

**Margre De Vries /
Prajnadevi**
BAcC

Acupuncture
Shiatsu

About Margre / Prajnadevi

In practice since 1991, Margre started with therapeutic massage and reflexology before immersing herself in Chinese medicine. Her main practices now are acupuncture and shiatsu: on their own, or as an effective combination.

A holistic approach

Besides addressing the condition you seek treatment for, Margre is particularly interested in helping you create conditions for better health. This may be through dietary and lifestyle advice or suggestions for exercises that work for you.

Benefits of acupuncture

Acupuncture is directed at restoring the overall balance of subtle energy. Besides treating the condition presented, it will also help you feel better in a general way. Many people report increased energy, vitality, better sleep, greater confidence and more enjoyment of life.

Acupuncture treats the whole person and diagnoses the underlying energy pattern that causes your problem. No two people are the same, even with the same condition.

Of the many things acupuncture can help with, here are some more commonly treated conditions:

- back pain
- headaches and migraines
- anxiety
- insomnia
- digestive problems

Women's health

- irregular/painful periods and PMT
- menopausal symptoms
- infertility and IVF support

Chinese herbal remedies may be prescribed to augment the treatments.



Shiatsu

Shiatsu is an invigorating and deeply relaxing form of bodywork. It helps release areas of built-up energy, improve your circulation and will make you feel more in tune with yourself.

You remain fully dressed during shiatsu; it's best to wear non-synthetic, comfortable clothing.

Shiatsu can also be very effective in combination with acupuncture to treat musculo-skeletal problems like back, neck and shoulder pain, tension headaches and RSI.

Qualifications – Professional Registration

- British School of Shiatsu-Do (1995)
- College of Integrated Chinese Medicine (2006)
- Registered practitioner with British Acupuncture Council (BAcC)

To book an appointment

Further information and to book an appointment

For further information please check Margré's website at www.acupuncture-shiatsu.com. You can contact her by email at info@acupuncture-shiatsu.com or ring her on **07989 610695**. Please ring The Plane Tree reception to book an appointment.



mind and body therapies

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