



Nervous system disorders

Feeling flat and unmotivated? Stressed out at work?
Can't sleep?

Eastern Vitality might have just the perk you need!

We can help:

- **We manage and treat the body and mind holistically, relieving stress and tension** so that the body can relax. This is achieved through applying the basic principles of Chinese Medicine to promote systemic circulation, along with dietary and lifestyle advice.
- **We can also help with other nervous system disorders** such as recovery from paralysis due to stroke and Bell's Palsy.



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:

- When stressed, don't forget to breathe!
Getting extra oxygen into your body can help you relax and think rationally
- Exercise can help with de stressing
- Take up a hobby, something that distracts you and cheers you up.



Eastern Vitality

Acupuncture & Chinese Medicine

natural harmony care

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