and begins to apply massage, usually through the clothes. Tuina compliments acupuncture but can also be effective in treatment on its own.

Tuina is one of the earliest medical forms known. The behaviour of our forefathers was to rub, press, knead, pound or stretch on themselves or their fellows bodies in order to keep out cold, get rid of discomfort and treat various injuries. Tuina or Chinese Therapeutic Massage involves more vigorous hand rolling grabbing and manipulating than Swedish or classical massage and uses finger pressure, stretching and leverage to stimulate the channels and acupuncture points. It is effective for musculo-skeletal problems such as soft tissue injury, lower-back pain, frozen shoulder, slipped discs and fractures, but can also be used in treating internal problems like insomnia and digestive disharmony. The massage is also valuable in the treatment of infantile diseases such as cough, fever, vomiting and night crying.

Costs:

Acupuncture (1 st session 1¼ hour)	£40.00
Follow up (45 – 60 min)	£35.00
Tuina all body (1 hour)	£35.00
Tuina follow-up	£30.00
Tuina specific massage (30 min)	£20.00

Acupuncture, Tuina and Qigong may sometimes be combined depending on treatment aim.

Tarka Clinics Ltd

Tarka Clinics Ltd is probably the largest osteopathic practice in North Devon, and has been in existence in some form since 1978. It has five osteopaths and therapists using several allied healthcare modalities, including homoeopathy, sports therapy, acupuncture, aromatherapy, massage, chiropody and a fully equipped rehabilitation Pilates studio. An experienced medical practitioner who is also one of the osteopaths supervises the medical aspects of the therapies.

The practice specialises in musculoskeletal problems, and the practitioners liaise extensively both with each other and with local medical practitioners, ensuring patient safety as well as comfort and effectiveness.

For further details, telephone our clinic on 01271-373346, or visit our website at www.tarkaclinic.com

ACUPUNCTURE AT THE TARKA CLINIC

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What is Acupuncture?

Acupuncture originated in the Far East over 2000 years ago and is now an important part of complimentary therapy in the UK. Acupuncture offers a holistic approach to the management of disease and the preservation of health. According to Traditional Chinese Medicine theory ones health is dependent on the bodies motivating energy known as Qi (Chi) moving in a smooth and balanced way through a series of channels beneath the skin. There are many factors that can upset the bodies Qi such as

Emotion
Diet
Environment
Hereditary Factors
Infections

By inserting and manipulating fine needles into the channels at specific points, the acupuncturist can encourage the body to promote natural healing and restore balance.

What can Acupuncture treat?

Chronic and acute pain
Neurological disorders - post stroke, Bell's palsy
Upper respiratory disorders - asthma,

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What Happens in Treatment?

Traditional Chinese medicine consultation is a very detailed exploration of a patient's symptoms and medical history. After asking ten questions which cover all aspects of the individuals make up, the practitioner is likely to feel the pulse and looks at the tongue. The acupuncture points used are not always close to the part of the body where the problem is experienced. For example, points on the foot or hand may be used to treat headaches. The needles are left in place for about 15 to 20 minutes while the patient relaxes, while often feeling a dull achy tingling sensation. The needles are very thin, sterile and strictly disposable for single use.

Is Acupuncture Safe?

All members of the British Acupuncture Council (BAcC) have extensive training in acupuncture and bio medical sciences appropriate to the practice of acupuncture in the UK. BAcC members must observe the Code of Safe Practice which defines the hygiene and safety standards relating to the practice of acupuncture. These procedures have been approved by the Department of Health, and provide protection against the transmission of infectious diseases.



Qigong

Qigong is a Chinese healing art that encourages a series of gentle focused exercises and breathing techniques for mind and body. Qigong facilitates the body's energy to flow smoothly by increasing stamina, flexibility and relaxation; thus the healing process is improved and accelerated. It is based on the same principles as Tai Chi. Qigong is especially valuable in treating musculoskeletal, mental, respiratory, digestive and menstrual problems.

Daniel Gorvett

Daniel has completed a BSc (Hons) in Traditional Chinese Medicine: Acupuncture at the [University of Westminster London](#). He has also spent three months in China where study in Acupuncture, Tuina and Qigong was taken up at [Huaihua Medical College Hunan](#) and the [Zhejiang College of Traditional Chinese Medicine](#). Daniel practises Tai Chi and Qigong and is especially interested in how these arts can be applied to healing. Daniel is based in Bideford and works in the Devon area; home visits are available on certain days. If you have any enquiries or wish to make an appointment please do not hesitate to contact the Tarka Clinic or contact Daniel directly on 07816250097 or via email at dan-g-acu@lycos.com. For more information on acupuncture please see the British Acupuncture Council website www.acupuncture.org.uk.