



Dr Karina Spicer is the resident Doctor of Traditional Chinese Medicine at *Stay Tuned* in Elwood. Trained in Australia and China with clients from all over the world, she is someone you must see.

Dr. Karina Spicer B.H.Sc Acu. T.C.M.
Member of the Australian National
Therapists Association



ACUPUNCTURE Traditional Chinese Medicine

USED other treatments with little or no results?

INTERESTED in treatments that are drug free and totally natural?

WANT a deeper and more holistic approach to your health?

Traditional Chinese Medicine has worked for over 3,000 years, and thanks to mounting scientific evidence attesting to its effectiveness, is now the fastest growing movement in healthcare today.

Traditional Chinese Medicine works because it focuses on the whole of you, not just the parts. In that way, it treats the cause of the problem, not just the symptoms.

Come in for a treatment and Dr Karina will personally tailor a program specifically targeted to your wellness needs using the gentle, safe yet highly effective Traditional Chinese Medicine techniques and services.

Stay Tuned
Sports Medicine
Wellness Centre

Elwood
Shop 6/122 Ormond Road
(Enter from Docker Street)
P: 9531 0909 F: 9531 7352
www.staytuned.com.au



Stay Tuned
Sports Medicine
Wellness Centre



What is TRADITIONAL CHINESE MEDICINE?

Traditional Chinese Medicine is an ancient form of medicine that views your overall health as an outward manifestation of your inner state of harmony and balance.

Each person carries a life enhancing energy, known as 'Qi'. Where there is imbalance or disharmony, this 'Qi' is often blocked or stagnated.

Dr Karina Spicer, doctor of Traditional Chinese Medicine, has trained with Doctors in Australia and China to work with this life-enhancing energy.

Her treatments are personally tailored to each of her client's wellness needs. Chinese herbal medicine, acupuncture, Tui Na bodywork, moxibustion, cupping and dietary therapy are often combined to ensure the best results.

Conventional medicine focuses on treating ailments once they occur, but Dr Karina seeks to improve your health from the outset, and to reduce the risk of pain and illness in the first place. This simple yet effective approach separates Dr Karina from the others.



What is ACUPUNCTURE?

A key aspect of Traditional Chinese Medicine is Acupuncture. Acupuncture is an ancient form of treatment that works with the energy pathways in your body. It is a vital aspect of Traditional Chinese Medicine and helps harmonise your body's energy.

Thanks to modern technology, it is now relaxing, effective and painless. Fine needles the width of your hair, are placed expertly on key meridian lines, and removed with the expert guidance of your doctor.

And, better still, for those who'd prefer no needles, there is an option for you! Please speak with Dr Karina about this.

What can BE TREATED?

The World Health Organisation supports acupuncture as an effective treatment for any one of the following complaints.

Pain – Headaches, Joint, Bone, Nerve, Dental, Cancer, Sciatica

Stress – Emotional, Depression, Anxiety, Addictions, Insomnia

Digestive – Nausea, Vomiting, Gastritis, Diarrhea, Constipation, IBS

Respiratory – Asthma, Sore Throat, Cold / Flu, Headaches, Pneumonia, Tonsillitis, Sinusitis, Ear infections, Allergies

Women's Health – Infertility, PMS, Menstrual Disorders, Menopause, UTIs, Incontinence

How does ACUPUNCTURE WORK?

Augmentation of immunity

Acupuncture raises the level of specific hormones prostaglandins, white blood counts, gamma globulins, and overall anti-body levels.

Endorphins

Acupuncture stimulates the secretions of endorphins in the body.

Neuro transmitters

Acupuncture affects certain neurotransmitters level such as serotonin and noradrenalin.

Circulation

Acupuncture has the effect of constricting or dilating blood vessels. This may be caused by the body's release of vasodilators, such as histamine, in response to acupuncture.

Gate Control

Acupuncture closes certain nerve gates by strategically overloading them with impulses, thus reducing pain transmission.