

important things to let your acupuncturist know:

- If you have a history of fits or faints
- If you have a pacemaker
- If you have a bleeding disorder or take "blood thinners"
- If you are pregnant or think you are please tell me.

And lastly if you have a needle phobia or are a bit unsure or simply have any questions please ask me.



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headspace
Knox

let's talk acupuncture at headspace Knox



Acupuncture is an alternative treatment offered at **headspace Knox**



who?

Dr Libby Rochstein trained by Australian Medical Acupuncture College.

what is it?

It involves the insertion of very fine needles into particular places on the body. It is based on Traditional Chinese Medicine and has been strongly backed by Western Medicine since the 1970's. There is also the option of laser therapy.

how can it help?

There is evidence that it certainly helps in a number of conditions such as pain, mood and sleep. We can discuss what may be suitable for you.

is it safe?

Many studies have shown that acupuncture performed by a trained professional is very safe. However it is not risk free.

Minor adverse events include:

- bleeding, pain and possibly an increase in your symptoms (for a few hours)
- drowsiness or feeling faint after a treatment (meaning that you can't drive)