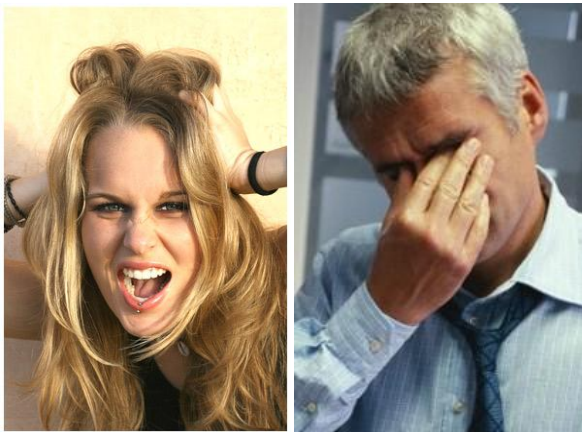




Relieve Christmas stress and anxiety

Holiday periods can often be stressful times with Christmas probably being the most demanding of all. Even people who are normally able to cope well under the pressures of daily life can find themselves feeling anxious and stressed at this time of year.

But how is it possible to help our bodies cope in these circumstances?



Stress and anxiety can manifest in many different ways but some of the more commonly seen stress-related symptoms are:

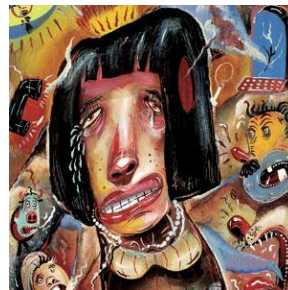
- stiff neck
- tight shoulders
- headaches
- migraines
- stomach pain
- indigestion

Recently published research undertaken in Taiwan suggests acupuncture can be effective at relieving stress. It does this by soothing the nervous system and calming heart rates ^[1].

In Japan, tests have shown that certain traditional combinations of Chinese herbal medicines are more effective at relieving anxiety than modern prescription drugs like diazepam ^[2].

From the perspective of Traditional Chinese Medicine, stress and anxiety are most commonly linked to the liver, gallbladder and heart organs. In order to treat such conditions, acupuncture points with influence on the liver, gallbladder and heart channels would generally be utilised.

Herbs such as bupleurum (which acts on the liver and gallbladder channels), ginseng, ginger, cinnamon and rhubarb may also be employed.



Please do not hesitate to contact us if you would like more information on acupuncture, Chinese Herbal Medicine or Traditional Chinese Medicine.

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