

ACUPUNCTURE

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ACUPUNCTURE is a coherent system of medicine based on a subtle understanding of the body's energies. By inserting fine needles

into energy channels which connect different areas I can help stimulate the body's own healing response.

In Chinese medicine, the symptoms of cystitis may be due to many different causes, such as poor diet or inadequate rest. It manifests in a myriad of ways. For example, you may feel fatigue and pain when you urinate.

Alternatively, you may be bloated or have a feeling of bearing down, with cloudy, "gritty" or bloody urine. Each type requires different treatment.

Cystitis forms part of a pattern of imbalance affecting the whole body. For example, someone might have excessive mucus, perhaps from weak digestion, which may generate

systemic "heat". This heat infuses down into the bladder and abdominal region resulting in frequent, painful urination, fever, thirst, dry mouth, backache, and a red tongue with a greasy yellow coat. In such an instance, I'd address the causes of the mucus and build-up of heat.

Acupuncture can be used with conventional medicine and can counteract the side-effects of medication. In the case of cystitis, it delivers excellent results, generally without the need for antibiotics.

However, when blood is in the urine, indicating bacterial infection, a doctor should also be consulted.

At the initial consultation, I discuss your symptoms, emotional

state, sleep patterns and medical and family history. Everyone is unique, so the number of treatments depends on the individual's constitution and length and severity of the problem. Since I treat the whole person, clients find the sessions also improve their general wellbeing.