

which could be used at the beginning and end of a key work session, right the way through to ongoing exercises monitoring stress/anxiety levels over a matter of weeks. Also 30-60 minute relaxation sessions are also available

Detox Tea

We offer a range of teas:

DETOX TEA

This contains properties that can help with:

- Digestion, anxiety, promotes the body to cleanse & has anti-depressant & anti viral properties

SLEEP TEA

This contains properties that can help with:

- Digestion, anxiety, act as a sedative



LUNG TEA

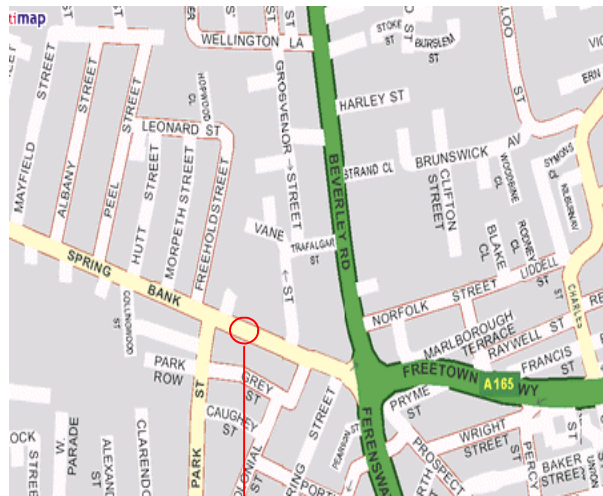
This contains properties that can help with:

- Catarrh, circulation, soothes mucus membranes, has anti bacterial & anti viral properties, aids the healing of wounds/tissues

KIDNEY TEA

This contains properties that can help with:

- Urine tract infections, effective urinary anti-bacterial, contains diuretic properties—helps cleanse the kidney.



We are here

Axis is a treatment service for Stimulant/Crack Cocaine users

Contact Details

If you would like any of these treatments please call or drop in to:

Axis
80 Spring Bank
Hull
HU3 1AB

Tel: 01482 609770
Fax: 01482 609466
E-mail: axis@ads-uk.org

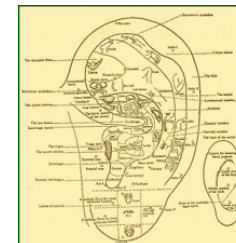


ADS—supporting people to make positive change



Complimentary Therapies

Your Guide to Axis Therapy Services



Auricular Acupuncture

Acupuncture is an ancient Chinese approach to healing. It helps withdrawal by detoxing the body, calming the nerves and rebalancing the body 's energy.

According to Auricular Acupuncture, the ears represent the whole human body in an upside down foetal position. On each ear there are approximately 200 acupuncture points!

The five points that we use are:

SHEN MEN

This point can help with:

- Stress, Insomnia, inflammatory disease, withdrawal symptoms, anxiety, & depression

SYMPATHETIC

This point can help with:

- Night sweats, excessive perspiration, high blood pressure, inflammatory pain

KIDNEY

This point can help with:

- PMS, stress, digestive disorders (weight loss) anxiety

LIVER

This point can help with:

- Anaemia, dizzy spells, irregular periods, diarrhoea, hepatitis, poor blood circulation, digestive disorders, depression

LUNGS

This point can help with:

- Asthma, night sweats, eczema, laryngitis, bronchitis, psoriasis, nicotine addiction



Electro-Stimulation Therapy

Electro-Stimulation Therapy (EST) uses the principles of acupuncture to treat withdrawal symptoms, without the use of needles

EST does not just concentrate on the ears like auricular acupuncture does. There are many points around the body that are effective, here are just a few that we use at Axis.

HAND-HAND

This is usually used as a quick 10 minute treatment, holding 2 metal bars, which can initiate some level of relaxation and is also a good introduction to the therapy.

SPLEEN 6

This is not as horrible as it sounds, this point is found on the ankles!! It is a very calming point, good for treating insomnia, anxiety, restlessness, agitation & night sweating

JEROME

This point is near the ear lobe, and the therapy is given via a clip on each ear. This point is good on its own but is usually combined with other anti-stress points. The Jerome point is excellent for inducing sleep/relaxation

STOMACH 36

Again, like the spleen 6 point it is not as bad as it sounds. This point is found on the leg near the knee. This point is one of the most commonly used acupuncture points. It helps strengthen the body and can also be used to regulate the intestines—constipation or diarrhoea , it is also good for the immune system.

These treatments are available as part of key work sessions or you can drop-in for a treatment.



Relaxation Exercises

Relaxation exercises are great in combination with the other therapies we offer, but is just as good on its own.

Relaxation exercises range from very short and simple breathing exercises,