

## REFLEXOLOGY

Reflexology is a simple, effective and natural therapy which focuses on the feet. It is over 5000 years old and has origins in China and Egypt. Every part of the body has a reflex point on the feet. By applying a specialised massage technique to these reflex points it stimulates the body's own balancing and healing systems and encourages malfunctioning areas to begin to function normally again.

**Applications:** Reflexology is particularly useful for the treatment of stress and all stress related disorders, tension, migraine, tinnitus, back pain, sinus problems and many others.

## INDIAN HEAD MASSAGE

This seated massage has been practised in India for over a thousand years. It incorporates deep massage to the neck, shoulders, face and scalp. An wonderfully relaxing treatment, great for tense shoulders and neck, and ideal for reducing tension that can otherwise lead to headaches and migraines.

Penny has been successfully teaching Head Massage for over 10 years.

## COMBINED TREATMENT

For a real treat you may have a Reflexology session combined with an Indian Head Massage at a reduced rate.

### **Gift vouchers available – *the ideal present!***

Check your private health insurance to see if your treatment can be covered by your policy

### **Payments by cash or cheque please.**

### **Cancellations**

As a courtesy to others and to assist the practice please give 24 hours notice of cancellation, otherwise a fee may be charged.



*'By releasing ourselves from stress we help the mind to settle and the body to function correctly.'*

## **PENNY UPCHURCH**

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Appointments with Penny  
Tuesdays, Thursdays & Fridays:  
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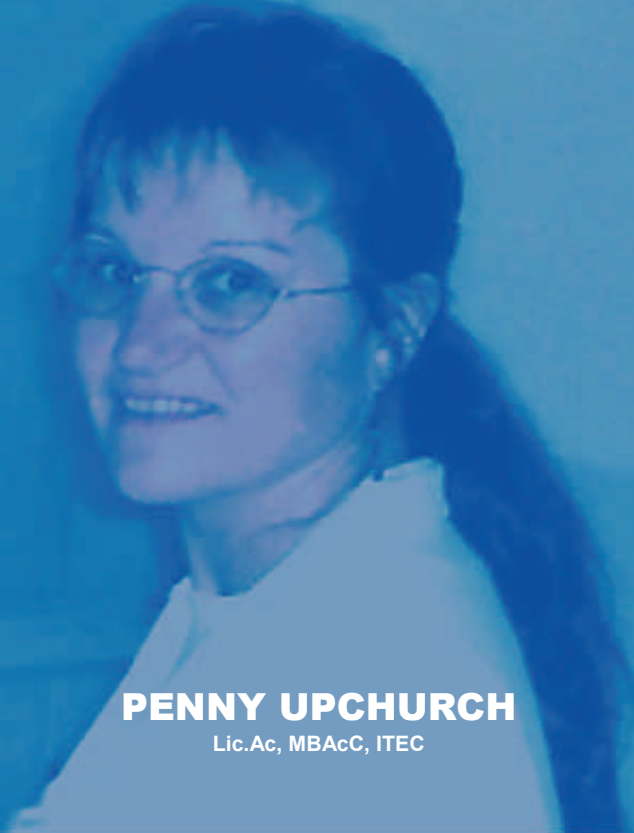
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# Acupuncture

Reflexology  
Indian Head Massage



Penny Upchurch  
Lic.Ac, MBAC, ITEC



## **PENNY UPCHURCH**

Lic.Ac, MBAcC, ITEC

Penny has been practising complimentary therapies since 1991.

Penny Qualified in **Acupuncture** in 1995. She is a **Licensed** Acupuncturist and Member of the British Acupuncture Council, which is the regulating body and which will ultimately form the basis of State Registration.

Also, since 1991, she has gained qualifications in Chinese Patent Herbal Remedies, Reflexology, Indian Head Massage, Reiki, Therapeutic massage and Aromatherapy.

Penny still advances her experience and understanding of therapies through *Continuous Professional Development*.

This leaflet provides an overview of the treatments Penny Upchurch offers from the **Belmore Centre**.

See website for more info:

Website: [www.pennyupchurch.com](http://www.pennyupchurch.com)

## **ACUPUNCTURE**

Acupuncture Is one of the best known forms of Chinese Medicine in the West. During which the acupuncturist inserts fine needles into points which lie along the channels where the vital energy (Qi) and blood flow, to stimulate the body's own healing response and help restore its natural balance.

### **The Benefits of Acupuncture**

More people are turning to acupuncture as a natural way to heal without the side effects of drugs traditionally prescribed in the West. Studies show acupuncture stimulates Endorphins (the bodies own natural painkillers) cortisol (which has an anti-inflammatory effect on the body) and serotonin (a mood enhancer).

Acupuncture is effective for a wide variety of health problems, including sleep disorders, anxiety, depression, migraines, backache, digestive complaints, arthritis, gynaecological disorders and many more.

Penny has also attended a course with Zita West on Acupuncture for assisting IVF treatment.

**By the selection of a specific prescription of acupuncture points for their condition, each individual will have a unique treatment to encourage the restoration of energetic harmony within the channels of the body.**

### **The Treatment Described**

Treatment takes place whilst patient lies on a massage table. The essentially painless, minimally invasive technique employs the insertion of fine, sterilized, disposable needles using guide tubes into specific points along the meridians. Patients may experience a warm, heavy or tingling sensation, all of which are normal. Together, the patient and practitioner discuss the goals for treatment and how many visits may be necessary.

## **Electro-acupuncture**

Use of electro-acupuncture may be used if the patient presents with pain.

Electro-acupuncture is a form of acupuncture in which acupuncture needles are attached to a device that generates continuous electric pulses, generating a small electric current that flows between pairs of needles.

**The main concern of Acupuncture is 'Treating the Person, not just the disease'.**

## **CHINESE PATENT HERBAL REMEDIES**

Penny is qualified to prescribe Chinese Patent Herbal Remedies alongside Acupuncture. Chinese Patent Herbal Remedies are a traditional element of Chinese medicine, their use can be traced back to 500BC.

This is a convenient way to take herbal remedies in pill form (sometimes called 'tea pills') and is typically prescribed to supplement deficient conditions, and to help prevent colds and so on.

The main advantage of the tea pills is their potency due to being easily absorbed into the system, resulting in a prolonged effect. This in turn can help reduce the number of acupuncture treatments required to benefit ones health.

Regulation: The Chinese Patent Herbal Remedies are all certified as regulated by Good Manufacturing Practice (GMP).

**FREE 15 minute consultation and advice offered prior to treatment. Simply Book your appointment at the Reception desk or by phone.**