

January
2010

Your Acupuncturist

Gisela Norman

Receive your
copy by email
contact:

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@gisela-
norman.co.uk

Web Links

Gaza donations
justgiving.com/Gisela-Norman/

World Medicine
worldmedicine.org.uk

Reiki School
marlboroughschoolofreiki.co.uk/
TEL: 01672 513 583

Acupuncture Council
acupuncture.org.uk/

Masters Module
www.cta-uk.net/

Health Consultancy
health-consultancy.com/
TEL: 07968 855 001

Gisela's Website
gisela-norman.co.uk

Call for your
FREE 15
minute
consultation

SEASONAL THOUGHTS & WISHES

Welcome to my newsletter to let you know what I have been up to! And happy Chinese New Year, which starts on 14th Feb. 2010 will be the dynamic year of the Tiger.

We are well into the winter season, which is a time for hibernating, looking within our home and our inner selves. If we listen, we are aware of a move to slow down and turn inward. That makes it an ideal time to refocus our thoughts and plans. Winter is a time for rest and rejuvenation. It is an opportunity to take time to evaluate your priorities and eliminate needless pressures and to examine the stress levels in your life. Chronic stress severely compromises the immune system. The first

step in preventing illness is keeping our immune systems strong throughout the winter months and keeping germs at bay. I have an article on my website which gives self help tips to prevent and treat colds and flu's.

On the next page you will find a discount offer to thank you for your support.

Yours in good health,

Gisela

The Tiger year is one to be active, seize opportunities and make the most of our individual talents. Everything happens quickly and dramatically in a Tiger year, blink and you could miss an important chance of a lifetime!

Report from Gaza

"In October 2009 I ventured out with a team to the Gaza Strip where we worked voluntarily in the occupied territories.

We were a group of eight acupuncturists and an osteopath, who went with the charity, World Medicine. We gave a vast number of treatments to citizens and refugees suffering from the physical and emotional effects of trauma and war.

An intention of mine was to train the medical teams in ear acupuncture, to help people cope with the mental and emotional complaints from post traumatic shock. Training the doctors involved treating each other's ear acupoints. This was a success and the feedback was excellent.

A couple of the doctors told me that they felt very good and relaxed and had rarely slept so well. We hope to continue with this training in subsequent trips.

Overall, the acupuncture results were fantastic; there was a huge demand for our treatment, often with scuffles breaking out by the huge numbers of patients trying to get into our clinic. Our aim is for this project to be ongoing, to continue to treat patients with acupuncture in Gaza.

We continue fundraising to raise enough money to go out again at the end of March and I plan to head out again in August."

Report available on website



Shuǐ

*The symbol for Water
The element that represents
winter*

*"For a number of years I have suffered from Seasonal Affective Disorder (SADs) over the winter months, usually resorting to a course of prozac. Last winter after discussion with Gisela, I had regular acupuncture sessions, about once a month, to see me through the winter – this has worked wonders and I had no need for medication. Needless to say I will do the same this year! Thanks
Gisela!
Mrs Taylor, Nurse*

Health Consultancy

Gisela was invited by a local finance company to develop and deliver a training program for their directors to help their staff manage stress and pressure in the workplace. These tailor made services are available to businesses to alleviate stress, motivate staff and enable people to work to the best of their abilities and guide their focus on moving forwards.

Call Gisela to discuss how Health Consultancy can support your company.

See website:
health-consultancy.com

CONTACT DETAILS

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Acupuncture in Mental Health care

Gisela has continued to represent the British Acupuncture Council (BAC) on the Prince of Wales Foundation for Integrated Health, which is at the final stages of producing national guidelines for integrating complementary medicine into mainstream NHS mental health services.

These guidelines are to give NHS managers and commissioners a direction on using complementary therapies in NHS mental health care settings.

The overall intention is for patients to have improved access, availability and choice of complementary healthcare.

Masters Module Leader

Gisela will again lead the module and teach on the Masters degree in May on acupuncture and mental health at the College of Traditional Acupuncture, with Oxford Brookes University. Treating and maintaining patient's mental health is a major aspect of her clinical work.

Learn Reiki One

Gisela is now a Reiki Master Teacher at the Marlborough School of Reiki. Reiki is a form of hands on healing. It means 'universal life force energy' and is natural and accessible to all. Reiki is available to you irrespective of your religious or spiritual beliefs, being truly unconditional.

Gisela will be teaching the Reiki 1 course, the original Dr Usui Reiki, at the Marlborough School of Reiki on **27 & 28 March**. Reiki 1 is one of the most important courses you will take. It introduces you to the universal life force energy and you will feel a connection to this energy. Some people need

stepping stones to cross a river, some need a bridge and some need a boat! Whichever way you need you will be guided and will connect with this vital energy. You will be attuned to Reiki on a simple, powerful and enjoyable course and you will be able to begin to discover who you really are!

About Gisela Norman – Your Acupuncturist

Gisela Norman is a registered psychiatric nurse and a member of the British Acupuncture Council. She has been in acupuncture practice, for over 24 years, since 1986 and has post graduate training in Chinese herbal remedies, Qigong and gynaecology, and more.

Through building an extensive practice, Gisela has gained a wealth of experience treating a complete range of physical and mental health conditions. She has a great amount of experience in treatments for stress, anxiety and a

broad range of mental health problems. Gisela has a breadth of experience in fertility complaints, for men and women; and gynaecology, in particular menopausal symptoms.

INTRODUCE A FRIEND OFFER!

Introduce a friend for an acupuncture treatment or a Reiki session and you will both get a £5 discount.

Give this voucher to your friend to bring for their first treatment.

Bring your slip and receive your discount on your next session.

Your Details

Name:
Address:

Date:

Your Friends Details

Name:
Address:

Date:

Valid until end of March 2010
Vouchers may be used at any Clinic

Colds & Flu Prescriptions NOW available

The winter season is here!

Now is the time to have acupuncture to keep you well, build your immune system and help prevent colds and flu. It is a good time to have treatment to clear those aches and pains; to drive the cold and damp out of your joints.

Contact Gisela for information about a range of good quality herbal remedies that will treat influenza from mild to severe cases.