

The Berkshire MS Therapy Centre

The Berkshire Multiple Sclerosis Therapy Centre is an independent local charity.

The Centre provides a wide range of information, support and therapies, aimed at improving symptom management and quality of life to people with MS and their carers, throughout Berkshire and the surrounding areas.

Our core therapies include:

- Physiotherapy
- Counselling
- Yoga
- Oxygen Therapy

With our purpose built Centre, we also offer a much wider range of complementary therapies such as:

- Massage Therapy
- Spinal Reflexology
- Chiropody
- Acupuncture
- Acupressure
- Reiki
- Reflexology



Berkshire Multiple Sclerosis Therapy Centre

Bradbury House
23a August End
Brock Gardens
Reading
RG30 2JP

T: 0118 901 6000

F: 0118 901 6001

E: ms@bmstc.org

www.bmstc.org



Charity No. 800419



Acupuncture

What is acupuncture?

So what is Acupuncture?

Acupuncture is part of the healing method of ancient Chinese medicine. To fully understand something of how these physicians view the world and the body.

First of all the ancient Chinese physicians did not view the body as something absolutely solid - a frozen, unchanging sculpture- or as a machine. Rather they saw it as an expression of a deep vitality that is in constant ebb and flow within itself as well as in exchange with its environment. This vitality can become unbalanced - either through emotional strain and modern stresses or through a myriad of environmental factors.

The human body, they said, is much more like a garden than a machine. As any gardener knows you can get away with occasionally not weeding or feeding or pruning or any of the many tasks we perform as gardeners but, if you leave things too long, pests and weeds start choking out the plants that were placed there with so much care in the first place.

If things are left too long, a state of imbalance occurs and in the human body, just as in the garden, that expresses itself as a disease, pain and discomfort.

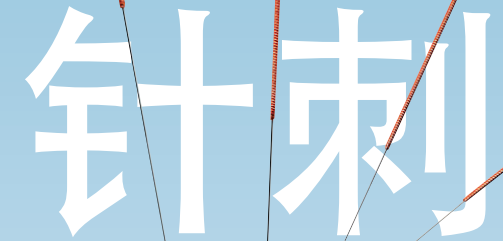
The job of the acupuncturist is to assess the imbalance and rebalance this vitality, which the Chinese call Qi (pronounce Chee). Once the acupuncturist has established the 'landscape' of he imbalance he/she then seeks to restore balance to this flow of vitality by inserting needles as fine as a human hair in some of the many acupuncture points in the body.

Does it hurt?

If you take one strand of hair from your head and pluck it out there is a short lived 'ouch' sensation. Acupuncture is just like that, you feel it as the fine needles enter your body and then, while the needles remain in place for about twenty minutes or so, you don't feel it again after that initial entry.

What if I really hate needles?

Because so many people in the West have phobias about needles that often stem from a childhood trauma, acupuncturists have worked with scientists to develop ways of using the same principles without the necessity of inserting needles.



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Accupuncture at the Therapy Centre

**The acupuncturist at the Centre is:
Ron Piercy.**

**He is available by appointment on
wednesdays and thursday between 1-4pm**

**Ron also practises Acupressure and Reiki
and can often incorporate this within the
session.**

**FOR MORE INFORMATION
ON ACUPUNCTURE, ACUPRESSURE
AND REIKI AT THE CENTRE, OR
TO ARRANGE AN APPOINTMENT,
CONTACT US ON:**

**t: 0118 901 6000
e: ms@bmstc.org
w: www.bmstc.org**