

pulse diagnosis

reveals the internal quality of your
blood, qi and bodily fluids

what happens in a consultation?

The first session will last approximately 1.5 hrs, during this time we will talk about your medical history and current state of health from a physical, emotional and mental point of view.

Your pulses, in Chinese medicine terms, reveal the internal state of your Blood, Qi (vitality) and Bodily Fluids, as does your tongue, therefore, during the consultation your pulse and tongue will be observed. You will also receive an acupuncture treatment.

Follow-up sessions will include acupuncture, dietary and lifestyle advice.

We will work together during a course of treatment to achieve optimum health for you.

initial consultation & treatment: £48

acupuncture sessions (1hr): £37



Wendy Morrison *Lic.Ac. BSc(hons), MBAcC*

THE PRACTITIONER: Wendy Morrison has a BSc(hons) degree and Licentiate in Acupuncture and is a member of the British Acupuncture Council. She has a special interest in food as medicine and is qualified and insured to give dietary recommendations within the principles of Traditional Chinese medicine and the Five Elements. She is the Editor and Founder of the seasonal Five Flavours magazine (please see website for details).

Her visit to Hangzhou TCM Hospital, Eastern China, in September 2010 provided her with a wealth of clinical experience.

Her personal interests include Zen Buddhism, hill walking, salsa dancing and singing.

Clinics:

MON: Nature's Larder, Ivybridge

TUES: Kingsbridge Chiropractic, Kingsbridge

WED: Chelston Well-Being Centre, Torquay

THUR: Fountains for Health, Teignmouth

FRID: Wren Cottage, Buckfastleigh

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www.wendymorrison-acupuncture.co.uk

www.five-flavours.co.uk

The point is.....

Acupuncture Works!

www.wendymorrison-acupuncture.co.uk

**invest in your health
.....because you're worth it**

preventionis better than cure

acupuncture is drug free

...food is our most powerful medicine

the three doctors story

The story tells of a Prince who dies, and a doctor happened to be passing-by and brought him miraculously back to life! The King was obviously over the moon about this and said to the doctor "you must be well-known throughout the kingdom for your incredible medical skills". The Doctor answered "I am the youngest of three brothers who are all doctors. My eldest brother prevents illness by advising on appropriate food, exercise and lifestyle for his patients - he is the most famous throughout the kingdom. My middle brother cares for his patients with acupuncture and herbs to rebalance them back to good health when they become ill, and he is the next most renowned. I am simply a surgeon who is called upon when all else fails, therefore I am the least famous".

The moral of the story is that the first two doctors are how **Chinese Medicine and acupuncture help prevent dis-ease** in the body and the third doctor, the surgeon, is how Western Medicine works best. **There is a need for both types of medicine.** Maintaining your health is of paramount importance, however if you become unwell, acupuncture can be beneficial. Only when these preventative methods are insufficient, is western medicine called upon, which includes the powerful pharmaceutical drugs and surgery.

We take good health for granted, until it fails us. With a little forethought our health can be maintained for many years to come.

- **Tired and lethargic?** simple changes in our diet and a course of acupuncture can rebalance our body back towards good health and... can make a real difference to the spring in our step.
- **Aches & pains?** the best time to address them is BEFORE these problems become a real pain! Resorting to pain killers masks the problem. Pain and discomfort is the body's natural way of saying listen to me. It whispers first, then speaks louder and then shouts!
- **Depression and mood swings** - are signs that your body is under stress. Taking the first step toward taking control of your own health and well-being is often the most important step you can take.
- **Headaches, menopausal & menstrual problems,** can make life a misery, therefore why put up with feeling miserable?
- **Stress** causes a myriad of health problems such as **high blood pressure, coronary heart disease, diabetes and stroke.** Failing to take care of your health by eating healthily and taking heed of what your body is saying to you, could mean the difference between a long and healthy life or a shorter one hindered by ill-health.



When asked whether cooking was a branch of medicine, G.I. Gurdjieff paused then replied that actually "Medicine is a branch of cooking".

in Japan
SUGAR
is known as
the white
poison

Old Chinese Proverb:
'the Stomach doesn't have teeth'

food
cravings
provide
important
clues!