



## NEIJING AKADEMIN

**Be welcome!**

With a warm heart I welcome you to your Distal Needling Acupuncture course at Neijing Akademin in Falköping! I'm very excited that you have registered to learn this highly effective method that will benefit your patients, your community and you as a practitioner.

Here are some details regarding the course to take notice of, so we are prepared to get the most out of these 2 days.

A large part of the course will consist of theory, but you will also train your newly learned skills intensively during these 2 days. If you have any form of pain yourself, email me at [adindafagerstrom@gmail.com](mailto:adindafagerstrom@gmail.com) up till about a week before the course date, with a short description of the type of pain and its location (if you know which meridians are involved, kindly mention this. If you are not sure then just describe the location on the body). When we know in advance, we can make groups beforehand of students who can work together. I would like to emphasize that it can be any kind of pain, it doesn't have to be chronic or super-serious, so feel free to email about it.

If we don't have enough cases from within the group we will invite external patients. So if you have a patient who would be a suitable candidate for treatment during the course, let me know too.

As we will be working on each other, make sure to wear clothing that can easily expose the lower legs and forearms. And for the ladies a 'linne' underneath your clothes is nice when we want to expose the shoulder and upper back area.

We use palpation as a diagnostic tool, which can be done with the fingers. So short nails will be appreciated by your fellow students. If you have a palpation instrument (straight, with a 1,5 – 2 mm rounded tip) bring it with you.

Please be mindful that is not permitted to record the entire course, but you won't need to, because I will make sure you understand everything before the course comes to an end. So please feel free to ask questions when something is not clear to you. My goal is that everyone can start working with this method directly when you get back to your clinic on Monday. Questions can be asked in Swedish, if you feel more comfortable with that, this is absolutely no problem. After the course you can join my Facebook group where we can discuss cases and help each other out.



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- **Course date** : 8-9 feb or 1-2 may
- **Time** : Saturday 9.30 – 17.00 Sunday 9.00 – 17.00
- **Location** : Neijing Akademin, Östertullsgatan 18b, 521 46 Falköping
- **Investment** : 3500 ex moms
- **Contact** : stina@neijing.se, 0739 882325
- **Lunch** : There is a Willys nearby and also some local restaurants. It is also possible to bring your own food. There is a small kitchen and fridge
- **Fika** : Smörgås in the morning, coffe/tea and fruit will be provided by Neijing. Do you have allergies or other food preferences please bring your own fika and complement with ours if possible.

**I am looking forward to meeting you soon!**

**Adinda Marije Fagerström**  
**adindafagerstrom@gmail.com**



## **NEIJING AKADEMIN**

### **Info about the course**

#### **Distal Needling Acupuncture – acupuncture with instant results**

**Do you want more confidence to treat patients? Do you want immediate results in your clinic? Do you want to be able to diagnose pain within minutes and treat it effectively?**

**Amaze your patients and yourself by learning the foundations of distal needling acupuncture. This 3-step treatment method works immediately and it's easy to understand.**

**In the clinical practise a majority of patients are seeking help for pain symptoms. Most of them are longing for direct results. If they don't feel a big relief after a few sessions, they might give up on acupuncture treatments altogether. We might think they are impatient, but there are 2 important factors to take into account here. Acupuncture is often a 'last resort' for them, so we have to understand that they already have a long history of trying different kinds of treatments, that didn't work. Besides this, finances might play a role, as acupuncture must often be paid by the patient themselves in Sweden. It can be frustrating for acupuncturists to be left by a patient just as you started to notice some results. It can also make you feel insecure about your diagnosis or treatment plan. So it's great that you can now learn a method that convinces your patient within minutes after inserting the needles that it works! They leave your clinic after their first appointment with 60 to 80% less pain, in some cases even pain free. The pain will reside with every follow-up treatment until the patient is completely pain free. Happy patient, happy you.**

**Because happy patients will do your marketing for you. Their family, friends, neighbours, etc will want to try it too.**

**The foundation of this course is strongly rooted in the classical theory of Chinese Medicine, and therefore it is exclusively taught to practitioners of Chinese Medicine.**

**However, the course is suitable for experienced licensed acupuncturists as well as students of TCM. The theory behind this method might seem complex, but the actual diagnosis and treatment is simple. So all levels of practitioners are able to work with this 3-step method directly. And especially beginners will feel a great deal of confidence after completing the course.**

**You do need to have experience with the insertion of needles and familiarity with the meridians and their pathways. Knowledge of anatomy is a plus.**



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### **Benefits patient:**

- Pain relief in less than a minute
- Progress with every treatment
- 60 - 80 % less pain already in first treatment
- Trust in TCM process and their acupuncturist
- Less treatments needed
- No needles where the pain is, only distal points are used
- Less invasive
- No need to undress fully or lay down, as we only use the lower arms and legs

### **Benefits practitioner:**

- More confidence to treat patients
- Direct results
- No long and difficult diagnosis, it takes only a few minutes
- No doubting if you are on the right acupuncture point
- No need to hurt your patient, as you won't be using needles where the pain is
- More commitment from patients because they feel the relief immediately and notice progress with every follow-up treatment
- Confidence to draw in new patients
- Ability to treat more patients in less time

And last but certainly not least, more skilfully educated acupuncturists in Sweden will help build a better image of TCM in Sweden.

During the course you will learn the theoretical background of distal needling. We will go through different systems for treatment. You will learn how to make a quick and accurate diagnosis and how to treat accordingly. You will get some clinical pearls. And we will go over many cases, examples and directly practise on your classmates what you have learned. If you have any form of pain yourself, please let us know before the course, by emailing a short description of where the pain is located. The more examples we have, the more we can practise during the course. And you will know how to treat yourself too!



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### About Adinda Marije Fagerström

Adinda has been a student of Chinese medicine since 2009 and will never stop learning. She studied TCM in Holland and Sweden. After graduating at NeiJing Akademin she travelled all over the world to learn different kinds of techniques and visions. Amongst which Dr. Tan's balance method, Robert Doane, and Master Tung acupuncture. She's currently enrolled in the Graduate Mentorship Program as a student of Sharon Weizenbaum.

She's passionate about spreading Chinese Medicine and elevating the image of the craft in the West.

Over the last few years she had a clinic and yogastudio in Mariestad and now practises in Lerum and Göteborg.

*"The technique of distal needling gave me great confidence to go out and start treating patients, when I just started out. My clinical results jumped up and people started coming to my clinic purely by recommendation. I would love to share this knowledge with all who want to learn, so that they too can have success."*

**Varmt Välkomna önskar Adinda i samarbete med Neijing Akademin!**