~ Knowledge of the Great Unity –
this alone is perfection ~

• Chuang Tzu •

Traditional Acupuncture

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What is Acupuncture?

Acupuncture is an ancient system of medical practice which originated in China around 2,500 years ago.

Early Chinese physicians found that by gently needling various areas of the body they were able to produce profound changes in the physical and emotional functioning of their patients. Over the course of thousands of years a sophisticated knowledge of the mind and body evolved, detailing how disease arises, and the means by which it is treated and resolved.

The success of acupuncture in the treatment and prevention of illness has now resulted in its wide spread usage throughout the world and its endurance as a highly effective medical treament.

What happens in an Acupuncture treatment?

After the initial consultation, which usually lasts 1½ – 2 hours, an Acupuncturist will begin to treat according to the diagnosis he or she has made. Treatment involves the insertion of very fine needles into various areas of the body which harmonize the function of the internal organs. The insertion of these needles is painless, and many patients find the experience of being treated to be deeply relaxing. Sterile, single use, disposable needles are used which ensure the highest levels of hygiene and safety.

What can Acupuncture treat?

Acupuncture has been found to be highly effective in the treatment of many conditions. Some of these are:

- Anxiety
- Arthritis and joint pains
- Asthma and breathing difficulties
- Back, Shoulder and neck pain
- Bladder and urinary problems
- Chronic Fatigue Syndrome
- Depression
- Digestive Disorders
- Hayfever
- High Blood Pressure
- Insomnia
- Low energy levels
- Menstrual Disorders
- Migraine Headaches
- Muscular aches and pains
- Skin conditions
- Stress

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Who is the Practitioner?

Sean Heneghan holds a BSc(hons) degree in Acupuncture from the College of Integrated Chinese Medicine and practices an integrated Five Element and TCM style. He is also a Shiatsu practitioner, having graduated from The Shiatsu College - London, and holds a practitioner's Diploma in Qi gong Tui-na (Chinese medical massage) from the University of Westminster.

He is a member of the British Acupuncture Council which is the main regulatory body for the practice of Acupuncture in the UK, and is a registered member of The Shiatsu Society which ensures the highest standards of professionalism and clinical expertise.

Any queries regarding treatment are welcome and can be discussed with Sean on 07717 515 013

Sean Heneghan is available for clinical consultation at the following location:

24 hours notice is required for cancellations
(less than 24 hours notice will incur a charge of the full fee)