

equilibrium
for mind, body and spirit

British
Acupuncture
Council

Mandy Laing B.A. (Hons), Lic. Ac., MBAcC

Tel: 01244 399328

email: mail@acupuncture-cheshire.co.uk website: www.acupuncture-cheshire.co.uk

Clinic hours, here at Leaf are Wednesdays 10am-9pm.

Spring 2011

News from Equilibrium for Mind body & spirit

On Thursday 3 February the Chinese Year of the Rabbit began. After the tumultuous Year of the Tiger, how pleasant to meet the rabbit. The Chinese Character describes a small furry animal with a weak back, hence it is also known as Hare or Cat, and this year is characterised by the qualities of harmony, peace, good taste, and refinement. It is a time of gentle indulgence and easy living.

That sounds just what we all need! Some peace and harmony... I don't know about you, but life's pressures can take a toll on us all in one way and another. It's a constant battle to juggle work, family etc. and keep ourselves healthy and happy, all at the same time.

What I love about Five Element Acupuncture is that your Practitioner will support you with your daily challenges, whether that is a physical or emotional problem. My focus is to look for the root of any current problems as well as identifying any potential areas of weakness. Ensuring treatments are based on what the patient needs are (mind body and spirit) not just the symptoms. Often people find that this approach goes beyond the temporary alleviation of current symptoms as it helps an individual discover a greater sense of self. Having regular treatments can feel like a journey of self discovery and enables us all to love ourselves and achieve our personal goals and dreams.

Can Acupuncture cure YOU?

Not sure if you saw Zest article last December about the benefits of having Acupuncture?

Currently over 3 million of us are now turning to Acupuncture every year. In some areas of the country, Acupuncture is available on the NHS for back pain. The Zita West clinic (London) boasts a 76.9% success rate in regards to treating patients for infertility with Acupuncture. In professional sport, Acupuncture has become almost as de rigeur as physiotherapy. Andy Murray and Paula Radcliffe are big fans. The 2010 Winter Olympics, had their very own on-site Acupuncturist (Next year watch this space - it might be me in London 2012!)

For more information about Zest visit: www.zest.co.uk

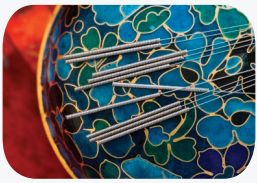


Happy and Healthy in 2011

1. Believe in yourself and follow your dreams! (it's never too late)
2. Identify and address the problem areas in your life –get rid of them - live freely!
3. Love and nourish all the precious things you have in your life... Always count your blessings!
4. Follow an exercise routine you enjoy (and do it as much as you can)
5. Reduce/manage your stress levels. Why don't you give Yoga a go?
6. Schedule in 'rest periods' as we all need to chill and recharge our batteries!
7. Eat all your fruit and veggies and drink lots of water (your body will be made up!)
8. Have fun!
9. Take risks... (go on be a devil!)
10. Be kind to yourself, Be true to yourself and remember you're the best!

To find out more about what Acupuncture can do for you...visit my website www.acupuncture-cheshire.co.uk or telephone me on 01244 399328. Clinic hours, here at Leaf are Wednesdays 10am-9pm.

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Testimonials – Equilibrium 2010

Mandy took a really conscientious and caring approach to my symptoms, looking for the root cause. I was pleased with the noticeable improvement in my symptoms and Mandy's commitment to my well-being. Her interest and enthusiasm for acupuncture is evident and I would not hesitate to recommend her.

Julie, Chester

I approached Mandy to help me with acupuncture as I was preparing to become a bone marrow donor for my sister. As I was new to acupuncture, Mandy's treatments went at the pace that I was comfortable with. I found her easy to talk to and she helped me to get to the root of my problems. I had treatment and within a few sessions things had changed for the better.

Yula, Chester

I started acupuncture with Mandy to see if it would help my eczema. Although at first I was little apprehensive about the treatment, Mandy soon put me at ease. Not only have the sessions improved my eczema, I feel much calmer and less stressed. This has really helped at work and my life in general. I really look forward to my appointments with Mandy. After a chat to assess how I am feeling, she then chooses the right acupuncture points to leave me feeling fantastic. I couldn't recommend Mandy and her treatments highly enough.

Aileen, Chester

Since having a mere two sessions I've noticed such a massive improvement in my whole wellbeing, energy levels and reduced symptoms that I seriously think Mandy is a miracle worker! It's been like coming awake after a long hibernation. Mandy is so warm and welcoming, yet professional and I felt at ease straight away with her. Thank you, I can't wait for more.

Deb, Chester

As someone who dislikes even taking paracetamol this was a welcome alternative. Mandy is very perceptive, dedicated and skilled Practitioner who listens and assesses the needs of the patient as part of a continuous programme of treatment. The actual Acupuncture has a mystical quality affecting the body as a whole and is difficult to explain but the end results are quite simply remarkable. 5* Highly recommended.

Steven, Chester

I was struggling with a persistent knee injury that was preventing me from running and taking long walks. With some scepticism I started the acupuncture sessions but, after only four consultations, the problem had disappeared and I'm fully fit and active again. It has been a revelation to witness the success of the treatments, allied to the wide ranging, detailed and well-informed advice and guidance that has boosted my overall well-being. I cannot recommend Mandy's work highly enough.

Roland, Chester