

# Lochthorn Traditional Acupuncture

## Testimonials

My name is Cath Ramsay and almost seven years ago I had a brain tumour removed (an acoustic neuroma), which left me with a severe facial palsy. This meant that I suffered debilitating headaches, stiffness and aching on the right-hand side of my face where muscles have been damaged, and a balance problem. I had exhausted the physiotherapy treatment available but still felt I needed more treatment. Acupuncture was recommended by a neighbour who had suffered a stroke and was left with similar problems.

At first I received weekly treatment but now just need to attend fortnightly. I have numerous needles placed round my head, eyes, cheek bone and jaw. The treatment alleviates my headaches, loosens my jaw and facial muscles and helps with my sleep pattern. I had to take 8 pills 4 times daily because of headaches and balance, but now only take a pain-killer very occasionally. Acupuncture is a tremendous alternative to medication as I feel healthier and now am not affected by the drugs I had previously been prescribed.

My facial palsy is barely noticeable now and that on my last visit to the Western General, when meeting my surgeon and patients, I recommended acupuncture as very worthwhile aftercare. My surgeon had originally told me that there would be no further recovery after a year; this has been proved wrong because of acupuncture.

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'The effectiveness of acupuncture can provide pain relief without pills, improve your energy and fortify your body's natural defences.

Having a choice between acupuncture or anti inflammatories, I normally opt for needles every time. It can help you physically, mentally, emotionally, and it covers every aspect of your health.

It can relieve symptoms and signs of many health problems and treat the underlying root causes of those symptoms.

For me – it's my life-line'

Irene Wilson

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'I had been suffering chronic pelvic pain for several years and needed large dose of prescribed pain killers each day, but the pain still persisted.

A friend suggested that I try acupuncture as a means of complementary pain relief. I must admit I was rather doubtful whether acupuncture would work or not. My doubts were soon swept aside after only a few treatments, with my pain to a level that I can function normally and also have a feeling of overall wellbeing.

I have a huge drop on my intake of painkillers which must be regarded as a good thing.'

Ron Thomas

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'Traditional Acupuncture as a treatment for chronic lower back pain and sciatica has been a very positive experience.

It has enabled me to reduce prescription medication and empowers me to have more control over pain.

Sessions are very empathetic and improve overall well-being.'

Linda McKay

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'I have just finished my 7<sup>th</sup> session of acupuncture for serious back and hip pain which I had been given several types of drugs by my family doctor without any relief. So I asked if I could try acupuncture and now I am getting relief from my back pain and I am having the acupuncture on my hips and hoping to get some relief. This has made a great difference to my life to be without so much pain. Thank you very much.'

Mary Sproat

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I first developed trigeminal neuralgia in the late 1980's. to begin with it was intermittent, by the mid 1990's it was full blown. This condition was described in the Daily Mail recently as the most excruciating pain any human being can experience.

After several visits to specialists in the Southern General Hospital, Glasgow, I was told that because of the condition of my heart no operation could be carried out. My GP then sent me to Lochthorn Medical Centre for acupuncture. There was no bigger sceptic than me. However after six weeks treatment Fred Smithers had arrested the problem, and I was pain free. I am now being treated by Kirsty Hodgson at four weekly intervals. She also treats me successfully for arthritis and angina.

I cannot recommend this treatment highly enough.

D Brown.

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I have received traditional acupuncture treatment for my left shoulder – for quite a long time it has been painful and with limited movements. After two sessions the condition improved remarkably and after three more sessions I was free of pain and the left arm movements were normal. After three months I still feel cured and I am grateful for the help.

GTW – February 2010

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I was diagnosed with spondylosis with pain in neck and shoulders. My doctor prescribed painkillers, to be taken at intervals during day and night. After six weeks I developed gastritis with taking the pain killers.

I had read about acupuncture and asked my doctor's opinion. She decided to try acupuncture as no other option was available. After several months I was able to go without painkillers and able to sleep without painkillers. I now have no gastritis and don't take painkillers.

Acupuncture is not a cure for my condition but makes my quality of life much better.

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