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Acupuncture practitioner from Nannerch tells of benefits

Mar 1 2012 by Eleanor Barlow, Flintshire Chronicle

The ancient art of acupuncture has been practised in China for thousands of years. But the healthcare system is becoming increasingly popular on this side of the world too. As the first ever Acupuncture Awareness Week is held, reporter ELEANOR BARLOW talks to a practitioner from Nannerch about the benefits of the treatment

ALTHOUGH she has always been involved in the healthcare industry, it was in Western medicine that acupuncture therapist Veronica Wrench started her career.

Veronica, who runs Nannerch-based practice The Rice Clinic, worked in the pharmaceutical industry for 20 years but when the chance came to apply for voluntary redundancy she decided to retrain and try out a new career.

"My work was taking me further and further away from home", Veronica said.

"I decided to take the chance and go on a three-year full-time course in traditional Chinese medicine acupuncture.

"I have always been fascinated with living things but it wasn't until the final year of my course that I really believed I could be an acupuncture practitioner.

"My background is in Western medicine, with a scientific approach, so I came full circle really."

Now Veronica, a member of the British Acupuncture Council, believes Western and Eastern medicines should work hand in hand.

She said: "The difference with the treatment I do is that it treats the person as an individual and is tailored to them specifically.

"A lot of the people I see have exhausted everything the NHS can offer them."

The treatments can help a range of conditions including mobility problems, stress-related conditions and can even aid fertility treatment and offer pain relief.

Veronica added: "Even if you don't have a specific condition to be treated, acupuncture is good for your general wellbeing.

"When it was used in China hundreds of years ago people were told to have it four times a year.

"If they had it and fell sick in that year they wouldn't have to pay for treatment, but if they had missed a session they would have to pay for their healthcare."

For more information on The Rice Clinic go to www.riceclinic.co.uk or call Veronica on 01352 741769.

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