

“ I have been seeing Lucy Schwabe for two and a half years for acupuncture treatment for thyroid issues after surgery for thyroid cancer and osteoarthritis in my shoulders, spine, knees and feet.

Her skill as an acupuncturist has given me more freedom of movement and lessened the pain. There are long periods during the day where I am now completely pain free. I am now less reliant on analgesia and its unfortunate side effects. I would say that my pain is now 85% less than it was before I began acupuncture.

I turned to acupuncture because conventional medicine did not address my issues and most conventional treatments had long term damaging side effects.

I would thoroughly recommend Lucy as an acupuncturist to anyone who is suffering from a chronic condition or indeed any other conditions. She is not only a very skilled acupuncturist she is also very insightful and knowledgeable and she has a very pleasant and reassuring manner. ”

A. Mitchell

“ Thank you for the opportunity to find myself again. It is good to remind myself that I need to give time to relax and sit. It is ok. You Lucy bring a lovely peace and honesty as a leader and allow people to feel fully accepted and safe. ”

Annette

“ ...Lucy is a gentle and patient instructor, and the lessons felt like a true partnership in gently leading me to find the Mindfulness path. I wouldn't hesitate to recommend this programme, or Lucy as an instructor – in fact, my friends and family are sick of me telling them to go! ”

Therese M



Lucy Schwabe

TCM Practitioner & Mindfulness Trainer

I am a certified Acupuncturist, Traditional Chinese Medicine (TCM) practitioner and Mindfulness Based Stress Reduction (MBSR) trainer with a commitment to holistic healing.

I established my clinical practice in 1997. The focus of my practice since its formation has been on incorporating Acupuncture and TCM with mindfulness based interventions.

Since 2002 I have been leading MBSR group programmes for a variety of health, educational, corporate groups and organisations.

I enjoy working in a warm and respectful way, empowering and inspiring people through example and intention.

For more information or to make an appointment please contact us by:

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wholistic health works

www.wholistichealthworks.co.nz



Mindfulness

Traditional
Chinese Medicine

Acupuncture

wholistic health works



Mindfulness and Stress Management

Do you suffer from:

- Frequent muscle tension
- Back, shoulder or neck aches
- Sleep disturbances
- Irritability, anxiety or panic attacks
- Headaches or migraines
- Depression and/or fatigue
- High blood pressure
- Gastrointestinal distress
- Chronic pain or illness
- or are you feeling as if something isn't quite right and you can't put your finger on any one thing?

Any one or a combination of the above symptoms could be manifestations of stress. Mindfulness invites you to move toward greater awareness, choice and balance in your life. It is a practice of paying attention to whatever is happening in the present moment and offers a way of freeing yourself from automatic and unhelpful patterns of thinking and responding.

For details about our mindfulness based one-on-one and group programmes including **Mindfulness Based Stress Reduction (MBSR)** courses please visit:
www.wholistichealthworks.co.nz



Traditional Chinese Medicine and Acupuncture

Traditional Chinese Medicine (TCM) is a complete medical system which includes diagnosis, prevention and treatment of disease to improve an individual's health and well being. TCM modalities include Acupuncture, massage, dietary advice, herbal medicine and exercise.

Acupuncture restores and maintains health by the insertion of fine needles into points just below the surface of the skin. These points are in specific locations and when activated help bring your body into balance.

Treatments are available as standalone Acupuncture sessions, in combination with other TCM modalities, or integrated with Mindfulness Based Interventions.

For more information please visit:
www.wholistichealthworks.co.nz



Integrated Treatments tailored for you

At Wholistic Health Works we look at the complete picture, the focus is on both the mind and body and how they as a whole impact on your overall health and well being.

Our Integrated Treatment Programmes are tailored to your individual needs and the type of symptoms you are experiencing. In addition to Acupuncture/TCM you can complement your treatment with Mindfulness Based Interventions to actively support your healing process and to promote long term well being.

During clinic sessions you may choose to be guided through mindfulness awareness exercises, including mindfulness of breathing, mindfulness of the body and mindfulness of the mind. There will be opportunities for reflection and options to develop a personal practice plan with the aim of:

- taking mindful care of yourself and
- integrating mindfulness into your daily life

For more information please visit:
www.wholistichealthworks.co.nz