

Tackling Arthritis in Winter with the help of acupuncture

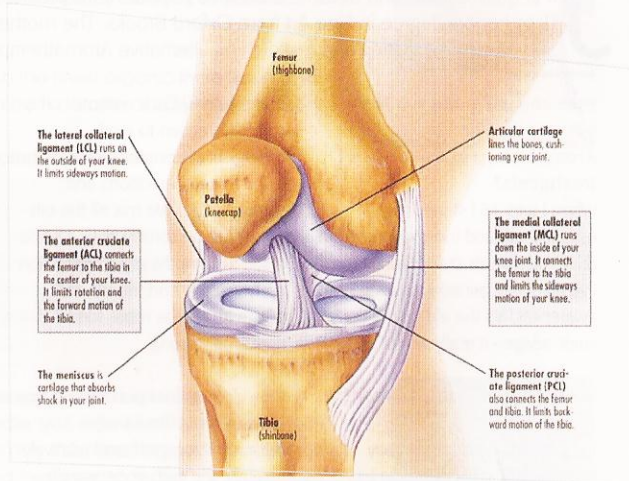
At The Berkshire Health Clinic, Toni Tucker provides you with traditional and western acupuncture to help with the debilitating symptoms of rheumatoid arthritis/oostoarthritis. Oriental medicine acupuncture is also a palliative treatment in musculoskeletal conditions such as back pain, sciatica and tendonitis.

Pain is the body's alarm signal and in the course of treatment, it is ensured that the underlying pathological causative factors are understood and dealt with in a safe & effective practice. If after examination & treatment, it is apparent there is an underlying medical problem then we would also recommend referrals to specialists.

In a chronic condition where changes of a permanent nature have occurred in a joint or other tissues, acupuncture plays a huge role by improving the condition and therefore increasing the mobility of the joints & general day to day comfort, by repairing and maintaining the body's natural healing mechanism.

In an acute attack, use of acupuncture symptomatically can in truth be a relief. By relieving the muscular spasm and

improving mobility, the pain can be managed, restoring the body to a state of relative normality. In conjunction with this, systemic treatment is applied which reaches the root of the problem, thereby preventing future occurrences.



Sports Injuries

A Growing number of athletes use acupuncture treatment for acute and chronic injuries to help and treat and optimise the conditioning of the injury.

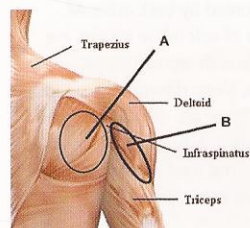
While Toni is focusing to relieve pain in a specific area of the body, the treatment addresses the body as a whole, retraining the body to be healthy and improves the body's natural healing mechanism.

Toni will also guide you to returning to controlled activities and will advise on diet to help with relieving the symptoms.

Toni Tucker Clinical Director

For further information about the services we provide, please visit our website. www.tonituckeracupuncture.co.uk

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Homeopathy For Coughs and Colds



September and October can often be the start of colds and coughs and homeopathy can be used very successfully here. Here are some guidelines:

Aconite

For fever that comes on suddenly, feeling hot and sweaty one minute then cold the next. Thirsty for small sips of water and restless. Aconite may nip it in the bud when taken at the onset of illness.



Belladonna

For fever and heat, dry heat, red skin and very high temperature. The person may be delirious with dilated pupils and hallucinate and feel very angry, may have swollen glands and earache.

Dulcamara

For colds where the eyes and throat are affected, may have enlarged glands and blocked nose with aches and pains. The person may feel flustered and fearful. Everything is made worse from the cold and damp.

Rumex

For coughs caused by incessant tickling in the throat and itching with enlarged lymph glands. All made worse from breathing cold air.

Homeopathic remedies can be purchased from Helios www.helios.co.uk with helpful advice. For more information on how homeopathy works www.homeopathyworkedforme.org If the above does not hold you may need more in-depth treatment from a registered homeopath.

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Consultant Profile



Miss Pampa Sarkar, MD (Lond), FRCOG

Miss Pampa Sarkar, MD (Lond) FRCOG, is a consultant at Wexham Park Hospital. Her special interests lie in fetal medicine, scanning and high-risk obstetrics. Miss Sarkar provides pre-natal care and counselling which optimally complements the acupuncture provided by Toni Tucker, at the Clinic.

The Berkshire Health Clinic provides:

- private obstetric care – full antenatal care with scans at each visit and delivery
- additional private antenatal consultation and scanning for women on NHS care
- private consultation and management of gynaecological conditions
- fetal scanning for reassurance (gynaecology and pregnancy).



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