



A warm welcome to Grampians Acupuncture, which opened this week. Anyone wanting to come into the clinic to discuss their queries and questions is able to give them a call or go to the shop on Thursdays and Fridays. New resident Marie C. Asselin, Acupuncturist, decided to open the business after noticing there was a need for alternative health services in the area. The seclusion of the Stawell Post Office Arcade caught Marie's eyes, who decided to select Shop No.9.

Acupuncture treatments are used to support and accelerate the body's healing process, naturally. It is great for general wellbeing and can be used to treat specific health conditions. Latest researches have proven its efficiency for the following, but not limited to, conditions: acute and chronic pain, digestive disorders, menopausal hot flushes, migraines, headaches, allergies, pain & nausea during pregnancy, asthma, anxiety and insomnia. These researches were gathered by Traditional Chinese Medicine doctors for the Acupuncture Evidence Project in 2016.

You may have a few questions about how Acupuncture is performed. Acupuncture is an important Traditional Chinese Medicine treatment method and has been performed for thousands of years. Very interestingly, Chinese medicine is at least 5000 years old, making it the longest ongoing medicine still in use today. Acupuncturists use needles as a main tool to stimulate certain points on the body in order to restore balance. Other tools are also used, including cupping, moxibustion (chinese warming herb), TENS machines, guasha (scrapping method) and tuina massage. Treatment methods and the tool selection are tailored to fit the singularity of every patient. All Acupuncturists must comply with the regulations of the Australian Health Practitioner Regulation Agency (AHPRA), as do all nurses, chiropractors, dentists, doctors and occupational therapists, just to name a few.

The Acupuncturist's main goal is to identify the underlying reason of the imbalance and health condition, in other words, the roots of the problem, and work towards correcting it so that the problem doesn't reappear later or in another form.

Whenever possible, Marie is aiming to reach a point with her clients where they do not need to have follow ups regularly, if at all. This ethical way of working leads to positive word of mouth and referrals which is extremely powerful.

Marie has been practicing in a Sports clinic in Kyabram for the last year and a half before relocating to the Northern Grampians Shire. As the area has a high concentration of sporties and labourers, Marie is interested to see what health issues the locals are experiencing. Acupuncture is also well adapted to the needs of children and the elderly population. Marie is dedicated to share her Chinese medicine knowledge with the community via her clinical practice but also via workshops and presentations she will be organising in the future for the residents of the shire. The core principles of Chinese Medicine are based on natural phenomena, quite simple to understand. The understanding of those principles can give people another set of tools and help them make small lifestyle modifications which can enhance their quality of life significantly.

This is Marie's first clinical business venture on her own, as she has been fortunate in the past few years to integrate already existing health clinics. Since she began her studies in the health field, she knew that she would open her own business one day and it is with delight and excitement that she is reaching that point with us in Stawell. Her main goal is to be available for the specific needs of the community. Marie finds very rewarding to be part of the healing process of her clients, and is sincerely happy for them when they can get back to the lifestyle that they know and the activities that they love. For some people being able to hang the washing without pain can be a major accomplishment, as much as being able to return to work or to strenuous activities such as footy, horse riding or climbing.

Marie says that being an Acupuncturist is the best profession and field of practice she could have chosen. She feels very fulfilled both as a person and as a professional. Having a curious nature, she is happy to be constantly learning and stimulated due to the complex and amazing nature of the body, the mind and the individuality of the recovery process.

For those of you wanting to find out more about Grampians Acupuncture and how you can get in contact with Marie:

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