

## Frequently Asked Questions:

### Is acupuncture safe?

Extremely safe, if practiced by a properly qualified practitioner. As Chairman of the Acupuncture Council of Ireland Dermot O'Connor oversaw the regulation and development of the largest Register of qualified Acupuncturists in Ireland. Needles are sterile and used only once.

### Will it hurt?

Acupuncture needles are much finer than those used for injections and are relatively painless. They are also used only at a superficial depth. Some people will report that they don't feel anything at all, whilst others will report some tingling sensations. Acupuncture is also incredibly relaxing and people will often fall asleep during treatment.

### How many treatments will I need?

Each patient is different depending on the case. Usually noticeable improvement is seen within 3 or 4 treatments and generally you would only continue treatment when this improvement is obvious. Dermot will help you to decide if adequate progress has been made with your condition and how many further sessions would be beneficial. Generally chronic long term conditions will require more treatments than acute and recently presenting conditions.

### How should I prepare for a treatment?

Try to wear loose comfortable clothing. Do not come overly hungry or overly full and try to avoid caffeine and alcohol before a treatment.

### How will I feel after a treatment?

Everyone responds differently. Some are very relaxed and drowsy, while others are energised. It is very common to feel tired after your first acupuncture treatment. Although you are relaxing during treatment a lot will be happening internally. Nevertheless returning to normal activity afterwards should not be a problem.

### Is acupuncture covered by health insurance?

Yes most private health schemes cover acupuncture when performed by a properly qualified practitioner. Dermot O'Connor is registered with the VHI, Aviva, Vivas, Quinn Health as well as a number of other private insurance schemes. We suggest that you check with your insurance company to confirm your level of cover.

**For Appointments  
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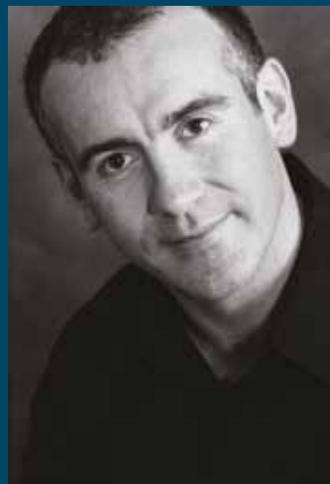


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## Dermot O'Connor

Dip. Ac MMQ MPNLP



Dermot O'Connor was educated at University College Dublin and is the author of the best selling book 'The Healing Code' and the forthcoming book 'The Fertility Code'. As Chairman of the Acupuncture Council of Ireland he oversaw the regulation and development of the largest Register of qualified Acupuncturists in Ireland.

Dermot has lectured throughout Europe on emotional health, Chinese Medicine, nutrition, Acupuncture and Mind/Body Medicine. Dermot has studied oriental medicine in Ireland, the UK and the US, with some of the leading authorities on health and wellbeing and has also worked at numerous prestigious hospitals throughout China.

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## Acupuncture: What is it?

Acupuncture is a method of encouraging the body to promote natural healing and to improve functioning. This is done by inserting needles and applying heat or electrical stimulation at very precise acupuncture points.

## How does acupuncture work?

The classical Chinese explanation is that channels of energy run in regular patterns through the body and over its surface. These energy channels, called meridians, are like rivers flowing through the body to irrigate and nourish the tissues. An obstruction in the movement of these channels is like a dam that blocks the flow of energy.

The meridians can be influenced by needling the acupuncture points; the acupuncture needles unblock the obstructions at the dams, and re-establish the regular flow through the meridians. Acupuncture treatments can therefore help the body's internal organs to correct imbalances in their digestion, absorption, and energy production activities, and in the circulation of their energy through the meridians.

The modern scientific explanation is that needling the acupuncture points stimulates the nervous system to release chemicals in the muscles, spinal cord, and brain. These chemicals will either change the experience of pain, or they will trigger the release of other chemicals and hormones which influence the body's own internal regulating system.

The improved energy and biochemical balance produced by acupuncture results in stimulating the body's natural healing abilities, and in promoting physical and emotional well-being.

## Testimonials

*"Dermot is a gifted healer whose skills enable others to make significant changes in their lives."*

**- Paul McKenna, Author and Hypnotist**

*"I really love Dermot's revolutionary approach to looking good and feeling great."*

**- Elle Macpherson, Supermodel**

*"Dermot brings his own inspiring and courageous story to his very effective approach to treatment. Anyone would benefit from heeding his health advice."*

**- The Irish Times**

*"It has now been clearly shown that Medical Acupuncture significantly improves success rates for patients undergoing treatment such as IVF and ICSI. It is therefore an essential ingredient to helping our patients achieve a pregnancy and something to which we are fully committed."*

**- Dr. David Walsh MD, Sims IVF Clinic**

*"Our beautiful daughter was born on the 10th July 2011, weighing in at 6lbs 10oz. Thank you for all your support."*

**- Margaret, Dublin**

*"I just wanted to say a massive thank you for helping me with IVF at Sims, I'm delighted to say I'm pregnant! I'm sure your acupuncture made all the difference this time."*

**- Jennifer, Kildare**

*"It's time to take charge of our own health, and live to the very best of our ability. As such, Dermot's advice is more useful than any amount of private healthcare insurance."*

**- The Sunday Independent**

*"Dermot O'Connor has a magical talent for healing physical and mental ailments. An expert healer who will revive your vitality to a new level."*

**- Bill Cullen, star of The Apprentice**

## What can Medical Acupuncture treat?

Medical acupuncture is a system which can influence three areas of health care:

- promotion of health and well-being,
- prevention of illness,
- treatment of various medical conditions.

While acupuncture is often associated with pain control, in the hands of a well-trained practitioner it has much broader applications. The World Health Organization recognizes the use of acupuncture in the treatment of a wide range of medical problems, including:

**Digestive disorders:** gastritis and hyperacidity, irritable bowel syndrome, spastic colon.

**Respiratory disorders:** sinusitis, sore throat, hay fever, bronchitis, asthma, recurrent chest infections.

**Neurological and muscular disorders:** headaches, migraine, bells palsy, neck pain, frozen shoulder, tennis elbow, various forms of tendinitis, low back pain, sciatica, osteoarthritis. Multiple Sclerosis.

**Gynaecological and fertility issues:** endometriosis, PCOS, menstrual disorders together with IVF support.

Acupuncture is also particularly useful in resolving problems related to stress, anxiety as well as psychological and emotional conditions.

## The Healing Code Program

The Healing Code Program is based on Dermot O'Connor's best selling book "The Healing Code". This unique and medically endorsed program is used in conjunction with Medical Acupuncture and takes into account your entire health profile in order to optimise your own body's innate healing potential. We will work together to find out how factors like diet, lifestyle and emotional and mental wellbeing may be affecting your health. Getting the chance to really discuss and evaluate your health and having someone really listen, may be new to you. Think of it as an opportunity to form a partnership for better health and vitality. The more you are part of the process the more successful the outcome is likely to be. We will work together to make necessary lifestyle adjustments that will significantly effect positive health outcomes.