

# Try acupuncture to ease those London Marathon aches and pains

There are always plenty of joggers around London but, come the beginning of April, the casual observer may notice a more determined and serious expression on many a jogger's face. The London Marathon is fast approaching!



This year, the London Marathon takes place on Sunday 26 April. Around 35,000 people are expected to complete the course and, in the process, raise over £40 million for charity.

Less than 1 in 3 entry applications are successful and so it is no wonder those lucky enough to be accepted take their task so seriously.

But with intensive training comes the risk of injury, particularly minor muscular aches and strains.



How can acupuncture help? Acupuncture has long been used to successfully treat muscular pain. The World Health Organization confirms acupuncture is effective in the treatment of many conditions, including: muscle strain, knee pain, sciatica, back pain, neck pain and headache.

Chinese medicine says pain is due to a 'blockage' in the flow of fluids and energies (known as 'qi') around the body. Blockages are commonly caused by heavy, prolonged or increased muscle use and may manifest in many ways, from constant dull aches to shooting sharp pains.

Acupuncture can help reduce the duration of aches and strains as well as lessening associated pain. This may occur by increasing blood flow, dispersing bruising & lactic acid and stimulating the body's own pain relieving endorphins.



Electro-acupuncture, acupuncture and cupping

Other Chinese medicine treatments may also be useful, such as:

- **Cupping** helps clear congestion in the body and involves attaching small glass cups to the skin by means of vacuum pressure.
- **Tuina** is a form of medicinal massage which is broadly similar to shiatsu.
- **Electro-acupuncture** stimulates deep within muscles by passing tiny electric pulses along inserted acupuncture needles.
- **'TDP' lamps** emit far-infrared waves that penetrate and warm deep inside muscles.

Whether problems occur in training for the London Marathon, after running the course or are related to other sports and exertions, please do not hesitate to contact us if you would like to try a proven alternative treatment for muscular aches, pains and strains.

Gary Minns

Barbican Acupuncture

1 Wallside, Barbican, London, EC2Y 8BH

T 020 7638 4322

E [Gary@BarbicanAcupuncture.com](mailto:Gary@BarbicanAcupuncture.com)

W [www.BarbicanAcupuncture.com](http://www.BarbicanAcupuncture.com)