

## Roberta Weber New Old Medicine Patient Information and Contact Sheet

**Please read this carefully and ask Roberta if there is anything that you do not understand.**

### **The therapeutic modalities used by Roberta:**

- Five Element Acupuncture including moxibustion and cupping as well as Auricular Acupuncture
- BodyTalk (in person or remote work)
- Biofield Tuning (in person or remote work)
- Constellation Therapy (in person or remote work)
- Shamanic Healing (in person or remote work)

Each modality is described in more detail below. It is important to understand that all healing comes from within and that the modalities used are simply facilitating your own healing capacity. Support with changes may be needed and can be found via friends, loved ones, doctors, other therapists, clergy, Roberta, etc. If there is any question of a lack of support or a history of mental or emotional instability, it is important to notify Roberta of this before embarking on the use of any modalities. Occasionally there will be a need to refer to another professional and Roberta will discuss this with you if needed. All therapies will be implemented as and when the situation requires it and with verbal agreement between Roberta and the client throughout each session. It is advisable to be well hydrated when undertaking this work and to not be too hungry nor too full.

### **Acupuncture – Traditional and Auricular (ear):**

Acupuncture is a form of therapy in which fine needles are inserted into specific points on the body or the ear. A smouldering herb called 'moxa' may be used to warm points. Acupuncture is generally very safe. Serious side effects are very rare – less than one per 10,000 treatments.

### **Does acupuncture have side-effects?**

You need to be aware that:

- Drowsiness occurs after treatment in a small number of patients and, if affected, you are advised not to drive.
- Minor bleeding or bruising occurs after treatment in about 3% of treatments.
- Pain during treatment occurs in about 1% of treatments.
- Existing symptoms can get worse after treatment (less than 3% of patients). Any exacerbation of symptoms should be reported to Roberta, but it is important to know that it is usually a good sign.
- Fainting can occur in certain patients, particularly at the first treatment.

In addition, if there are any particular risks that apply in your case, Roberta will discuss these with you.

### **Other helpful information before acupuncture is done:**

Apart from the usual medical details, it is important that you let Roberta know:

- If you have ever experienced a fit, faint or funny turn
- If you have a pacemaker, or any other electrical implants
- If you have a bleeding disorder
- If you are taking anti-coagulants or any other medication
- If you have damaged heart valves or have any particular risk of infection

### **BodyTalk:**

BodyTalk addresses the whole-person and their whole-story, using the entire context of one's life to improve their health. It utilises muscle checking to navigate protocol and procedure charts that are designed to show where the body isn't communicating well within itself. Implementation is via gentle tapping over the head, heart, and belly and therefore is less invasive physically than acupuncture, whilst integrating acupuncture theory, ayurvedic concepts, and western medicine, etc within the process.

### **Does BodyTalk have side-effects?**

Some of the balancing can involve stimulating the immune system or the body's ability to process glucose, for example. If this comes up in a session, the recipient may experience over the next few days a viral like reaction, or if on physiologically active medication (eg insulin) they may need to monitor their medication levels more carefully. Acknowledgement of old emotional issues is inherent in this therapy, and can remind the recipient of events that have long been buried. Such events

often are only alluded to in the vaguest of terms, therefore, the potential of reliving an emotional issue is low, especially as the BodyTalk is able to allow the swift emotional, physical and spiritual release of such events. If there are any events from a time in your life that you don't wish to discuss, this will be honoured. If this is an issue, please notify Roberta who will set the boundaries appropriately.

### **Biofield Tuning:**

Biofield Tuning is based on the premise that the human biofield - the energy field that surrounds and permeates our bodies - is inextricably connected with our conscious and subconscious mind, including all of our memories. All physical, mental and emotional disorders can be perceived as "dissonance" in our energy fields. Biofield Tuning is able to diminish and resolve this dissonance and in doing so, alleviate and even eradicate the corresponding physical, mental and/or emotional symptoms.

### **Does Biofield Tuning have side-effects or contraindications?**

Biofield Tuning is not advised for individuals who are extremely ill as it may create a strong healing response in the system. As the body releases tension, any toxins that have been held in constricted tissue are released which has the capacity to produce flu-like symptoms, exhaustion, waves of emotion, loose stools and in extreme cases (very rare) rashes and vomiting. Cancer, pregnancy, palliative care, and pacemakers are contraindicated in Biofield Tuning.

### **Constellation Therapy:**

Constellation involves tapping into a greater energetic that holds families or situations in a balance – sometimes an unhealthy one. Much as acupuncture involves unblocking the stuck energy within a person, Constellation Therapy, works with the outer energetic utilising guided imagery and words to disentangle family (or any situational) dynamics that may be having a profound effect on one's sense of wellbeing. This work can be done in the mind's eye or while standing in the place of an energetic field that is set up by asking a profoundly pertinent question. The movement within the constellation will be aimed at a free flow of energy in a way that is harmonious with a natural order. This work is done in conjunction with the other modalities.

### **Does Constellation Therapy have side-effects?**

Disentangling constellation fields can have a profound effect on our interpersonal relationships and thus eventually our sense of wellbeing. Any change can be destabilising for a time, not only for ourselves, but for any relationship we have. Although the ripple effect cannot be completely predicted, please discuss with Roberta any concerns you may have regarding the possible changes in your life.

### **Shamanic Healing:**

Shamanic Healing is the oldest traditional healing modality in the world and is arguably the foundation for all the healing modalities described above. The practitioner's inner knowing and connection to Spirit is the basis of Shamanic healing. This work is generally integrated via the other modalities described above. For example, in acupuncture there is a point called 'Spiritual Soul Gate', which is used when someone needs to be brought back into their body after a trauma and shamanic training has brought a clarity and depth to the use of such points. Sometimes the 'big guns' will be needed for a session and drums and rattles will be employed to facilitate the healing that is needed.

### **Does Shamanic Healing have side-effects?**

As the deepest work available, Shamanic Healing can offer the strongest changes. These changes and possible side-effects are inclusive to all the other modalities as described above.

**If you experience any unusual symptoms after treatment, or if you are concerned about any aspects of the treatment you have received, contact Roberta as soon as possible on: [+44\(0\)7866844016](tel:+44(0)7866844016)**

Please note: Any cancellations or missed sessions within 24 hours of an appointment will be charged.

Considerations for all healing work:

A healing journey can affect any part of a person's life including physical, emotional, mental, spiritual, and relational aspects.

Healing requires change. Therapeutic tools generally aim to release the 'blocks' that stop self-healing but it is just as important to move people towards a *knowing* of freedom at all levels. Change occurs by the 'healee' not the 'healer'. The journey is mysterious and full of wonder, and generally cannot be described. Healing is not just a journey to less pain (for instance), it's a journey of freedom and discovery of self whilst also connecting with what is greater than self.

It's important, where possible, to develop a good support system outside of working with any one person on a healing journey and to always work with those who respect your inner wisdom.

After all healing work and to maintain good health generally it is important to drink plenty of water, take regular salt baths (Epsom salts are very good for this), and get your feet on the ground - without shoes on! Singing and dancing help too!

*Healing is not removal of illness. It is a journey towards virtue – or greater and greater alignment with Tao.  
– Thea Elijah*