



BAcC Member
www.bacupuncture.org.uk



Lucy Jupp



Hello,

and welcome to the September issue of my quarterly newsletter. In this issue I have written about one of my patients who had a stroke and who, after a year and a half of being bed-ridden, is now starting to walk with the help of a few needles and a bit of the magic moxa!

You will also find information about qigong and evidence for its astounding effectiveness for both mental and physical health. I also wanted to thank you all for making me laugh and inspiring me with your stories and insights about the world. You make it the wonderful, inspiring, challenging, fun, rewarding and fulfilling job that it is.



The lovely Erna

Erna collapsed and was rushed to hospital in January 2010. She had suffered a stroke which affected the left side of her body. When I first saw her in July 2011, a year and a half after her stroke, she presented with the following symptoms:

- Difficulty lifting her left arm up
- Weakness of her left arm
- Difficulty moving her left leg (she could bend it very slowly and pull it towards her body)
- Weakness of her left leg
- Poor balance
- Difficulty sitting up
- Dizziness
- Depression
- Fatigue and feeling weak
- Loss of appetite



When I met Erna, she was lying in bed, unable to sit up on her own, let alone get out of bed without help. She had been like this for over a year with no improvement and described her symptoms as slowly getting worse. She looked pale, lethargic and depressed. Her goal was to be able to walk, even if it was very slowly, with the help of a Zimmer frame.

After one session of acupuncture and moxibustion (moxa) she was able to sit up in bed on her own.

After two sessions she felt stronger and better in herself, wasn't crying anymore, looked a lot brighter and had more strength in her arms and legs.

After five sessions she was eating better, feeling stronger, able to raise her left arm significantly higher than before, had better balance and didn't feel as 'giddy'.

After six sessions she is now walking around the living room. She needs two people either side of her to support her and she still doesn't feel that her left leg is strong enough to hold her weight, but she is up and walking for the first time in a year and a half. More than anything this has given her hope and with hope anything is possible (and a bit of magic moxa!). I continue to see Erna on a regular basis.

Qigong Healing

Qigong is a kind of exercise therapy/meditation that helped the ancient Chinese live to over 100 years old! The most well-known form of Qigong, Tai Chi, is practised widely in the UK. Qigong is a part of Chinese medicine, just as acupuncture, Chinese herbs and tuina (remedial massage/manipulation) are.

Qigong is the most incredible art form/meditation/healing that I have ever come across. I practise every day and it is currently the most powerful tool I have in my life. I use it to focus, de-stress, boost my immune system, balance my digestive system and to feel content, happy, relaxed and peaceful. I know that I have given many of you details of where to go to learn qigong as I truly believe it would benefit each and every one of us in so many ways. I have detailed some of the research that has been done so that you can see the incredible benefit that it could have for you.



If you wanted to go to classes, or have private lessons, I can highly recommend my qigong teacher, Isabelle Kandler. She can be reached at 01865 767647 or ikandler@talktalk.net



Research:

Qigong Effective for **Type 2 Diabetes**:

<http://care.diabetesjournals.org/content/33/1/e8.full>

Qigong Improves **Addiction Treatment Outcomes**:

<http://www.jcm.co.uk/research-archive/article/qigong-improves-addiction-treatment-outcomes-1120/>

Qigong Benefits **Neck Pain**:

<http://www.jcm.co.uk/research-archive/article/qigong-benefits-neck-pain-1541/>

Tai Chi (a form of Qigong) Better Than Stretching for **Fibromyalgia**:

http://www.worldtaichiday.org/Medical_Research_On_Tai_Chi_Qigong/fibromyalgia.html

Qigong Good for **Tinnitus**:

<http://www.ncbi.nlm.nih.gov/pubmed/20708452>

Tai Chi (a form of Qigong) Relieves **Arthritis Pain**:

<http://www.sciencedaily.com/releases/2010/11/101107202140.htm>

Tai Chi (a form of Qigong) Helps With **COPD**:

<http://www.jcm.co.uk/research-archive/article/tai-chi-helps-with-copd-1489/>

Qigong Improves **Chronic Fatigue Symptoms**:

<http://www.jcm.co.uk/research-archive/article/qigong-improves-chronic-fatigue-symptoms-959/>

Thirty Minutes of Qigong is Enough to **Improve Mood**:

<http://www.jcm.co.uk/research-archive/article/thirty-minutes-of-qigong-is-enough-to-improve-mood-958/>

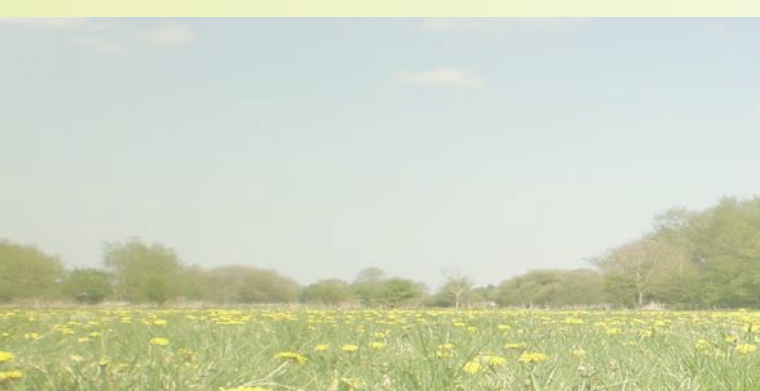
Qigong Enhances **Sleep and Psychological Wellbeing**:

<http://www.jcm.co.uk/research-archive/article/qigong-enhances-sleep-and-psychological-wellbeing-952/>

If you want to know more, please go to either of these websites below to see some of the research that has been done on qigong and its incredible benefits to our health, wellbeing and spiritual development:

<http://www.jcm.co.uk/research-archive/qigong/>

<http://www.qigonginstitute.org/html/papers.php>



07506 761 741

www.lucyjuppacupuncture.com
lucy@lucyjuppacupuncture.com

Lucy Jupp



If you would like to unsubscribe to this newsletter,
please email UNSUBSCRIBE to: lucy@lucyjuppacupuncture.com