

Gillian Ward BA Hons, AAAP
AcuEnergetics Practitioner, London and Newbury

Gillian qualified in Holland, as a fully accredited Practitioner from the School of AcuEnergetics® in 2014 having spent eight years as a student practitioner. A treatment method originally developed in Australia, it is now taught in Australia, Asia, Europe and US.

Having suffered from chronic pain, stiffness and upper body immobility in her mid-twenties, Gillian discovered AcuEnergetics® while living and working in corporate Australia. A few simple treatments led to a massive improvement in health and fitness which then drove her on to study to become a practitioner herself.

Gillian has treated many different conditions successfully; most recently insomnia, sciatica, knee, hip and chronic neck and back pain, anxiety, plantar fasciitis, stress and RSI. Other conditions have included headaches, migraines, chronic fatigue, anxiety, depression, IBS, low energy, menstrual and menopausal problems, infertility and many more.

A professional member of the Association for the Advancement of AcuEnergetics® Practitioners, Gillian is fully insured in the UK.

Whether treating babies, children or adults, everyone has a unique set of circumstances to be addressed. Gillian is fascinated by people, the challenges we all face and is driven by the opportunity to help find a solution.

TESTIMONIALS

"I played the hero for many months with very severe sciatic pain. The MRI scan showed a disc in my lower back was piercing the sciatic nerve. Even after surgery the pain returned. The pain was akin to toothache in my leg, i.e. constant and not responsive to pain killers or anti-inflammatories. No matter what I did to try and ease it, sit, lie, stand, etc. the pain continued. It was only after that I would undergo AcuEnergetics® and after two sessions, the pain just went and didn't return. The relief was overwhelming! I would recommend AcuEnergetics® to anyone in pain generally or with similar problems." JW

"Having suffered from severe sleep problems and insomnia for over 10 years, my mind and body had been running on overdrive for far too long. After only one session of AcuEnergetics® and for the first time in a decade, I slept deeply, waking only once and even felt refreshed the next day! I have also noticed that where I used to worry and get worked up at how I was going to manage juggling everything, I am now much more relaxed. I have the same level of commitments, stresses and strains, yet seem to be able to take everything in my stride without the worry, anxiety or stress." JB

"I was going into hospital for a procedure which I was feeling quite anxious about, so I visited Gillian for one of the AcuEnergetics® Wellness Balances. Gillian made me feel completely at ease and the treatment was very relaxing. I arrived for my session feeling emotional and stressed and left feeling positive, calm and refreshed. Furthermore, I felt extremely relaxed going into hospital and throughout the procedure. Thank you Gillian for helping me, I would thoroughly recommend AcuEnergetics® to anyone in need of emotional strength." RU

"I've been suffering on and off for many years with knee and hip pain. In September this year I went to my doctor as the pain had become excruciating. She recommended an osteopath and I had an x-ray on my hip. The result of the x-ray showed wear and tear. I have also been

referred to a hip consultant - I'm still waiting for the appointment. I had several appointments with an osteopath and found that there was no improvement.

I was beginning to despair and my gym manager suggested that I make an appointment to see Gillian.

I've had about 6 treatments and the pain has practically gone. I'm back in the gym doing my exercise routine without any after effects.

I would highly recommend AcuEnergetics®, the benefits to the quality of my life have been immeasurable.” WB

Therapies

AcuEnergetics® is fast and accurate and can be used to treat a wide range of physical, mental and emotional conditions. Many people come for specific treatment of an injury, chronic health problems or work/family related stress. Some clients attend sessions to work through issues that arise frequently in their lives, such as anger, fear, guilt, sleep problems, relationship breakups and panic attacks. Others come because they find that energy balancing helps relax them and keep them at optimum health.

Frequently asked questions

Q: What is AcuEnergetics®?

A: AcuEnergetics® is a revolutionary and clinically effective energetic healing treatment from Australia. AcuEnergetics® can be used to treat any condition and can be very effective at reducing specific symptoms. AcuEnergetics® treatments have proven to be effective in thousands of cases of clinical practice. Many of these treatments were successful in resolving problems that baffled other medical professionals for years. This is because AcuEnergetics® is about understanding the whole energy body and its connection to the mind, which is vital for the effective treatment of any symptom in the body. AcuEnergetics® is based on understandings that the cause of illness is in our attitudes and fixed emotional states and it is only the symptoms of this that are present in the body. Practitioners are successful because they are trained in energetic physiology and anatomy, which involves a detailed understanding of how mind affects the energetic channels and centres in the body.

Q: How does AcuEnergetics® work?

A: In short, AcuEnergetics® practitioners understand how the mind blocks energetic channels and centres in the body. When these channels are blocked, specific illness, pain or symptoms appear. AcuEnergetics® practitioners work with energy centres, pranic fields, meridians and other energetic channels. Using their hands they feel blockages and imbalances in the energetic system and can clear them using various energetic techniques. Some techniques are done on the body, most are done off the body with no client contact.

Q: What happens during an AcuEnergetics® session?

A: Every person is treated on an individual basis, and the session is tailored to their needs. To start with the practitioner will talk to the client to get a good understanding of the person and the complaint. Following this, the client will lay on a treatment table and the practitioner

will then start to open up various energetic centres and channels in the body. Using AcuEnergetics® techniques, the practitioner will seek to remove pain, treat symptoms and source the cause to prevent recurrence. During an AcuEnergetics® session the client remains fully clothed at all times.

Q: What are the benefits?

A: AcuEnergetics® is extremely effective in treating chronic and acute aches and pains in the body, as well as emotional conditions such as post-traumatic stress, grief and depression. People come for AcuEnergetics®, either for a session where they have a specific problem(s) to treat, or for [AcuEnergetics® Wellness Balances](#), which help to promote general wellbeing and good health by reducing stress, increasing energy, improving circulation and strengthening the immune system.

Q: How long is a session and how much does it cost?

A: It's recommended that the client takes the opportunity to have an initial (and free!) 10 minute telephone session ahead of the first treatment to save time in the initial session. If this isn't possible, this can be done face to face within the initial session. Sessions last up to an hour on average depending on time available and the treatment plan. Session costs are £60.

Q: Can I continue medication and other treatments alongside AcuEnergetics®?

A: AcuEnergetics® can work both on its own as a stand-alone treatment or alongside other treatments and prescribed medication. AcuEnergetics® practitioners often work with other medical professionals in easing side effects of, for example, chemotherapy; reducing stress and anxiety before surgical procedures and operations; promoting recovery after surgical procedures and operations.

PLEASE NOTE: Prescribed medication must be continued and only reduced or stopped on the instruction and continued consultation with your doctor.

Q: Can I have AcuEnergetics® if I'm pregnant or trying to conceive?

A: AcuEnergetics® is highly recommended to treat existing pain and symptoms prior to conception, and also to help conceive. AcuEnergetics® is great for treating pregnancy-related symptoms, including low energy, sickness and other challenges. At the right time, a full range of birth preparation treatments can help ease and promote labour, alleviate fears and so on.

Q: I've already tried everything, including surgery, how can AcuEnergetics® help me?

A: I discovered AcuEnergetics® when I had tried many other avenues of both western and alternative approaches to regain full health. AcuEnergetics® treats acute and chronic conditions alike and many clients learn about it through word of mouth.

It's not a miracle cure, but it does open up a whole new world of possibilities by working with the energetic anatomy and physiology – a whole system that many other professionals don't yet learn or understand. As AcuEnergetics® practitioners, we don't see the body as solely a physical two dimensional body of levers and pulleys, we understand how emotions can affect the body physically – and if left untreated, mentally.

The cure of the part should not be attempted without treatment of the whole. No attempt should be made to cure the body without the soul and if the head and the body are to be healthy, you must begin by curing the mind. For this is the great error of our day in the treatment of the human body, that physicians first separate the soul from the body.

Plato, 382BC