

Acupuncture Works!

Not convinced? Meet Lucy, who is a local girl with a passion for healing.



On our first meeting, her enthusiasm for acupuncture is obvious. We talk about what types of conditions she works on in her clinic and what traditional acupuncture is able to do. I am

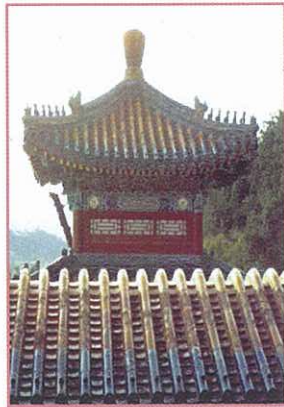
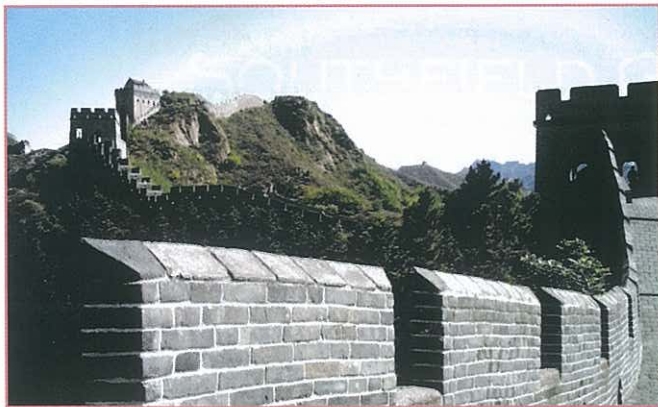
surprised at the range of different conditions she treats on a daily basis, having wrongly assumed that acupuncture was used mainly for pain related problems. "People come in with a variety of conditions" says Lucy. Some of the types of problems she has worked with are fertility issues, migraines, insomnia, back pain, arthritis, sciatica, chronic fatigue and stress. "Acupuncture is a part of traditional Chinese medicine, which is an entire medical system. By looking at the body in a totally different way we can focus on the root cause of the problem as well as the presenting symptoms, offering a 'whole body' approach to wellness," says Lucy. The growing body of evidence-based clinical research showing that traditional acupuncture can treat a range of conditions, the increased use of acupuncture within the NHS and the growing numbers of people using acupuncture are making it a subject well worth talking about.

Lucy has gone around the world to learn as much as she possibly can about this ancient medicine. She gained a 1st class BSc (hons) in Acupuncture before travelling to China to study in some of the hospitals in Beijing. She describes it as a 'whirlwind experience' and one that she will never forget. What really



interested me about the hospitals out there was the integration of Western and Chinese medicine. People were offered the best solution for their health problem, whether it was Western medical treatment, Chinese herbs, acupuncture or tuina (Chinese remedial massage therapy). The results that were achieved with this 'partnership of medicines' were truly incredible," explains Lucy.

Since then, she has been around the world and back, setting up clinics in Guatemala and Honduras before returning to the UK and building up a successful practice in Oxford. She currently works from two clinics in Headington and Wheatley,



where she offers daytime, evening and weekend appointments.

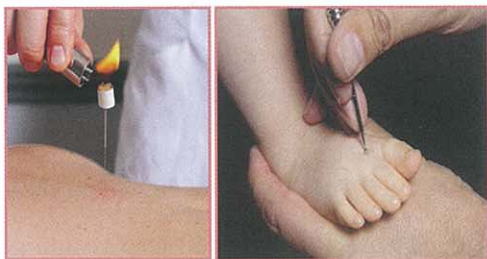
She is planning a trip to the Middle East this year to take part in a charity acupuncture project, whereby she will donate 2 – 3 weeks of her time and expertise to help people living in poverty. She will be working through World Medicine, which is a charitable organisation providing alternative healthcare to people around the world suffering the effects of trauma, disaster and poverty.

She is fully qualified, registered and a member of the British Acupuncture Council. She is trained in the use of acupuncture, acupressure massage, cupping, moxibustion, electro-acupuncture and tuina for children (Chinese medical treatment without needles).

Lucy feels as passionate as ever about what she does.

"Acupuncture never ceases to amaze me with its capacity to not only heal people,

but to change their world. Helping people get better is the most rewarding thing I've ever done, and acupuncture is the most effective therapy that I've ever come across."



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