



# FLOREAT ACUPUNCTURE

INTEGRATED PROFESSIONAL TEAM OF EXPERTS PROVIDING YOU WITH  
INDIVIDUAL CARE AND SUPPORT.



*By Floreat  
Acupuncture*

# CONTENT

Acupuncture is a traditional Chinese medicine practice that involves inserting thin needles into specific points on the body to stimulate and balance the body's energy flow, known as qi (pronounced "chee"). It is often used to alleviate pain, reduce stress and anxiety, and promote overall health and well-being. Acupuncture is typically performed by licensed practitioners and has gained popularity and acceptance in Western medicine in recent years.



# 1

About Us

# 2

Services

# 3

Conditions

# 4

Contact Us

# ABOUT US



## OUR TEAM

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Etiam euismod id sem quis accumsan. Sed tempus placerat velit a placerat. Cras suscipit est at mauris blandit efficitur finibus non augue.



## OUR FACILITIES

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Etiam euismod id sem quis accumsan. Sed tempus placerat velit a placerat. Cras suscipit est at mauris blandit efficitur finibus non augue.

# WE ARE ALWAYS BE THERE

## SERVICE 1

### CHINESE HERBAL MEDICINE

Chinese herbal medicine is an important part of Traditional Chinese Medicine (TCM). Every year, around three million people in Australia consult TCM practitioners. Yin and Yang, as well as the five elements, are central to Chinese medicine theory. According to Chinese Medicine theory, everything is made up of two opposing elements of energy known as Yin and Yang, which are balanced in a healthy individual.

### CUPPING

Cupping is a therapy that involves placing cups on the skin to produce suction, which can flow blood to the area and eliminate toxins. This technique is frequently used to relieve discomfort.

## SERVICE 2



## SERVICE 3

### MASSAGE

Massage can relieve muscle tension caused by acute and chronic pain, as well as increasing joint range of motion. Lymphatic drainage massage (LMD) is a mild method that helps increase lymph flow. If you have any illnesses or have had surgery that causes fluid buildup in your tissue, LMD may be beneficial.

## SERVICE 4

### MOXIBUSTION

Moxibustion is the practise of burning herbs and directing the heat to specific spots on the body. It is utilised at Floreat Acupuncture on persons with colds and cancer support. Moxibustion may lessen the need for medical procedures that are commonly used to rectify a breech presentation.

## SERVICE 5

### SCRAPING

Scraping (Gua Sha) is the practise of scraping the skin with a specific tool to relieve pain, break down adhesions, expand range of motion, and reduce swelling.



# WHAT IS THE IMPORTANCE OF ACUPUNCTURE?



# IMPORTANCE



Acupuncture is a form of alternative medicine that involves the insertion of thin needles into specific points on the body. While the exact mechanism of acupuncture is not yet fully understood, it is believed to stimulate the body's natural healing processes and promote physical and emotional well-being.

Some of the potential benefits of acupuncture include:

1. **Pain relief:** Acupuncture has been shown to be effective in reducing pain, including chronic pain conditions such as arthritis, lower back pain, and headaches.
2. **Stress reduction:** Acupuncture can help to lower stress levels and promote relaxation, which may improve overall well-being.
3. **Improved sleep:** Acupuncture has been shown to be effective in improving sleep quality and reducing insomnia.
4. **Boosted immune system:** Acupuncture can help to strengthen the immune system, making it more effective at fighting off illnesses and infections.
5. **Improved digestion:** Acupuncture has been shown to help improve digestion and reduce symptoms of digestive disorders such as irritable bowel syndrome (IBS).

Overall, while more research is needed to fully understand the mechanisms behind acupuncture, it has been shown to be a safe and effective form of complementary medicine for a range of health conditions. It is important to note, however, that acupuncture should not be used as a replacement for conventional medical treatment, but rather as a complementary therapy alongside traditional medical care.

# CONDITIONS



ACUPUNCTURE

Acupuncture  
for Foot Pain

Respiratory  
Disorders

Women and  
Men Health

Acupuncture  
for Pain  
Management

Acupuncture  
for Neurology

Acupuncture  
for Digestive  
Health

Acupuncture  
for Mental  
Health

Acupuncture  
for Skin  
Disorders

Cosmetic  
Acupuncture



# OUR SUPPORT SERVICES

At Floreat Acupuncture, we strive to provide our clients with exceptional support services to ensure their wellbeing and satisfaction. Some of the support services we offer include:

1. **Free Consultation:** We offer a free initial consultation to all our clients. This allows us to understand your unique needs and develop a tailored treatment plan that works best for you.
2. **Acupuncture Treatments:** Our team of experienced acupuncturists offers a range of acupuncture treatments to help alleviate various conditions, including pain, stress, anxiety, and more.
3. **Chinese Herbal Medicine:** We also provide Chinese herbal medicine to complement our acupuncture treatments. Our herbal medicine formulas are carefully chosen based on your individual needs and are designed to enhance the effects of acupuncture.
4. **Cupping Therapy:** Our cupping therapy service is a traditional Chinese therapy that involves placing cups on the skin to create suction. It helps to promote blood flow, reduce pain, and relieve muscle tension.
5. **Moxibustion Therapy:** Moxibustion is a form of heat therapy that involves burning a herb called moxa near specific acupuncture points. This therapy helps to boost your body's energy and improve blood circulation.
6. **Nutritional Counseling:** We offer personalized nutritional counseling to help you make healthier food choices that support your health and wellness goals.
7. **Lifestyle Coaching:** Our team of experts will also provide lifestyle coaching to help you achieve your overall health and wellness goals. We'll work with you to develop a plan that integrates exercise, stress management, and self-care practices into your daily routine.

At Floreat Acupuncture, we are committed to providing exceptional support services to help you achieve optimal health and wellness. Contact us today to book your free initial consultation and start your journey towards better health.



# ABOUT US



LIGUO ZHANG

Liguo Zhang (Lee) is a qualified acupuncturist and Chinese herbal medicine practitioner with the Australian Health Practitioner Regulation Agency (AHPRA).

Lee has been practising Chinese medicine for 19 years after receiving his Bachelor of Acupuncture degree.

His areas of expertise include foot and knee pain, headaches, neck, shoulder, back pain, sciatica, skin problems, and sinusitis.




YUN LIU

Yun Liu (Amy) is a certified acupuncturist and Chinese herbal medicine practitioner with the Australian Health Practitioner Regulation Agency (AHPRA). She belongs to the Australian National Therapist Association (ANTA). She is also an Acupuncture lecturer at Endeavour College of Natural Health's Perth Campus.


Amy got her Master of Acupuncture degree in 2004.


# CONTACT SUPPORT



 (08) 6113 6208

 floreatacupuncture@gmail.com

 Shop7, Floreat Forum, 1 Howtree Place, Floreat, WA  
6014 (Between Floreat GP & Aussie Home loans)

 Mon - Sat : 9:00 am-6:00 pm  
Sunday : closed  
Public holidays : closed