



Preparing for Pregnancy

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Alternative treatments for both the mother and her baby with Aran Acupuncture

Aran Acupuncture opens this Monday June 2 over Duggans' Pharmacy, Renmore. Also practising in Inis Oírr, Aran Islands, Trish Conneely trained with the Acupuncture Foundation of Ireland and undertook additional clinical training in Nanjing, China.

Trish has a particular interest in the benefits of acupuncture for improving fertility in both men and women and has studied with Debra Betts and with Jani Whyte, well known specialists in the field of acupuncture and reproductive health. In research, acupuncture has been shown to increase the success rate of IVF and other fertility treatments.

During pregnancy, acupuncture is a safe and effective treatment for common ailments and discomforts such as nausea, indigestion, sciatica and lower back pain, oedema, and fatigue. Moxibustion, a gentle heat therapy, has a high success

rate to correct breech presentation. The technique is most effective between the 29th and 34th weeks of pregnancy. Preparing for labour by balancing and encouraging downward movement of the body's energy can help to bring about a smooth birth experience.

In the post-partum period, acupuncture can help to promote recovery and healing in order to maximise a mother's enjoyment of this precious time with her new baby. Conditions that can be treated include insufficient lactation, mastitis, depression, and anxiety. As the baby grows, acupuncture can be used to safely treat many common ailments such as colic, diarrhoea, constipation, cough, fever, and sleep problems.

For more information contact Trish Conneely on 087 7787730 or (099) 75122, email info@aranacupuncture.ie, or visit www.aranacupuncture.ie.

Celebrating 21 years at Plexus Bio Energy



Plexus Bio Energy is next month celebrating 21 years of providing specialist treatments for a variety of different conditions from its base in Galway city.

Following on from the teachings and traditions of Michael O'Doherty and Tom Griffin, the founders of the Plexus System, Michael O'Gara and Tina Forkan set up their branch in 1993, making this alternative form of health treatment accessible to the people of the west of Ireland.

At Plexus Bio Energy, O'Gara and Forkan work with a person's life energy field or aura and are specially trained in being able to feel this electromagnetic field through a series of unique hand movements, scanning the energy field and detecting any disturbances or blockages whether they are physical, spiritual, or emotional.

The team at Plexus love working with people, that

is one of the main passions they have for their line of work. It is more than a job, it is a way of life that is spurred on by their interest in helping people to overcome their health problems.

"With each session you will notice things changing, you will notice yourself feeling better," said Tina Forkan. "I find it is often like climbing a ladder back to health, we let people find their own way. Some people come in with no control over their health, and they leave with a new respect for their health and with a better knowledge of how to take care of themselves."

The Plexus System can treat people of all ages through special four day sessions, and the therapists at Plexus find that children and pregnant women particularly benefit from bio energy treatment. In the case of pregnancies, Plexus therapists have seen great success in

terms of physical and emotional problems such as morning sickness, tiredness and fatigue, high blood pressure, back problems, stress and anxiety, and toxemia in first time pregnancies. In treating babies and small children, the Plexus system can help many ailments such as colic, acid reflux, bowel problems, low immunity, dyslexia, ADHD, and autism.

"It is like the electrical system of a house, where it has short circuited or broken down we can feel it and help it repair itself," Ms Forkan said. "We can

look at the whole blueprint of the body and determine whether it is physical or emotional problems that is dragging your health and wellbeing down."

The Plexus Bio Energy treatment centre in Galway is based at Lismoyle House, Merchant's Road. For more information or to make an appointment, contact Tina Forkan and Michael O'Gara of Plexus Bio Energy on (091) 568855, 087 2810055, or email plexusbioenergy@eircom.net.

Fertility enhancement and menopausal relief with acupuncture and herbs

Have you been dreaming of getting pregnant without success? Or do you have any period problems? Do you complain of night sweats, hot flushes, mood swings, pain during intercourse, increased anxiety, or irritability, or other menopause-related symptoms? Are you feeling stressful or anxious during the onset of menopause?

If your answer is yes to any of the above questions, you may consider fertility enhancement or relief of menopause-caused symptoms with traditional Chinese medicinal treatments including acupuncture and herbs which can improve your fertility potential for pregnancy or alleviate your distress when menopausal symptoms occur.

Based on the Western and traditional Chinese medical principles of female health and the Dr Xian Yang Lai's family medicinal traditions, the Chinese Medical Clinic can precisely tailor personal Chinese medication for these disorders that is specific to your individual circumstances. The treatment will optimize your fertility potential or rebalance your body, mind, and energy from your imbalanced conditions caused by menopause and/or other external factors. The Chinese Medical Clinic has successfully treated fertility problems by enhancing the growth and development of ovarian follicles, and improving ovulation or menopausal conditions by rebalancing hormone levels. For more information, contact the Chinese Medical Clinic at 1 Nile Lodge, Lower Salthill on 087 7997866 or view the website www.CMCGalway.com.

Why attend a women's health physiotherapist during pregnancy?

First of all congratulations! You are pregnant and expecting a beautiful new baby. However, unfortunately, your body did not get the memo that this is meant to be a comfortable, stress-free, time in your life.

During pregnancy your body can come under new stresses and strains. The pelvic floor and abdominal muscles are stretched and hormones cause laxity throughout the body. The back and neck come under more pressure as a result of postural changes, hormones, and of course the bump. The pelvis can often be a major source of discomfort leading to pain

and limiting your everyday activities.

The important thing to know is that there is help available. Women's health physiotherapists can help you maintain strength and flexibility during pregnancy. You can get tips on how best to manage certain conditions and to reduce your pain. Your women's health physiotherapist will assess your posture, test your strength, identify stiffness and restriction, and the areas where you are too mobile. She will devise an exercise programme for your specific needs and work on the areas that need treating.

If you are suffering from pain or discomfort, would like safe exercises during pregnancy, or have questions in relation to your posture or pelvic floor for example, make an appointment to see a women's health physiotherapist. Similarly, a women's health physiotherapist is there for you post-natally, to keep you healthy and fit during pregnancy and beyond.

Do not suffer in silence. For an appointment with Julianne Woodcock - specialist physiotherapist in women's health, call Evidence-Based Therapy Centre on (091) 727777.

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www.plexusbioenergygalway.com

Monday - Thursday
11am - 2pm & 3.30pm - 7pm
By Appointment Only

As seen on the
Late Late Show

For information or appointment contact
Tina or Michael at 091 568855 or 087 2810055

Lismoyle House, Merchants Rd, Galway

Consultants: Michael O'Gara & Tina Forkan

Aran acupuncture

Baile an tSéipéil
Inis Oírr
Oileáin Arann

Over Duggans Pharmacy
1 Renmore Rd
Galway

Trish Conneely Lic. Ac. C. Ac. (Nanjing)

Do you suffer from a particular ailment or would you like to improve your overall health and vitality? Acupuncture treatment is safe and free of side effects, whatever your age or stage in life. For more information or to make an appointment call

Trish at 087 7787730 or 099 75122

Is fear an tsláinte ná na táinte
Health is better than wealth

www.aranacupuncture.ie
info@aranacupuncture.ie

Evidence-Based Therapy Centre

Pregnancy Physiotherapy

Julianne Woodcock is an experienced Chartered Physiotherapist specialising in Women's Health. She is an expert in dealing with a range of conditions including incontinence, ante and post-natal care, pelvic pain, back pain and the female athlete.

Do you Suffer From:

- ✓ Low Back Pain
- ✓ Pelvic Pain
- ✓ Leaking / Incontinence
- ✓ Swelling
- ✓ Painful wrists
- ✓ Upper Back / Neck Pain
- ✓ Pain with getting in and out of bed / the car
- ✓ Postural changes

Pregnancy and Post Pregnancy Pilates

- Improve posture, core strength and flexibility
- Small Group Numbers
- Modified to suit the needs of women during and after pregnancy

Women's Health Physiotherapy Can Help

Evidence-Based Therapy Centre, First Floor Geata na Cathrach, Fairgreen Road, Galway. www.ebtc.ie 091 727777