

February  
2007

# Your Acupuncturist

Issue 1

*Special  
Interest  
Articles:*

- Fertility and IVF
- Proof Acupuncture works
- Marvels of Green Tea

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Highlights:*

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consultation

*Gisela Norman*

## 21 Years in Practice ... CONGRATULATIONS !

Welcome to my first newsletter. As a way of celebrating 21 years in acupuncture practice, I would like to pass on to you some health information and interesting news items. On the back page you will find an offer for discount on treatment as a way of saying thank you.

This first edition includes items on diet and lifestyle, as well as some background on Chinese medicine and other subjects of interest.

I often give this range of information to my patients on an individual basis. I hope the items in this newsletter will help inform

you of some of the risks and benefits of lifestyle choices.

I want it to help give answers to patients' questions, support the practice of preventative medicine and to help each of us take care of our own health and well being. Yours in good health,

*Gisela*



*The symbol for 'Qi'  
The life force energy*

## New Practice in Chippenham

From April 2006 I started working from the Park Lane Practice in Chippenham and am there on Wednesdays and Fridays.

I have published in The Honeycomb, a community magazine for ten villages, articles on colds and flu, hay fever and how to make New Year resolutions work. They are available separately by request.

The articles give self help tips for conditions that can be debilitating for people living and working in the countryside. New research indicates that regular sessions of acupuncture and daily doses of Chinese herbal remedies may help ease the burden of seasonal

allergies and infections.

I have been busy giving talks on Chinese medicine to groups such as Madame Mayor's Pensioners Group, Alzheimer's Society and Diabetes UK. I have been complimented by how they have been really interesting and quite entertaining.

If you would like me to give a talk to your group or organisation, please contact either practice in Bristol or Chippenham.

**The Park Lane Practice  
70d Park Lane  
Chippenham  
Wiltshire SN15 1LW**

**Call: 01249 655 088**

*"I have found Gisela to be incredibly skilled in all her treatments. They make me feel physically and emotionally balanced.*

*I am a qualified doctor of medicine and Gisela has integrated her Chinese philosophy into my understanding of western treatment. Her approach shows that the two approaches can happily co-exist.*

*Overall I have found Gisela's sessions massively useful, she offers immediate relief from the pain of a long term back injury and provides emotional and lifestyle guidance."*

**Dr Charlotte Holliday**

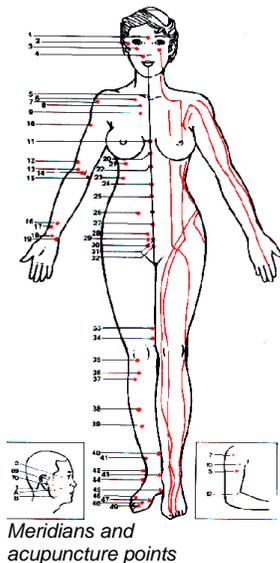
*"Having suffered nine miscarriages I was, to say the least, sceptical when my mum suggested I see Gisela and try acupuncture. If today's modern drugs couldn't help me then what could a few needles do?"*

*However 15 months later, and a 7 week old baby girl later, I am a total convert to the 'powers' of acupuncture! Nobody will ever be able to convince me that it wasn't acupuncture which is responsible for my little girl being here today."*

**Nicola Livitt, Hanham**



*"I definitely didn't believe in acupuncture before I started. I've had a few treatments to clear long term headaches. I am so much better now – I've been converted!"*  
Mary Derrick, Malmesbury



Meridians and acupuncture points

## Acupuncture boosts IVF success

Women undergoing fertility treatment could have their chances of success boosted by acupuncture.

German researchers said they have increased success rates by almost 50% in women having in vitro fertilization (IVF).

The theory is that acupuncture can affect the autonomic nervous system, which is involved in the control of muscles and glands, and could therefore make the lining of the uterus more

receptive to receiving an embryo. A report published in the journal *Fertility and Sterility* found the pregnancy rate in the group receiving acupuncture was 42.5%, compared to 26.3% of the group which did not receive the therapy.

The study was of 160 women undergoing IVF; half received standard IVF, while half were given acupuncture treatments before and after.

## SEX & CHOCOLATE

Women who eat chocolate frequently report greater sexual function and sexual desire than women who eat it rarely, according to an Italian study presented at a December meeting of the European Society of Sexual Medicine.

## More proof that acupuncture works

It has been proven that real acupuncture directly stimulates the area of the brain that manages pain and the nervous system in a way that just applying pressure to the skin does not. Although many clinical studies have clearly shown the value of acupuncture in treating various diseases and relieving many different symptoms, this is one of the few studies showing how the brain responds to acupuncture needling. This study specifically also demonstrates that the effect of true acupuncture

is independent of whether the person does or does not believe it to be effective. (*NeuroImage 2005*)

## ELEPHANT GETS ACUPUNCTURE

A two and half tonne elephant in Singapore Zoo has been receiving acupuncture for a long standing leg injury. After a few treatments she is reported to be more mobile and able to bend her leg better. The Vet treating her has previously used acupuncture to awaken an orang-utan

from a coma, heal the broken leg of a cheetah and revitalise a python.

## Acupuncture for Chronic Back Pain

An analysis of 33 randomised control trials of acupuncture concluded that it can effectively relieve chronic back pain. It was found to be more effective than using fake acupuncture points and no additional treatment. (*Annals of Internal Med, Vol. 142*)

## Essential oils treat super bugs

Three essential oils have been found to destroy the MRSA 'super bug' and E.coli bacteria within two minutes, two of them acting almost immediately. The researchers believe the oils could be blended into hygiene products such as soaps, shampoos and hand-washes to help eradicate the super bugs from hospitals. The Department of Health has

indicated it plans to fund further research into the possible benefits of essential oils. Although the oils in the test were not revealed because of commercial sensitivities, tea tree is likely to be one of them. Other possibilities include eucalyptus, geranium and lavender oils. Around 1,000 people a year die from MRSA infection.

## Garlic and Common Cold

In a randomised, double-blind study, 146 healthy volunteers were given either a garlic supplement or a placebo for 12 weeks. The number of colds was significantly lower in the garlic group and the duration of colds was reduced. (*Adv Therapy 2001*)

## Green Tea: Alzheimer's, Breast Cancer, Diabetes & Leukaemia

An ingredient of green tea (EGCG) has been found to significantly reduce production of an Alzheimer's related protein, which can accumulate abnormally in the brain and lead to nerve damage and memory loss. The reduction in the protein was found in both cell cultures and mouse brains. (*J. Neurosci* 2005)

Twenty smokers who drank green tea for four weeks showed improvement in markers of atherosclerosis, fatty deposits in the arteries. (*Clin Biochem* 2005)

Following reports of studies carried out at the

Mayo clinic, Rochester, Minnesota which found that EGCG was able to kill cancer cells in vitro from patients with chronic lymphatic leukaemia (CLL). Four patients with low grade B-cell malignancies who were attending the clinic independently started taking over the counter EGCG products. Now the clinic reports that three of these have shown clear improvements with regression in their cancer. Although spontaneous remission is occasionally observed in individuals with low grade B-cell malignancies, such events are rare.

A National Cancer Institute sponsored trial of decaffeinated green tea

extracts for patients with early stage leukaemia opened at the Mayo Clinic in August 2005. (*Leukaemia Research* online)

An analysis of 13 separate studies has indicated that women who have the highest intake of green tea have a 22% lowered risk of developing breast cancer compared to women with the lowest intake. The evidence for the benefits of black tea and breast cancer are not so clear. (*Carcinogenesis* 2005)

Green and black tea fed to rats for three months had a blood-sugar reducing effect and inhibited the development of diabetic cataracts. (*J. Agric Food Chem.* 2005)

## Alcohol and Dementia

The great Chinese herbalist Li Shizhen said "Spirits and wine when drunk in the proper amount can regulate blood flow, promote circulation of Qi, invigorate the mind and keep out the cold". Now a new study has found that older women who consumed one alcoholic drink a day had a 20% reduced risk of cognitive impairment, compared to women who abstained. (*New England Journal of Medicine*, vol 352).

## Children's Health

### Mould & Asthma

Exposure to mould and dampness in homes doubles the risk of asthma development in children according to a study of 1,984 Finnish children aged 1 to 7 years over a six year period. The study focused on four indicators of moisture or mould in the home, including mould odour, visible mould, visible moisture and history of water damage. (*Environ Health Perspectives* 2005)

### Fish Oils & Children's Development

Children suffering from dyspraxia (developmental co-ordination disorder) improved dramatically when their diet was

supplemented with fatty acid rich fish oils. 117 children aged 5 to 12 in UK schools who were underachieving and showing learning and / or behavioural disorders were fed supplements of fish oils or olive oil (as placebo) for three months. Although there was no effect on motor skills, there were significant improvements in the fish oil group in reading, spelling, concentration and behaviour (the last two improved to the same degree as achieved with drugs like Ritalin). Similar changes were seen in the placebo group when they were later given fish oils. The children who continued with active treatment after the first

three months maintained or improved their progress. (*Pediatrics* 2005; 115)

### Acupuncture in School

A school in Somerset is offering acupuncture to pupils identified as suffering from anxiety and stress, ADHD and problems controlling anger. The project, at a 900 pupil Stanchester Community Comprehensive School, is entirely voluntary. The pupils who are offered treatment almost always go for the needle option, as opposed to a milder electromagnetic pen treatment. They love to learn the Chinese names of the points and report positive changes to general wellbeing and ability to control stress and anger.

"Several years ago I use to suffer terrible migraines and became bed bound. I was prescribed the strongest possible medication. My husband suggested acupuncture. As someone who lived in total fear of needles I dismissed the idea totally! However he booked me a course of treatment as a birthday present.

I still suffer with migraines, but they are less frequent, nowhere near as bad and the strength of my medication has dropped dramatically. Now when I go for treatments, Gisela also eases other aches and pains. She has also helped me greatly when I was dealing with a family bereavement. I would 100% recommend anybody to consider acupuncture for any reason."

**Diane Gaull, Kingswood**

**Gisela Norman**  
RMN Lic Ac MBAcC

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## Your Acupuncturist - Update

Some exciting news is that Gisela has been invited onto a national body, which are producing guidelines for integrating complementary medicine into mainstream NHS mental health services.

Gisela is representing the British Acupuncture Council on the Prince of Wales Foundation for

Integrated Health, which leads a multi-disciplinary steering group part funded by the Department of Health.

Extensive feedback from a consultation period has given the steering group a range of good practice and patient experience of using complementary healthcare in mental health settings. The

feedback has gone into developing national guidelines. These guidelines will be for NHS managers who fund and provide mainstream mental health services. The priority of the project is for patients to have improved access, availability and choice of complementary healthcare.

### Update Continued .....

Gisela has continued to update her practice skills, which includes relaxing facial rejuvenation treatments, which slow down the visible signs of aging.

Gisela has been able to pass on extra knowledge

to her patients from having attended an exciting workshop with Zita West, a renowned midwife & acupuncturist, on treating fertility with acupuncture. Gisela's experience continues to grow with good results.

Gisela took part in a Sports Medicine course to treat chronic injuries and using first aid. Extensive examination of joints, ligaments and muscle strains all featured. Watch out – Gisela will be advising more exercises now!

## About Gisela Norman – Your Acupuncturist

Gisela Norman is a registered nurse and a member of the British Acupuncture Council. She has been in acupuncture practice since 1986 and has post graduate training in Chinese herbal remedies, Qigong and gynaecology.

Gisela is trained in Reiki, a form of hands on healing.

Through building an extensive practice, Gisela has gained a wealth of experience treating a complete range of physical and mental health conditions.

She has also developed successful weight loss and smoking cessation programmes. Gisela has much experience in treatments for stress, anxiety, gynaecological and fertility complaints, and in particular menopausal symptoms.

### INTRODUCE A FRIEND OFFER!

Introduce a friend for an acupuncture treatment or a Reiki session and you will both get a £5 discount.

Give this voucher to your friend to bring for their first treatment. Bring your slip and receive your discount on your next session.

#### Your Details

Name:  
Address:

Date:

#### Your Friends Details

Name:  
Address:

Date:

Valid until end of May 2007 Vouchers may be used at either Practice

**STOP SMOKING WITH ACUPUNCTURE -  
PREPARE NOW FOR THE BAN STARTING THIS JULY**

### Prescriptions for Colds & Flu NOW available

The winter season is here! Now is the time to have acupuncture to keep well and to build your immune system, which will prevent colds and flu. It is a good time to give yourself treatment to clear those aches and drive the cold and damp out of your joints.

Contact Gisela for information about a range of good quality herbal remedies that will treat influenza from mild to severe cases.