

Yuko Nakamura MBAcC M.Stat

Acupuncturist Shiatsu Practitioner
Alexander Technique Teacher

Yuko Nakamura studied in Tokyo as a Medical Shiatsu Practitioner, was trained in acupuncture in London and is also a qualified Alexander Technique Teacher. With over 12 years experience in these healing arts, she has tried to follow the oriental tradition of not just treating the illness but going deeper to the root causes.



What Can Acupuncture Treat?

Asthma
Back Pain
High Blood Pressure
Rheumatism
IBS
Migraine
Menstrual Problems
Acute & Chronic Pain
Sleep Problems
AND MUCH MORE,

Arthritis
Circulatory Problems
Infertility
Digestive Problems
Headaches
Depression & Anxiety
Chronic Fatigue
Sciatica
Stress
NAMELY THE WHOLE PERSON

Consultations at

130 Braybrook Road
Hastings East Sussex TN34 1TG

Telephone Hastings 01424 721875

and

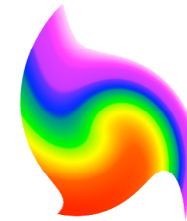
Totalhealthmatters! St Bridgets Rye Road
Hawkhurst Kent TN18 5DA

Telephone Hawkhurst 01580 752852

Acupuncture

Shiatsu

Alexander Technique



Total health matters!

Yuko Nakamura MBAcC

Health and Improved Well Being

Through Balance

How Can Acupuncture Help You?

Conditions which bring people to the acupuncturist include anxiety states, arthritis, back pain, circulatory problems, depression, facial paralysis, fibrositis, high blood pressure, indeterminate aches and pains, infertility, menstrual problems, migraines, rheumatism, sciatica, skin conditions and many more. Acupuncture is a safe treatment for all. Some people have acupuncture as a health promoting measure, to strengthen their constitution and thereby prevent illness.

How Does Acupuncture Work?

Acupuncture is a system of healing which has been practised for thousands of years. Its aim is to improve the overall well being of the patient rather than just treating the symptoms. According to traditional philosophy, our health is dependent on the body's motivating energy- Qi - moving smoothly and in a balanced way throughout the body. Fine needles are inserted into the energy channels to stimulate the body's own healing response to restore balance.

Medical Shiatsu Treatment

Shiatsu treatment can be used as an alternative to acupuncture or an adjunctive treatment. Shiatsu, like acupuncture aims to restore balance and harmony to the whole person, in mind, body and inner self. It uses gentle physical pressure and movement to ease stress, pain and rebalance the body.

The Alexander Technique

The Alexander Technique teaches us how to use our bodies with minimum stress and maximum efficiency. It re-educates posture, increases our own awareness and helps the individual reduce the tensions derived from bad body poise and use. The effect being to restore a general condition of harmony and balance in the body. Once learned, the Alexander Techniques can be used throughout your life as an aid to better health.

Which Approach For You?

Do not hesitate to contact Yuko Nakamura personally to discuss this question with her.

Fees

Acupuncture & Shiatsu

Initial Consultation	£45.00
Follow up Consultation	£35.00

Alexander Technique

Initial Consultation	£35.00
Follow-up	£27.00

Please avoid full cancellation fee by giving 24 hours notice, thank you.

HASTINGS:

130 Braybrooke Road Hastings, East Sussex TN34 1TG
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