

A Brief Guide to

5 Point

Acupuncture

www.wellnesswithin.uk





Welcome

Hello and welcome - I'm Niki Wellness coach and Wellbeing therapist, guiding clients through lifestyle changes, making adjustments and assisting them in experiencing a variety of stress reduction techniques, just like auricular/ear acupuncture.

I'm so pleased you are here to explore my 5 point acupuncture guide as the treatment is like a symphony of healing vibes, releasing those feel-good endorphins and kickstarting your body's natural healing mojo.

I look forward to meeting you soon x

Niki

“IF THERE IS FREE FLOW,
THERE IS NO PAIN; IF THERE
IS PAIN, THERE IS LACK OF
FREE FLOW.”



Exploring 5 Point Acupuncture

Acupuncture is a traditional Chinese medicine that involves very fine needles being placed in certain points in your body. It works to provide balance in your body. The SMART UK ear acupuncture formula treatment is one of these and is available to you at wellness Within.uk

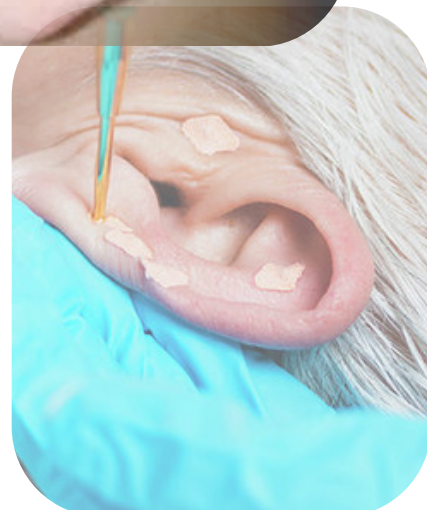
Ear acupuncture (5 Point System) has traditionally been used to support people with addiction. However, it is increasingly being used to treat other mental and emotional health issues such as post-traumatic stress, self-harm, anger management, sleep problems and has even been used to support soldiers returning from service.

H o w

The process involves the gentle insertion of up to five fine, single use, sterilised, stainless steel disposable needles or ear seeds , placed into specific energetic points in the outer ear.

You are then allowed to sit in quiet for 40 minutes, at which point the needles are removed.

The 5 points are all designed to help keep you calm, to aid your motivation, to keep anxiety at bay and to improve your well-being. No electrical stimulation is used.





Exploring 5 Point Acupuncture

The treatment will be given by myself or a colleague who is a trained practitioner and you can rest assured that we all maintain the very highest standards of clinical care. Not only have we been through a very intense training course to qualify, but we also are reassessed in our clinical practice every year.

The Benefits

Remember firstly that this is a tool that is used alongside all sorts of other ways to keep you well, and that the benefits of auricular acupuncture are proven by research.

- You may experience improved well-being without the use of chemicals
- Stress could be greatly reduced
- You may find that you sleep better
- Panic attacks may be more manageable
- Any withdrawal symptoms may be reduced
- You may see a decrease in anxiety levels
- You may feel calmer, and more energised
- It may assist you want to engage further in other treatment options like counselling or wellness coaching.
- You may feel less hostile and more able to stay calm in difficult situations
- You may feel more relaxed than you have done for a while
- You might even find that your medication is reduced
- You will have an opportunity to sit still and chill out
- You may feel more stable and more in control
- This could be the first step to a new you

Q & A



What are the 5 points & Their purpose?

Point 1 Sympathetic -calms the nervous system and helps with overall relaxation.

Point 2 Shen Men – reduces anxiety and nervousness.

Point 3 Kidney Point – for calming fears and healing internal organs.

Point 4 Liver Point – for detoxification, blood purification, and to quell aggression.

Point 5 Lung Point – promotes aeration and helps clients let go of grief.

Will it Hurt?

The needles that are used are very fine and are designed specifically for this treatment. However, sometimes it will pinch a little, but the sensation is brief and practitioners are taught the quickest and most painless way of giving this treatment. The best thing to do is concentrate on the breathing in and out instructions that your practitioner will give you.

Will I bleed?

You will not bleed when the needles go in. You may bleed a little when the needles are removed. However, this is quite normal and you will be given a cotton wool ball to wipe up the blood.



happy clients

“I had no idea what to expect, but since working with Niki, my sleep has improved, my energy levels are better (I used to suffer frequently from stress related illness’s). Niki is a great listener and creates a really warm and calming space for the sessions.”

Hazel

A watercolor illustration featuring a hand holding a cup, a plant branch with leaves, and several acupuncture needles. The text is centered over the illustration.

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Web: www.wellnesswithin.uk

Email: info@wellnesswithin.uk