



Digestive disorders

Feeling constantly bloated? Keep gaining weight despite being on a strict diet? Easily getting heartburn and reflux? Suffering from irritable bowel syndrome or indigestion?

Make that a thing of the past and let us at Eastern Vitality help you get the digestive system functioning properly!

We can help:

- **Through Acupuncture, Chinese Medicine and providing appropriate dietary advice,** we can treat many types of digestive disorders such as IBS, reflux, constipation, bloating discomfort and hemorrhoids.



Our treatments:

- **Acupuncture**

Acupuncture is an alternative form of treatment that involves the insertion and manipulation of fine needles into the body. All needles used are sterile, single-use only needles.

- **Chinese medicine**

This involves mixing a few teaspoons of the prepared herbs with hot water, stir well and drink.

Almost all of the herbs are plant-based and only a very small portion is of animal origin. Other options involve having it in capsule or pill form.

Please let us know if you have specific dietary requirements.

Simple tips that can help:

- No junk food or soft drinks
- Avoid eating big or late meals before sleeping at night
- Breakfast is the most important meal of the day.



Eastern Vitality

Acupuncture & Chinese Medicine

natural harmony care

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