

## DETAILED MEDICAL CASE HISTORY

The initial consultation and treatment normally lasts up to an hour, or sometimes more.

A very detailed medical case history is taken and all patients currently on a course of medication should bring these along at the first (or second) consultation. A thorough examination of both tongue and pulse will be carried out, and a brief physical examination will be conducted where appropriate. The entire proceedings are safeguarded by total confidentiality.

Subsequent treatment sessions will last from anything between 20 minutes (the typical length of time in China) up to an hour. Practitioners usually see patients once a week or once a fortnight or, in the case of herbal medicine treatment, every 4-6 weeks once treatment response has stabilised.

## STERILE CLINICAL PROCEDURE AND PATIENT SAFETY

- Single use, disposable needles are used.
- The needles are pre-sterilised by approved methods.
- Only Traditional Chinese herbal plant products bought from Audited Suppliers are used.
- No Western medicines, animal products, mineral products nor endangered plant species are used.

## THE PROFESSIONAL REGISTER OF TRADITIONAL CHINESE MEDICINE

Only fully qualified practitioners of Acupuncture TCM can become members of the Register (the PRTCM).

All members are bound by a Code of Ethics and Code of Practice which are strictly enforced by the Council of the Register, thus offering a guarantee of confidence to any patient seeking treatment.

More information can be obtained at [prtc.org](http://prtc.org).

## INSURANCE

The Register ensures that all members are fully covered by Professional Indemnity and Public Liability Insurance which covers medical practice of TCM throughout the UK, Ireland and surrounding islands.

## TITTA M. LAATTALA

Titta is an experienced, fully qualified and insured practitioner of Traditional Chinese Medicine: Acupuncture, Chinese Herbal Medicine, Medical Qigong, Moxibustion, Cupping and Lifestyle & Dietary Therapy.

### Her qualifications include:

- Licentiate in Acupuncture TCM (Lic.TCM)
- Diploma in Medical Qigong (Dip.MQG)
- Diploma in Chinese Herbal Medicine (Dip.CHM)
- Certificate in Prepared Chinese Herbal Medicine (Cert.PrepCHM)

Titta is a Clinical Supervisor and a Senior Lecturer at the Irish College of Traditional Chinese Medicine. She is a full practicing member, as well as a Council member, of both the Professional Register of Traditional Chinese Medicine (PRTCM) and the Register of Chinese Herbal Medicine (RCHM).

## CLINIC LOCATIONS

### Belgravia Surgery

26 Eccleston Street | Belgravia | London SW1W 9PY

### Kings College NHS Health Centre

Bush House | South East Wing | Strand | London WC2R 1AE

### 2 Harley Street

The Annexe | 2 Harley Street | London W1G 9PA

## CLINICAL FEES

Please note that this is a private clinic and not affiliated with the NHS. For fees and further details visit [jingshen.co.uk](http://jingshen.co.uk).

Patients receiving acupuncture treatment may receive reimbursements of some or all of the clinical fees from their health insurance provider. Please check directly with your insurance provider.

## CONSULTATIONS AND APPOINTMENTS



07512 059 460

[hello@jingshen.co.uk](mailto:hello@jingshen.co.uk)  
[jingshen.co.uk](http://jingshen.co.uk)

精神



# Jingshen Acupuncture & Chinese Medicine Clinic

Professional Register of  
Traditional Chinese Medicine





## ACUPUNCTURE

Acupuncture is part of an ancient and sophisticated form of medical treatment which originated in China but has increasingly spread throughout the world.

It involves the insertion of extremely fine, pre-sterilised, stainless steel needles at pre-determined points on the body surface to restore internal health. In the hands of a fully qualified professional practitioner the use of acupuncture is entirely safe and free from harmful side-effects. It has stood the test of time over two thousand years and has not been found wanting.

Acupuncture can be used alone or combined with other treatment methods of Traditional Chinese Medicine, commonly referred to as TCM.

## TRADITIONAL CHINESE MEDICINE (TCM)

Acupuncture forms only one aspect of the whole range of TCM which can include the following:

**MOXIBUSTION** is a form of heat treatment.

**DIETARY THERAPY** involves careful monitoring and adjustments of food and drink intake, according to TCM principles, to help eliminate disease and speed recovery.

**MEDICAL ADVICE** forms a crucial part of TCM and concentrates on eliminating factors in the patient's lifestyle or daily living activities that contribute to the cause or prolongation of a health complaint.

**HERBAL MEDICINE** is an extensive part of TCM and involves the use of TCM ingredients such as roots, leaves and flowers tailored to the individual according to Classical Chinese Prescriptions. These can be safely and effectively dispensed by experienced and highly-trained TCM practitioners.

**MEDICAL QIGONG** is the most ancient and sophisticated of the branches of TCM. It is a direct and potent method of bringing about therapeutic changes in the patient.

**CHINESE HEALTH-ENHANCING EXERCISES** which patients can practice on their own after initial training.

**CUPPING** is a specialist technique for musculoskeletal and respiratory problems in which local suction is created on the skin.

The TCM practitioner will frequently combine acupuncture treatment with moxibustion, dietary therapy and medical advice.

One of the most outstanding features of TCM is that it can tailor the treatment to fit the complaint. It is also compatible with other systems of medicine such as Western medicine.

## WHAT TCM TREATS

TCM treats people who complain of a deficiency or breakdown in their health. It can focus on physical, psychological, emotional or even spiritual disorders with equal effect.

It is safe to say that there is no sick person who cannot be helped by TCM treatment; but only after a full, traditional Chinese medical diagnosis has been carried out. This is very different from an ordinary diagnosis by a GP. The extent and speed of this help will naturally depend upon a number of considerations, the chief among which are:

- The nature of the complaint itself - some complaints are by their nature more severe or serious than others. This will determine the extent and type of treatment prescribed.
- The length of time the complaint has been there will also have some bearing. Generally speaking, more recent disorders are more easily and more rapidly eliminated than those which have been present for a number of years. TCM, however, can be equally helpful in both chronic and acute conditions.
- The frequency and type of TCM treatment administered can determine the likely outcome.
- Neither the skill and experience of the practitioner nor the general state of health and wellbeing of the patient, can be discounted or disregarded in determining the speed and effectiveness of TCM treatment.
- What happens between treatments and how well the patient keeps to the instructions of the TCM practitioner can also influence the speed of recovery, or otherwise.

There is no limitation in terms of age, sex or condition regarding acupuncture and TCM treatment. The very young or extremely old can be treated. Pregnant women can be greatly assisted by TCM treatment.

Some of the common Western medical labels with which people present in the TCM clinic are:

### GENERAL

Angina  
Anorexia  
Anxiety  
Allergies  
Arterial disease  
Arthritis  
Asthma  
Back pain  
Bladder problems  
Bleeding gums  
Boils  
Bulimia  
Cardiovascular problems  
Carpal tunnel syndrome  
Catarrh  
Chemotherapy side-effects  
Circulatory problems  
Cramps  
Colitis  
Constipation  
Dental problems  
Depression  
Dizziness  
Earache  
Eczema  
Emotional problems  
Facial paralysis  
Fainting  
Fatigue  
Fever  
Frozen shoulder  
Gallstones  
Gastric problems  
Glandular problems  
Grief  
Haemorrhoids  
Hair loss  
Hayfever  
Headaches  
Heart problems  
High blood pressure  
Hyperactivity  
Hypertension  
Hyperventilation  
Hysteria  
Incontinence  
Indigestion  
Inflammation  
Insomnia  
Irritability  
Irritable bowel syndrome  
Jaundice  
Jogger's injuries  
Joint problems  
Kidney problems  
Liver complaints  
Loss of libido

Low blood pressure  
Lumbago  
Lung illness  
M.E.  
Mental problems  
Migraine  
Motion sickness  
Mouth ulcers  
M.S.  
Nausea  
Neck problems  
Nervous disorders  
Neuralgias  
Nose bleeds  
Oedema / fluid retention  
Panic attacks  
Palpitations  
Phobias  
Psoriasis  
Psychosexual problems  
Radiation side-effects  
Rashes  
Respiratory problems  
Rheumatism  
Sciatica  
Shock  
Shoulder problems  
Sinusitis  
Skin problems  
Slipped disc  
Sore throat  
Speech disorders  
Sprains  
Stiffness  
Stomach complaints  
Stress  
Stroke  
Tennis elbow  
Thyroid problems  
Ulcers  
Urinary problems  
Voice loss  
Vomiting  
Vertigo  
Warts  
Whiplash

### INFECTIONS

Bronchitis  
Children's infections  
Common cold  
Coughs  
Flu  
Pneumonia  
Ringworm  
Viral infections

### FEMALE

Absence of periods  
Anaemia  
Breast problems  
Cystitis  
Discharges  
Fibroids  
Fluid retention  
Frigidity  
Habitual miscarriage  
Hot flushes  
Infertility  
Irregular periods  
Lactation problems  
Mastitis  
Menopausal problems  
Morning sickness  
Painful periods  
Pregnancy problems  
Prolapse  
Thrush  
Vaginal infections

### MALE

Hernias  
Impotence  
Prostate problems  
Premature ejaculation

### CHILDREN

Bed-wetting  
Convulsions  
Hyperactivity  
Infantile paralysis  
Measles  
Mumps  
Nightmares  
Teething  
Whooping cough

### ADDICTIONS

Alcohol  
Barbiturates  
Food  
Heroin  
Tobacco  
Tranquillisers

### PAIN

Acupuncture can be effective in most kinds of pain.