



THE UNIVERSITY  
of EDINBURGH

Improving lifelong well-being



## *What patients say about Meridian Balance Method Acupuncture*

### **A break from constant pain**

Mary has had constant and debilitating pelvic pain for about 8 years. She reported that meridian balance method acupuncture treatments made a big difference to her pain and energy levels. This enabled her to accomplish more and spend quality time with her daughter.

*I've got a full-time job and a two-year-old daughter.*

*When I got the acupuncture, it was so different... ..I painted with her...  
...I did things with her that I hadn't done before.*

### **Improved sleep and increased energy**

Ingrid was worn out by her chronic pelvic pain and had been sleep deprived for many years. Following several meridian balance method acupuncture treatments, she reported that she was sleeping better, had more energy, and was now able to complete household chores.

*I went through about four years... ..pacing the floor at night  
or having broken sleep. It just wears you out, it makes your pain worse,  
it just makes everything worse.*

*When I started on acupuncture, I could sleep through the night...  
...that was the best bit.*

### **Increased energy and relaxation**

Betty who has endometriosis-related pelvic pain felt that meridian balance method acupuncture treatments have given her more energy. She now also feels more relaxed.

*I felt like I had more energy.*

*Although the pain was still there, I felt more relaxed going home,  
and more cheerful.*