

HELPING PEOPLE ACHIEVE BETTER HEALTH, MOVEMENT, FREEDOM, AND WELL-BEING

THE PATH TO YOUR SMILING BODY STARTS AT THE SMILING BODY ACUPUNCTURE CLINIC IN GALWAY

Smililing Body is a centre specialising in traditional Chinese Medical therapy.

Smililing Body supports and accelerates the regeneration of body and spirit through correct nutrition, specific medical treatments, total relaxation, exercise and an optimistic view of life.

PREVENTION AND REGENERATION



For further information go to
www.smilingbody.com

James O'Sullivan and his partner Hung Tsui Ying have 25 years experience in Traditional Chinese Medicine and CMT. Both James and Eunice are visiting lecturers to Beijing University of Chinese Medicine, in whose hospitals they have gained considerable clinical experience over the years. James is the academic director of Active Health Foundation, a college offering courses in all types of Chinese medicine and James also developed a course for a number of VEC colleges around Ireland, entitled Tuina Chinese Medical Acupressure, the physiotherapy practiced in hospitals throughout China.

Prevention and Regeneration are the two key mechanisms of medicine of the future. Developing this concept, James has designed a number of individualised holistic programmes to help you attain optimum health through prevention and regeneration. The process of regeneration begins with a proper detoxification and purification of your body, which aids the body's own healing ability. Detoxification does not mean starvation; it strengthens and stimulates a health homeostatic balance. Health, beauty, vitality and a positive outlook are firmly linked to this process.

James O'Sullivan is a people friendly practitioner and lecturer of Integrated Medicine, serving the patient and client with the positive benefits of both Conventional Western Medicine and Traditional Chinese Medicine. He was privileged to study Chinese herbs, Acupuncture, Tuina Chinese Medical Acupressure, in Universities in Beijing, Hangzhou, Nanjing, Shanghai and Taiwan.

Smiling Body can treat any sports injury from acute to chronic injuries using acupuncture, laser and heat therapies. They treat the person holistically and look at the whole picture. "You can't just focus on the injury you have to look at their diet, energy levels and the whole person as everything contributes," says James, adding, "Some time ago, two players were sent to me both with similar injuries. On consultation it was evident that one of the player's techniques was wrong that is why he was sustaining multiple injuries while the other player's technique was fine, it was his diet that was the problem. Simply looking at the complaint is not going to find the answer"

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"We have been practising for 25 years and have a huge amount of knowledge and experience. We are hugely passionate in what we do and for this reason have a large and loyal clientele and get a huge amount of referrals. Everybody has the right to better health, movement, freedom, and well-being and each one of us has the ability to learn and practice the techniques necessary to sustain this aspiration"



SPINAL PAIN
NECK STIFFNESS
SPORTS INJURIES
TENNIS ELBOW

JAMES O'SULLIVAN
For appointment call (087) 785 1158

HUNG TSUI YING
For appointment call (087) 414 9228



The Path to Your Smiling Body Starts at the Smiling Body Acupuncture Clinic in Galway
Your Smiling Body is in harmony and when combined with a healthy lifestyle results in Optimum Health.

WHAT BENEFITS FROM ACUPUNCTURE TREATMENTS?

Increased vitality, energy and creativity
Increased capacity for work and recreational activities
Stronger immune system
Stronger resistance to colds and flu
Better memory
Improved quality of sleep and digestion
Physical and emotional balance
Greater fluidity of movement
Look younger and feel better
Reduction or elimination of pain

YOUR HEALTH

The treatment can be as simple as one treatment but usually it is based on a continuous course of assessments, treatments, nutritional and lifestyle plans and advice, which reflect your present health status. The Smiling Body treatment is offered on a one-to-one comprehensive consultation to help you achieve your personal health goals in an easy and sustainable way.

SMILING BODY CLINIC

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