

## Traditional Acupuncture



Traditional Acupuncture has been used in China and other Far Eastern countries for over 2000 years for the treatment of disease and promotion of health. It is a complex system of medicine, which relies on a thorough diagnostic process and precise clinical skills. It works by insertion of very thin needles into points, which are situated along specific energy pathways (meridians) all over the body. The meridians are linked to each other and to the vital organs. Points are stimulated to remove energetic blocks and balance the vital energy (Qi) in the meridians and their connected organ systems.

Many people come to acupuncture for help with specific symptoms or conditions such as osteoarthritis of knee or nausea in pregnancy. Others come for preventative or seasonal treatment or simply to improve their general feeling of well-being. Acupuncture is considered suitable for all ages including babies and children. It can be used effectively alongside conventional medicine.

## Shiatsu

Shiatsu is an oriental massage in which fingers, palms, elbows and knees are used to apply pressure along the Chinese acupuncture meridians. Like acupuncture, shiatsu aims to stimulate and balance the body's vital energy, known as Ki or Qi. Shiatsu is given on a futon, on the floor, or on a treatment couch with the client fully clothed.



Shiatsu is a deeply calming and relaxing experience and can help us cope better with the buildup of stress in our lives and improve our general sense of wellbeing.

Like acupuncture, shiatsu can help with a wide range of conditions, from specific injuries to more general symptoms of poor health. It can also safely be used during pregnancy and childbirth. For more information about shiatsu please go to the Shiatsu Society's website on [www.shiatsu.org](http://www.shiatsu.org) or contact me for an informal chat.

## Diagnosis and treatment



Whether you come for acupuncture or shiatsu, I will always take a comprehensive medical and personal history, palpate your pulse and abdomen to form a diagnosis. After your initial assessment, we will discuss the frequency and length of treatment required to help you with your problem.

### ***Special treatment arrangements***

During pregnancy and childbirth or for support during IVF, IUI, ICSI cycles, home and/or hospital visits can be arranged. I can also arrange an individual rota in collaboration with other practitioners of the Acupuncture for Childbirth Team (ACT) Oxfordshire, if you wish to make sure that a qualified acupuncturist is able to attend the the birth of your baby. All the members of the Acupuncture for Childbirth Team are familiar with local midwifery services and can accompany you to the delivery and maternity departments at the Oxford Radcliffe.



**Jacqueline Mangold,**  
Adv. Lic. Ac, MBAcC  
MRSS

I came to acupuncture through the practice of shiatsu and the desire to explore its underlying concepts in more depth. I am still amazed by how oriental medicine can provide such great support for the self-healing processes of body and mind. It is particularly powerful when combined with attention to diet, exercise and some form of self-reflection.

My special fields of interest are the assistance of women at all stages of their lives (from pre-conceptual care, through pregnancy, menopause and beyond) and the use of holistic methods in the recovery from substance misuse. I practice in Central Oxford, but I am happy to travel within the Oxfordshire area to attend labours and provide post-natal support.

I am a practitioner member of the British Acupuncture Council, The Shiatsu Society UK, The Acupuncture for Childbirth Team (ACT) Oxfordshire and an assessor for NADA UK. For more details about training and affiliations, please refer to my website.

## Contact details

**Telephone:**  
**07957 41 66 41**  
for inquiries and appointments.

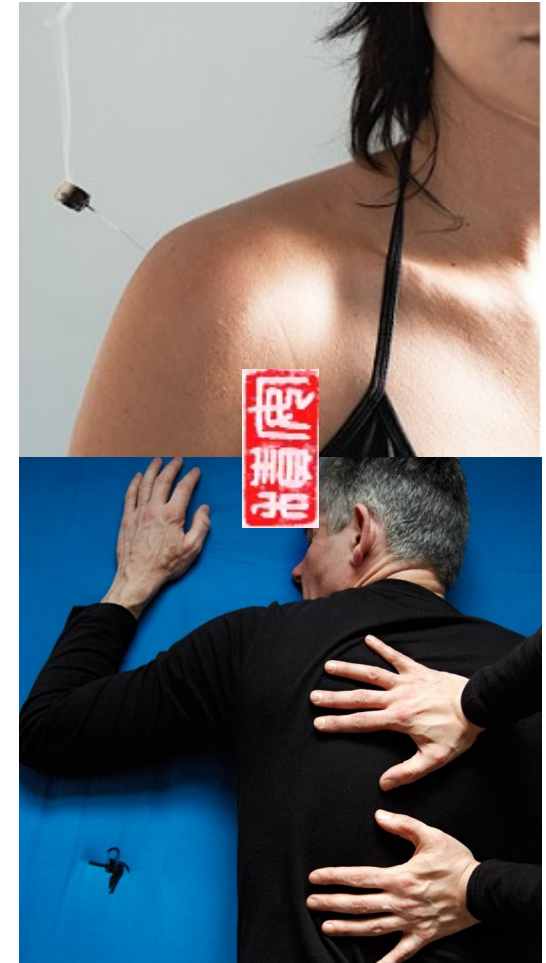
**Email:**  
**info@jacquelinemangold.co.uk**  
for inquiries.

**Web address:**  
**www.jacquelinemangold.co.uk**  
for more detailed information about acupuncture and shiatsu, useful links to other websites and downloads.

**Practice address:** 60 Rewley Road  
Oxford, OX1 2RQ  
near railway station  
(by appointment only)

Current treatment fees are displayed on my website.

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## Shiatsu

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