

What's new in South Canterbury

Oriental acupuncture clinic opens in Timaru

Acupuncture has a long history dating back over 3000 years. It has been used as a traditional form of medicine in China all this time yet it has only been accepted over the past two decades by the World Health Organisation.

As more people seek alternatives to conventional medical drugs many are finding help through practitioners like Don Kim at the Oriental Acupuncture Clinic.

As an acupuncture and alternative treatment practitioner for over 12 years Don uses a combination of treatments including: acupuncture, tui na (Chinese therapeutic massage), koryo hand therapy, yaksuk foot therapy (reflexology), UCLA ear therapy, therapeutic exercise, moxibustion and cupping.

Don is from Korea where acupuncture and alternative medicine is common. He first became interested in this field when a sprained ankle he suffered was cured by hand acupuncture. He and his colleague Dr Dong Sub Kim (no relation) established the Chinese Medical School in Hamilton in 2000. This school was the predecessor to the NZ College of Oriental Medicine.

Acupuncture involves inserting needles into the skin and underlying tissues at specific points to balance the body. It is believed that these points are strategic conductors of electromagnetic signals and that stimulating these specific sites enables the signals to be relayed at a greater rate than under normal conditions.

Any age from infant to elderly can receive acupuncture. Don uses the example of his young daughter who had a painful swollen knee that was cured with one session.



Treatment is very effective for musculo-skeletal problems and sports injuries. Tendons and soft tissue can be easily fixed in one to three sessions depending on severity, he says. He says it is nothing to do with the spiritual world or mystical, it is all very physical. While modern medicine often

treats the manifestation of a problem acupuncture treats the cause as well as the manifestation. To find the cause Don uses four diagnostic methods such as inquiry, inspection, hearing/olfaction, and palpation (examination by sense of touch and pressure). "It is making use of the body's own system. It is all about balance."

Treatment sessions last from 30 minutes to one hour depending on the problem and there are no side effects, it is even safe for pregnant women he says.

Usually acupuncture and alternative treatments are the final choice for those with chronic disease who have tried everything else.

Don says the hands, ears and feet reflect every part of the body and even those who shy away from needles can benefit from many alternative treatments including tui na and reflexology.

He says though in most cases his treatments help a patient, ailments like arthritis are very hard to treat because many factors and organs are involved but he can give pain relief.

The clinic is an ACC treatment provider and Don is a member of The New Zealand Register of Acupuncturists (NZRA) and the New Zealand Chinese Medicine and Acupuncture Society (NZCMAS).



2117673



Oriental
Acupuncture
Clinic

Don Kim
Dip. Ac. M.NZRA, M.NZCMAS

Hours

Mon.- Fri. 9am - 12pm, 1pm - 5pm

Wed. 1pm - 5pm

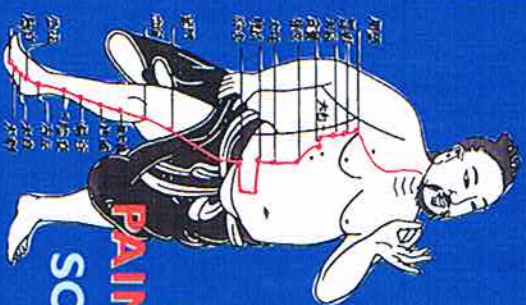
Ph. 03 683 1881

61 Elizabeth St, Timaru

email: solbyulpa@hanmail.net

Conditions Treated

- musculoskeletal - sports injuries etc
- respiratory - asthma, colds etc
- gastrointestinal - abdominal pain
- cardiovascular - blood pressure
- women's health - periods, pregnancy
- neurological - headaches etc
- metabolic, psychological disorders



I specialise in
PAIN of any sort
SOFT TISSUE Injuries