

## Text 1

# WESTFIELD CENTRE FOR HEALTH AND WELL-BEING

## Information Sheet 1

## Acupuncture

### What is Acupuncture?

Acupuncture is an ancient form of healing that can be traced back over 2500 years and has long been the dominant form of healthcare in many Eastern cultures, such as China.

According to Chinese medicine theory, qi (a form of vital energy) circulates throughout every living organism in channels called meridians and each meridian is connected to muscles, nerves, vessels and specific internal organs and organ systems.



*Acupuncture encourages relaxation*

In a healthy body, qi is abundant and flows smoothly but disease or illness causes an imbalance or blockage of these channels. By stimulating specific points along the meridians with fine needles, this flow of energy is redirected to rebalance qi and relieve tension, stress and pain. Acupuncture is a safe, effective and chemical-free way to promote the body's natural self-healing abilities.

### How does Acupuncture work?

Acupuncture is a holistic health therapy which focuses on the root cause of the disease. It stimulates the body to produce its own natural opioids (which reduce pain and encourage relaxation) promoting self-healing.

Inflammation is the basis of many modern diseases and studies have revealed the anti-inflammatory effect of acupuncture.

Acupuncture regulates heart rate and blood flow and has an antiarrhythmic effect. Also, the stimulation of particular acupuncture points assists the treatment of hypertension.

### What does Acupuncture treat?

Acupuncture can benefit a range of medical disorders, for example migraine, arthritis, insomnia, obesity, anxiety and heart disease.

**Contact Westfield Centre for more information or to book a consultation**  
email [appointments@wchw.coz](mailto:appointments@wchw.coz)

### **Glossary**

Antiarrhythmic: prevents or alleviates heartbeat irregularities.

Holistic: relating to the treatment of the whole person, not just symptoms.

**Text 2**

## THE ACUPUNCTURE CHRONICLE

### Situations Vacant

The Westfield Centre for Health and Well-being (WCHW) is looking for an **Acupuncturist** to join its busy team of complementary therapists. The Centre is situated in Ullsborough and offers a range of therapies including reflexology, reiki, aromatherapy, yoga, massage and acupuncture. We require a second acupuncturist to cater for our growing clientele.

Applicants will be fully qualified to degree level (BSc) with at least one year's experience as an acupuncturist.

#### Responsibilities

- Carry out an initial consultation with each patient to assess health and plan treatment.
- Conduct one-to-one 45 minute sessions.
- Explain diagnosis and treatment and respond to questions.
- Incorporate other treatments, eg electro-acupuncture and Chinese herbs.
- Keep patient and financial records.

The successful applicant must be comfortable with physical contact, have good listening and communication skills and be able to put patients at ease. You will be empathetic<sup>1</sup>, non-judgemental and well organised.

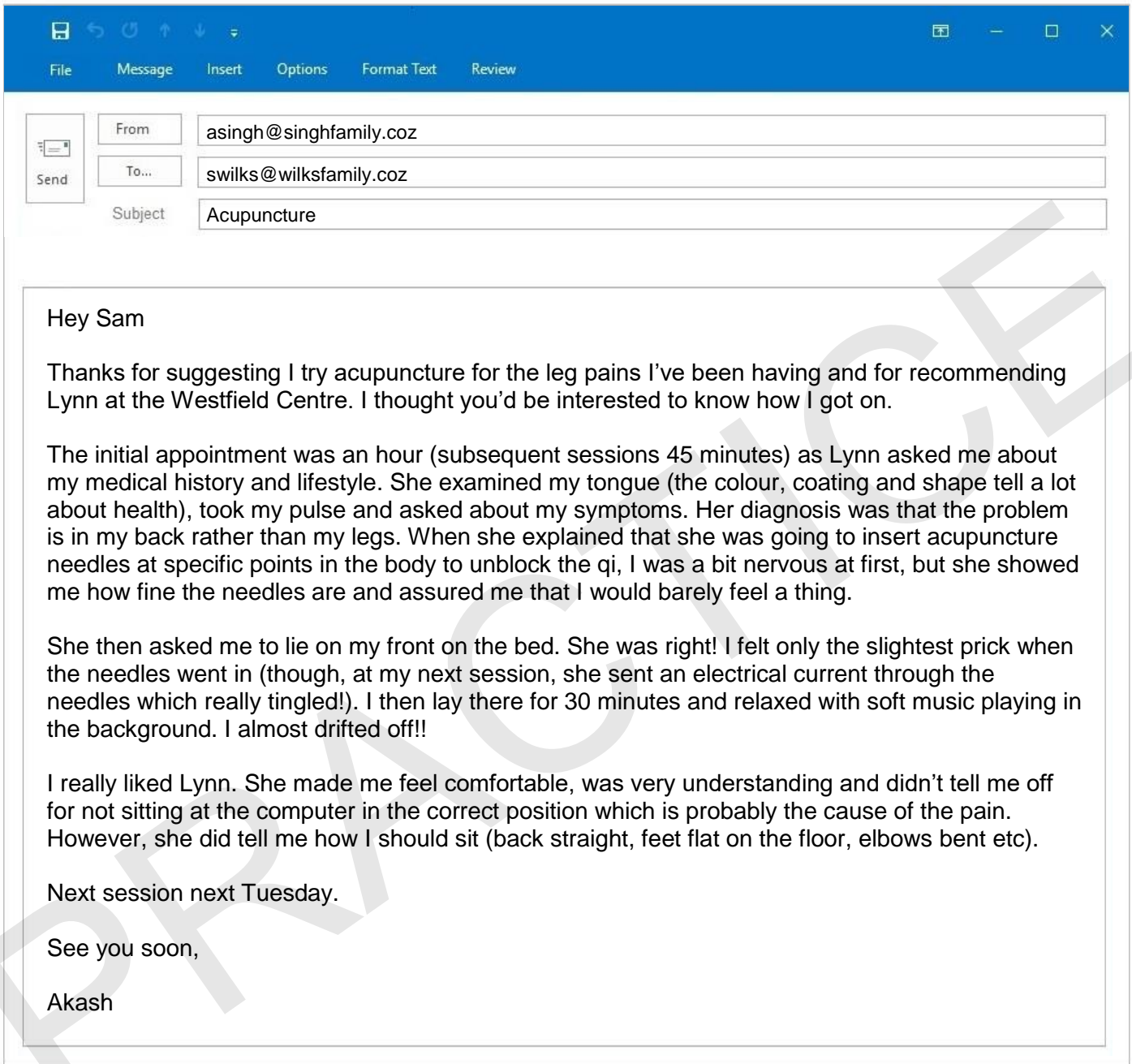
All our therapists are self-employed. You can expect to earn £40 a session (£50 for the initial consultation) 10% of which pays the room rental. Some evening and weekend work is required and some patients may prefer to be treated at home. Otherwise, working hours and location are flexible.

The ability to offer an additional area of expertise such as another therapy would be an advantage, though not a requirement. Continuing professional development (CPD) to keep up-to-date with new ideas is strongly recommended. A uniform is not required.

Applications should be made in writing to WCHW, Ullsborough, U2 6JK by the end of this month.

<sup>1</sup> Able to understand and experience what another person is feeling

### Text 3



The screenshot shows an email client window with a blue header bar containing icons for file operations and a menu bar with 'File', 'Message', 'Insert', 'Options', 'Format Text', and 'Review'. The email header fields are: 'From' (asingh@singhfamily.coz), 'To...' (swilks@wilksfamily.coz), and 'Subject' (Acupuncture). The main body of the email contains the following text:

Hey Sam

Thanks for suggesting I try acupuncture for the leg pains I've been having and for recommending Lynn at the Westfield Centre. I thought you'd be interested to know how I got on.

The initial appointment was an hour (subsequent sessions 45 minutes) as Lynn asked me about my medical history and lifestyle. She examined my tongue (the colour, coating and shape tell a lot about health), took my pulse and asked about my symptoms. Her diagnosis was that the problem is in my back rather than my legs. When she explained that she was going to insert acupuncture needles at specific points in the body to unblock the qi, I was a bit nervous at first, but she showed me how fine the needles are and assured me that I would barely feel a thing.

She then asked me to lie on my front on the bed. She was right! I felt only the slightest prick when the needles went in (though, at my next session, she sent an electrical current through the needles which really tingled!). I then lay there for 30 minutes and relaxed with soft music playing in the background. I almost drifted off!!

I really liked Lynn. She made me feel comfortable, was very understanding and didn't tell me off for not sitting at the computer in the correct position which is probably the cause of the pain. However, she did tell me how I should sit (back straight, feet flat on the floor, elbows bent etc).

Next session next Tuesday.

See you soon,

Akash