Hebden Bridge Acupuncture Centre Patient Information Sheet

Latest Research

ACUPUNCTURE AND TINNITUS

Six patients treated for tinnitus (ten treatments over a two week period) reported varying degrees of reduction in volume and pitch of the tinnitus, and consistent improvements in number of waking hours affected and quality of sleep. (Jackson A. Acupuncture for tinnitus. A series of six n=1 controlled trials. *Complementary Therapies in Medicine* (2006) 14, 39046).

How We Can Help

At the **Hebden Bridge Acupuncture Centre** we offer a combined therapeutic approach to the treatment of including acupuncture, dietary and lifestyle advice, and simple breathing exercises (Qi Gong) to promote the body's own natural healing processes.

For more information on how we can help you please contact us:

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