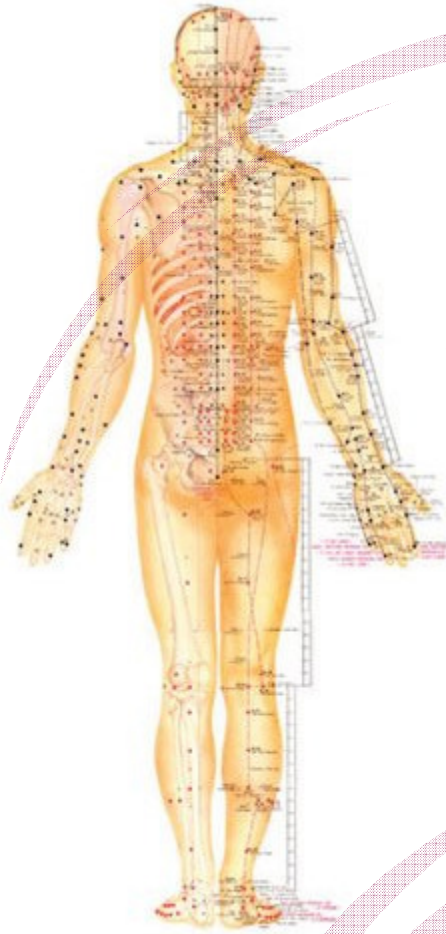


# Acupuncture with Tim Knight.



The goal of Acupuncture and Chinese Medicine is to restore and strengthen the body's own natural healthy balance of Vital Energy, *Qi* (pronounced 'chee'). By inserting **very fine needles** into specific points on the channels, acupuncture strengthens the constitution, alleviates stress & balances emotions, thus addressing the underlying causes of acute & chronic dis-ease. In this way it has the great potential to increase quality of life and restore health.

With over 2000 years of history, and now the 2<sup>nd</sup> largest Health system in the world, Chinese Medicine has helped millions of people worldwide.

We would like to offer you the opportunity to experience some of this age-old wisdom.....

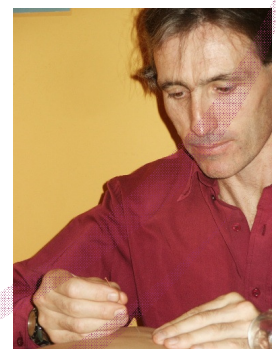
## *"Cupping" therapy*



## *Treatments- what can you expect?*

Consultation & diagnosis followed by one or more of:

- acupuncture
- moxibustion or "moxa" – smouldering dried mugwort to provide warmth & increase blood flow in the channels, points or joints.
- "Cupping" therapy – aids toxin withdrawal, boosts circulation
- "Guashi" = scraping therapy, aids toxin elimination and boosts circulation.
- dietary and lifestyle advice.



Tim – acupuncturist

With 12 years experience as a Martial Arts Instructor and Complementary Therapist, Chinese Medicine was a natural progression for Tim – he is fully qualified and registered with both the Allied Health Association of South Africa (AHPESA) and the British Acupuncture Council (BAcC).

Rates: Full consult + 1<sup>st</sup> treatment: (60-90mins) R300 - R380

Follow-ups: (40-60mins) R280

Weight loss/stop smoking : (30-45mins) R200 (3 sessions recommended)

Coming soon : Facial Rejuvenation Acupuncture