Sunday People (web)

Beat the Blues with Traditional Acupuncture

Acupuncture is a tried and tested system of traditional medicine, which has been used in China and other eastern cultures for thousands of years to restore, promote and maintain good health. Its benefits are now widely acknowledged all over the world and in the past decade traditional acupuncture has begun to feature more prominently in mainstream healthcare in the UK.

In general, acupuncture is believed to stimulate the nervous system and cause the release of neurochemical messenger molecules. The resulting biochemical changes influence the body's homeostatic mechanisms, thus promoting physical and emotional wellbeing.

Acupuncture can have a specific positive effect on depression by altering the brain's mood chemistry, increasing production of serotonin and endorphins.

Stimulation of certain acupuncture points has been shown to affect areas of the brain that are known to reduce sensitivity to pain and stress, as well as promoting relaxation and deactivating the 'analytical' brain which is responsible for anxiety and worry.

People struggling to cope with depression usually find that coming to see a supportive therapist on a regular basis is helpful in itself.

With over 3000 members, the British Acupuncture Council (BAcC) is the UK's largest professional body for traditional acupuncturists. Membership of the BAcC guarantees excellence in training, safe practice and professional conduct.

To find a qualified traditional acupuncturist, contact the British Acupuncture Council on 020 8735 0400 or visit www.acupuncture.org.uk