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Lucy Jupp



Hello,

and welcome to the January issue of the newsletter. In this issue you will find: an herbal recipe for getting rid of a cold, more information about how a percentage of your treatment cost goes to charity, and finally, more information about what acupuncture can do, and the scientific basis behind it.



Traditional Chinese Folk Medicine Cold Remedy

As many of you know, I am currently doing a masters degree in Chinese herbal medicine and will be qualified to prescribe herbs by summertime this year. This folk remedy for getting rid of colds comes from one of my Chinese tutors, who grew up in China. Please note that this is only to be taken at the FIRST signs of a sniffle – runny nose, feeling chilly (NOT to be used if you have a sore throat)

- 4 big slices of fresh root ginger
- 1-2 chopped spring onions
- 2 teaspoons of brown sugar
- ½ pint water

Instructions: put everything in a pan together, boil up for 20 minutes, strain off the ginger and spring onion and drink the liquid. Goodbye cold!

Charity Work

As many of you will remember, I went to Hebron, Palestine in November last year to set up a free acupuncture clinic for people suffering the trauma of war and poverty. I did this through World Medicine, a non-political, non-religious charity, who does this kind of work all over the world. I am keen to continue with these projects either back in Hebron or in another country, at some point this year.

To fund this work, £1 from every hour of treatment goes into the charity fund. This means every treatment you have not only helps you, but also helps those less fortunate as well. To read about the Hebron 2011 Trip, please go to:



<http://lucyjuppacupuncture.com/data/uploads/emailnewsletterdecember2011v2.pdf>



Does Acupuncture Really Work?

I get asked this question quite often. Most of you know the benefits of acupuncture because you have had treatment and felt and seen the difference it can make to all kinds of muscular-skeletal problems, digestive issues, fertility, gynaecological issues, headaches, migraines, coughs, colds, insomnia, depression, fatigue, fibromyalgia etc. In fact, in combination with Chinese herbal medicine, it is an entire system of medicine in its own right, so you can go to your acupuncturist or herbalist for almost anything! If you would like to read more about the scientific, evidence base behind acupuncture, please go to:

<http://lucyjuppacupuncture.com/research>

and have a look at the 'Scientific Research Papers'. They are surprisingly easy to read even for those non-scientists out there!

That's it from me, have a wonderful 2013,
Lucy

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