

Nuala Price

BSc (Hons) Acupuncture, Lic Ac, MBAcC

Nuala has been in private practice for 5 years after graduating from the London College of Traditional Acupuncture.

She works closely with patients to achieve better health and balance on all levels. She works on the root of your problem rather than just the symptom presented to promote health and wellbeing.

She is fully accredited and a member of the British Acupuncture Council and has completed post graduate studies in, amongst other things, Facial Acupuncture and Shonishin Japanese Acupuncture for Children and has treated patients with drug and alcohol problems at rehabilitation centres in London.

Shonishin Acupuncture is a specialised treatment for babies and children using non inserted techniques such as rubbing, tapping and pressing the skin to give gentle stimulation.

History

Traditional Chinese Medicine (TCM) is an ancient medical system that has been practised in China for over 2500. It provides a holistic approach to the management of disease and maintenance of health.

An acupuncturist uses their skill to make a traditional diagnosis from what is often a complex pattern of disharmony and from there develops a unique and individual treatment plan tailored to meet the needs of the patient to create equilibrium between the physical, spiritual and emotional planes.

How does it work?

According to TCM theory our health and wellbeing is dependent upon the integrity of the body's energy (Qi) and its ability to move freely and smoothly throughout the entire body. For a number of lifestyle and environmental reasons Qi can become disturbed, depleted, stuck or imbalanced and illness or pain will result. Through the insertion of fine needles acupuncture helps restore the flow of energy and its natural balance returns thus promotes both physical and emotional harmony.

In western medicine there are a number of theories concerning the mechanisms of how acupuncture works. One theory is that acupuncture stimulates the release of endorphins which are the body's natural painkillers and 'feel good' chemicals. The large body of research undertaken suggests that acupuncture analgesia is stimulated by high threshold nerves in muscles. These muscles then send nerve messages to the spinal cord and onto the brain stem and hypothalamus, which trigger the release of endorphins. Their production reduces pain sensitivity due to their similarity in molecular make up to opiates such as morphine, which have high anesthetic properties. Via this pathway, acupuncture provides relief.

Who has acupuncture?

Many people come to acupuncture for help with specific symptoms or to relieve specific pains like osteoarthritis of the knee or dental pain. Some use acupuncture simply to maintain good health and enhance wellbeing.

It can be used effectively as an adjunct therapy alongside conventional medicine.

It is a safe and effective treatment for people of all ages including children.

In 2009 the National Institute for Health and Clinical Excellence recommended that acupuncture should be made available on the NHS, as a cost effective treatment for the management of early, persistent non-specific lower back pain.

What are the potential benefits?

In many cases not only is there relief from presenting conditions but many people notice other niggling health problems resolve themselves as treatment restores balance and promotes physical and emotional harmony.