

The Top 10 Ways to Maximise the Benefits of Your Acupuncture Treatments:

Your FREE, Simple 10-Step Acupuncture Success Checklist - “Must Do’s & Don’ts” simple daily habits for More Energy, Clarity & Wellbeing

Here you’ll learn how to:

✓ **Boost Your Energy Naturally**

Discover the simple habits that help your body respond more effectively to acupuncture—so you can stop dragging yourself through the day and start feeling more vibrant, productive, and resilient.

✓ **Calm Stress, Anxiety and Emotional Overwhelm**

Learn the common mistakes that may be draining your energy and affecting your wellbeing—so you can enjoy greater emotional balance, clearer thinking, and a stronger sense of control.

✓ **Rebuild Confidence, Self-Worth and Personal Power**

Understand how your unique Chinese Medicine energy element influences your health and wellbeing—so you can make better choices, feel more empowered, and create lasting positive change in your life.

This Free Checklist Is Perfect For People Who Want To:

- Feel healthier, happier and more energised
- Improve hormonal balance and emotional wellbeing
- Reduce stress, anxiety and overwhelm
- Support pain relief and recovery naturally
- Improve digestion, sleep and mental clarity
- Build confidence and reconnect with their authentic self
- Feel more balanced, resilient and in control of their future

Your body has an extraordinary ability to heal, rebalance and thrive when given the right support.

The sooner you understand how to work with your body's natural energy systems, the sooner you can experience greater comfort, clarity, vitality and wellbeing.

Acupuncture works best when your body is supported between treatments. These simple steps can help you feel calmer, sleep better, improve energy levels, reduce stress, and support your body's natural healing process.

Think of this as your personal wellbeing roadmap – small, consistent habits that create powerful long-term results.

Your FREE, Simple 10-Step Acupuncture Success Checklist:

1. Hydrate Your Body

After treatment, your body needs hydration to support detoxification, circulation, and energy flow.

Try to reduce:

- Excess caffeine
- Alcohol (especially after treatment)

Both can overstimulate the nervous system, dehydrate the body, and reduce the full benefits of treatment.

Hydration: One of the Simplest Ways to Support Your Health

Following your acupuncture session, it is vitally important to stay well hydrated to support your body's natural healing and recovery processes.

Aim For:

- Plenty of water after your treatment.
- Ideally up to 2 litres of filtered water daily (unless otherwise advised by your healthcare professional).
- Consistent hydration to support healthy skin, hair, digestion, hormone balance, energy production and overall cellular health.

Why Consider Filtering Your Water?

Many people are surprised to learn that tap water can contain traces of unwanted substances, including:

- Chlorine and fluoride (which can affect taste and odour)
- Microplastics
- Heavy metals
- PFAS ("forever chemicals")
- Microbial contaminants
- Residues from pharmaceuticals and other environmental pollutants

While UK drinking water is regulated and generally considered safe, many people choose to filter their water to reduce exposure to these contaminants and improve taste and quality.

A Simple Investment in Your Wellbeing

A quality water filtration system can:

- ✓ Improve the taste and enjoyment of drinking water
- ✓ Encourage better hydration habits
- ✓ Reduce exposure to a range of common contaminants
- ✓ Provide peace of mind for you and your family
- ✓ Save money compared with regularly purchasing bottled water

At Kings Acupuncture, we believe clean, great-tasting water is one of the simplest foundations of long-term health and wellbeing.

Kings Acupuncture Recommended Water Filters:

Budget-Friendly Option

Waterdrop Electric Instant Water Filter Jug

An affordable entry-level solution for individuals and families wanting cleaner, better-tasting water without a large upfront investment.

Key Benefits:

- 15-cup (3.5 litre) capacity
- Instant filtration
- Compact and easy to use
- Ideal for everyday drinking water

Special Offer:

- Use discount code **WDED01** for 16% off
- Reduced price approximately **£39.99**
- Filters last approximately 3 months

Please Note: This is an excellent budget option, but not suitable if you require significant water softening, major contaminant/ Total Dissolved Solids reduction or heated water functionality.

Copy and paste our affiliate link into your browser:

<https://i.refs.cc/KOilsWbF>

Then use the search bar for:

"Waterdrop Electric Instant Water Filter Jug, 15-cup (3.5L) Filtration Capacity / 3 Months"

Mid-Range Options

Osmio Clarity Gravity Water Filter

A high-quality gravity-fed filtration system requiring no installation and suitable for most households.

Price: £253.00

Bonus: Includes a FREE Osmio Sanser Sanitiser Spray worth £59.

Copy and paste our affiliate link into your browser:

https://www.osmiowater.co.uk/osgh1.html?aw_affiliate=eyJjYW1wYWlnbl9pZCI6IjgiLCJ0cmFmZmljX3NvdXJjZSI6ImtpbmdzLWFjdXB1bmN0dXJlLmNvbSIsImFjY291bnRfaWQiOiJwOH0

Osmio Zero 2.0 Portable Reverse Osmosis System

A convenient reverse osmosis solution delivering exceptionally pure water without permanent installation.

Price: £495.00

Ideal for:

- Renters
- People wanting premium filtration without plumbing modifications
- Households seeking significant contaminant reduction

Copy and paste our affiliate link into your browser:

https://www.osmiowater.co.uk/zip-portable-reverse-osmosis-system.html?aw_affiliate=eyJjYW1wYWlnbnl9pZCI6IjEiLCJ0cmFmZmljX3NvdXJjZSI6ImtpbmdzLWFjdXB1bmN0dXJlImNvbSIsImFjY291bnRfaWQiOiJwOH0

Gold Standard Recommendation

If your budget allows, we recommend choosing the best filtration system you can comfortably afford. Most people drink water every day for the rest of their lives. When viewed over years of use, a high quality water filter is one of the most cost-effective investments you can make in your health, wellbeing and peace of mind.



Osmio Fusion 3.0 Hydrogen Reverse Osmosis System

Our premium recommendation for those seeking the highest level of water purification and convenience- upgrade to healthier hydration, advanced features, and unmatched convenience; your all-in-one kettle replacement, pure water station, and self-cleansing hydrogen water system.

Price: £649.99

Benefits:

- Advanced reverse osmosis filtration, down to 0.0001 micron with carbon post filter
- Ionised (negatively charged) Molecular hydrogen water for added wellness (even with hot water)
- Chilled, ambient, and hot water options - all in one with smooth handsfree operation
- Built-in UV sterilisation for extra safety
- Larger tank with complete separation of raw and waste water
- Quick, easy filter changes (typically 6 monthly)
- Excellent long-term investment for health-conscious households

Available in White and Black (contact Kings Acupuncture for alternative colour options).



Copy and paste our affiliate link into your browser:

https://www.osmiowater.co.uk/osmio-zero-3-0-hydrogen-reverse-osmosis-system-white.html?aw_affiliate=eyJjYW1wYWlnbl9pZC16ljE4liwidHJhZmZpY19zb3VyY2UiOiJraW5ncy1hY3VwdW5jdHVyZS5jb20iLCJhY2NvdW50X2lkIjoyMDh9

2. Prioritise Rest & Deep Sleep

Your body heals when you rest.

After acupuncture, give yourself permission to slow down where possible and support healthy sleep habits.

Good sleep is essential for:

- Hormonal balance
- Mental clarity
- Energy levels
- Emotional wellbeing

Effective steps include keeping a fixed wake-up time to anchor your body's natural clock, avoiding caffeine after 3pm, removing screens before bedtime, and making your bedroom completely dark, quiet, and cool.

If sleep is difficult, discuss this during your sessions — it's often a key part of treatment.

3. Avoid Intense Exercise Immediately After Treatment

Gentle movement is wonderful.

Exhausting yourself is not.

After treatment, avoid:

- Heavy gym sessions
- Sauna/ over-hot bath (warm bath or shower later in the day is fine)
- High-intensity workouts
- Overexertion

Instead choose:

- Gentle stretching

- Walking
- Keep warm, especially the areas treated
- Relaxed movement

Allow your nervous system time to integrate the treatment.

4. Commit to Your Treatment Plan

Acupuncture works cumulatively, over a **Course** of treatments.

While many people feel shifts quickly, lasting results often come from consistent treatment over time.

Your personalised treatment schedule is designed to:

- Build momentum
- Support deeper healing
- Create lasting change

Consistency matters.

5. Track Your Progress

After a session, some people feel energised, others sleepy. Paying attention to how you feel physically and emotionally helps you recognise progress and gives valuable feedback for future treatments.

Healing can happen gradually and subtly; keep a simple wellbeing journal and notice:

- Energy changes
- Sleep patterns
- Mood shifts
- Symptoms improving
- Emotional triggers

6. Your Mindset Matters

Your thoughts, stress levels, and emotional state influence your physical health more than most people realise.

Approach your healing journey with:

- Self-compassion
- Patience
- Openness
- Positive intention

Small shifts in mindset can create powerful changes in the body.

7. Use Tapping & Stress-Relief Tools

Emotional stress often sits deeply in the nervous system.

Techniques such as deep breathing, self-massage and especially Tapping on the acupuncture points can help:

- Calm overwhelm
- Reduce anxiety
- Release emotional tension
- Support emotional resilience

When used alongside acupuncture, these tools can be incredibly supportive.

8. Nourish Yourself Well

Food is information for your body, as well as the ‘building blocks’ of energy.

Choose nourishing foods that support energy, hormones, digestion, and mood:

- Fresh whole foods, Organic where possible
- Protein-rich, balanced meals
- Regular meal times
- Avoid a very heavy or greasy meal right after your treatment

As the saying goes, “Let food be thy medicine” - A nourishing diet is one of your best tools for long-term vitality.

Planning meals ahead can also reduce stress and prevent emotional or “grab-and-go” eating.

9. Keep Moving

We are designed to move – especially important from midlife.

The key is finding movement that feels:

- Enjoyable
- Sustainable
- Supportive for your body

This may include:

- Walking
- Pilates
- Swimming
- Strength work

- Stretching & Mobility exercises

The best exercise is the one your body responds well to consistently.

10. Stay Curious About Your Health

True wellbeing comes from listening to, and understanding your body.

When you learn more about:

- Your habits
- Stress patterns
- Energy levels
- Hormones
- Lifestyle choices

...you become empowered to make healthier decisions with confidence.

Progress comes from consistent small choices over time.

Final Thoughts: A Personalised Approach to Your Wellbeing

Everyone is unique.

Your treatment plan may be adjusted and refined according to your individual needs, lifestyle, symptoms, and constitutional Element type.

These principles can also support the benefits of other therapies such as:

- Chiropractic
- Osteopathy
- Massage
- Bodywork
- Functional medicine
- Holistic health care

Your Health Is an Investment — Not a Luxury

Now is the most powerful opportunity to reconnect with your health, energy, and vitality.

With the right support, your body has an incredible capacity to rebalance, heal, and thrive.

You deserve to feel clear, calm, energised, and well.

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<https://www.kings-acupuncture.com/>