

### ***A Very Effective Medicine***

Acupuncture is a wonderful medicine for children. It has a long and venerable history in China, and it is growing in popularity in the West. It can help in a very wide range of conditions and illnesses, even some which cannot be helped by orthodox medicine.

### ***Gentle and Strengthening***

Acupuncture has the great advantage of being safe and non-invasive compared to surgery and other techniques. It is free from the weakening side-effects of drugs. It is holistic and curative rather than merely symptomatic or palliative. The long-term effects are to strengthen the child.

### ***What Happens in a Consultation***

Chinese Medicine is very sophisticated with principles which are quite different from those of Orthodox Medicine. The first visit lasts about thirty minutes. After establishing the general nature of your child's complaint, the practitioner will make a diagnosis in terms of Chinese Medicine. This is done by observing your child, taking your child's pulse, and asking various questions to determine the main energy imbalance.

### ***How young?***

We see babies and children of all ages, from a few days old to teenage. The commonest age group is 1 to 3 years.

### ***Treatment***

A fine, sterile, stainless steel needle is inserted at each selected point in turn. This may cause a slight prick, but much less than the pain of an injection or immunization. Immediately after the insertion the needle is manipulated subtly and briefly until the sensation of 'Obtaining the Qi' has occurred. This is a strange sensation for your child. However, most children are easily and immediately amused after the needle has been removed.

### ***How Many Pricks?***

On young children usually four to six points are used, on older children sometimes a few more. Everything happens within a short time, from a few seconds to perhaps a minute or so.

### ***On the Parent's Lap***

Most treatments are carried out with your child sitting on your lap – the safest place to be!

### ***Moxa and Cupping***

Sometimes we use moxa, a smouldering herb held near selected points to warm them gently. Sometimes small suction cups are applied to points on the body for some minutes. These techniques can be quite pleasant for the child.

### ***Return Visits***

Subsequent consultations, lasting 15 to 20 minutes, will start with a few questions and a brief re-examination to determine your child's progress, followed by the treatment.

### ***How Many Visits?***

The number of treatments depends on your child's pattern of illness, one to ten treatments for simple patterns, ten to twenty for others, while some deeply rooted conditions may require many more treatments. The practitioner will give you some idea at your first visit,

### ***Advice***

In considering your child's case the practitioner will also try to establish the factors in life contributing to the condition. You and your child may then be advised on diet and life-style.

### ***Children Enjoy Coming***

The clinic is child-oriented, and most children love coming – simply to play with the toys. They don't specially like the needles, but for many, the 'pokes' are no worse than having their mouth wiped! Very often it is the parents who worry more about the Acupuncture than their children. The treatment takes a very short time. Acupuncture causes a child no trauma and is so much more gentle than many orthodox procedures.

### ***Other Benefits of Acupuncture***

It is usual for a child's well being to show marked improvement during the course of treatment. Spirit, happiness, energy, immunity all improve. Acupuncture also helps to maintain health and to facilitate the changes children undergo in life.

### ***Chinese Medicine and Acupuncture***

Chinese Medicine, of which Acupuncture is a part, has a history of continuous development over the last 2500 years. During this time, principles of diagnosis and treatment of disease have been refined by centuries of cumulative experience.

Chinese Medicine works on very different principles from Western Medicine, principles which may seem strange when viewed from the mechanistic standpoint. Yet Chinese Medicine is the world's second largest medical system, serving 1.5 billion people worldwide. Chinese Medicine is fully integrated as a medicine in its own right into the Public Health systems of present-day China and Japan and is recognized by the World Health Organization.

### ***Julian Scott MA, PhD, Cert Ac. (China)***

**MBAcC** has been treating children with acupuncture since 1976. In 1984 he opened the Children's Clinic for Natural Therapies in Brighton. For the last 7 years he has been treating children and teaching in the USA and France.

### ***Some Conditions Treated***

#### **Respiratory**

Flu and colds  
Cough  
Pneumonia  
Asthma

#### **Digestive disorders**

Constipation  
Abdominal pain  
Vomiting  
Diarrhoea  
Teething  
Poor appetite

#### **Ears, eyes, throats**

Ear infections  
Tonsillitis  
Short-sightedness  
Crossed eyes

#### **Skin diseases**

Eczema  
Oral thrush  
Mouth ulcers

#### **Miscellaneous conditions**

Insomnia  
Night terrors  
Palsy  
Convulsions

#### **Infectious**

Measles  
Chicken pox  
Whooping cough

#### **Glandular**

Mumps  
Mononucleosis

#### **Constitutional & developmental**

ADD & ADHD  
Dyslexia  
Learning problems  
Failure to thrive  
Autism

#### **Urinary diseases**

Bedwetting  
Urethritis  
Cystitis  
Nappy rash



## **Acupuncture for Children**

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For more information, see our web page at  
[www.eyebright.me.uk](http://www.eyebright.me.uk)

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