



What's New?

Ariel Acupuncture

Clinic Publication Vol.1

Spring 2010

In this edition:

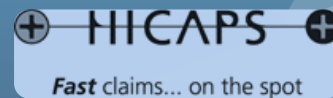
- *Access special report*
- *Stress & anxiety*
- *Hayfever & sinusitis*

Herbal formulas

Granulated herbal formulas Tailor Made to suit **your** special health needs.

New... New... New...

EFTPOS and **HICAPS** for your convenience.



Report Confirms Vital Role of Acupuncture in Health

Benefits to all from integrative therapies including Acupuncture, Herbal medicine and supplements

Deborah Snow, SMH, Septembr 13th 2010

If you are taking fish oil to prevent heart disease, St John's Wort to manage mild depression or visiting an acupuncturist for back pain, you are doing your health - and the nation's finances - a favour, according to a study.

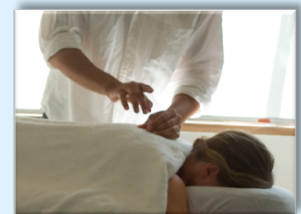
The **Access Economics** report finds two-thirds of Australians use complementary medicines each year, slicing millions off the national health bill and improving the well-being of many.



The report was commissioned by the National Institute of Complementary Medicine at the University of Western Sydney, and focused on five of the most common chronic ailments for which patients sought complementary treatment.

These were acupuncture for lower back pain, St John's Wort for mild to moderate depression, fish oils for warding off heart disease and rheumatoid arthritis, and the herbal preparation phytodolor for osteoarthritis.

"The bottom line in all of this is that it underscores the importance of an ongoing research effort to unlock some of the broader benefits of complementary medicine that we tend to dismiss too easily as a scientific community," he said.



Your well-being is important to us:

- Personalised wellness programs.
- Achievable and set goals.
- Affordable.
- Calm and peaceful setting.
- **Free initial consultation** and ongoing support.

Call now to discuss your treatment options with us:

Eli Ariel Adv Dip TCM

T 02 9365 7638

eli@arielacupuncture.com.au

www.arielacupuncture.com

Continued...

Report confirms vital role of Acupuncture in health...

Nearly 1.5 million Australians were prescribed antidepressants in 2007-08, at a cost to the government of about 57¢ a day. By comparison St John's Wort costs an estimated 17¢ a day.

Professor Bensoussan said incorporating St John's Wort into the management of patients with mild to moderate depression "needs to be considered seriously by psychiatrists", although the report suggests more work needs to be done to examine interactions with other drug treatments.

Access Economics says the cost effectiveness of these therapies is even greater if the downstream effects of better health are calculated as well as direct savings to the health budget.

"The bottom line in all of this is that it underscores the importance of an ongoing research effort to unlock some of the broader benefits of complementary medicine that we tend to dismiss too easily as a scientific community," he said.

Professor Bensoussan said incorporating St John's Wort into the management of patients with mild to moderate depression "needs to be considered seriously by psychiatrists", although the

report suggests more work needs to be done to examine interactions with other drug treatments.

Acupuncture for chronic lower back pain, Access Economic Report outcome summary:

The authors' analysis of previous clinical trials found acupuncture for chronic non-specific low back pain (LBP) as a complement to standard care resulted in significantly better pain outcomes compared to standard care alone. The report concluded acupuncture as a complement to standard care for chronic LBP is very cost effective. Additionally, if associated absenteeism and reduced work effectiveness are averted and other indirect financial costs such as informal carers are considered, Access Economics estimate the benefits from acupuncture would more than double.

Don't let your emotional state overwhelm you...

Feeling anxious, stressed, even depressed? There is now overwhelming scientific evidence that show Acupuncture can be as effective as conventional drugs, but is free from any side effects.

Breathe easy this spring

Individualised Herbal Formulas are available for most hayfever and chronic sinus conditions. Some indications:

- Nasal congestion with copious clear or white discharge
- Frontal headache, tenderness over sinuses, nasal discharge, blocked nose, Fatigue

Call 9365 7638 for more information.



www.arielacupuncture.com.au
Visit our new site now for more information, articles and links to research