

Home

Nora Ryder (L.Ac. Dipl. Ac, member of ATCM) is an acupuncturist practising acupuncture, acupressure and providing dietary therapy from Yoga Glasgow and The Harvest Clinic in Glasgow.

This site is designed to give a brief introduction if you are new to or thinking about selecting acupuncture as a possible course of treatment.

Acupuncture is well established as part of Traditional Chinese Medicine, (TCM) together with acupressure, moxibustion and chinese herbal medicine.

Although many Westerners are probably most familiar with acupuncture to minimise pain (eg back and joint pain, period pain), and more recently to complement fertility treatment, it is effective across an extensive range of complaints.

If you have not had an acupuncture session previously, it may be useful to read the 'what can I expect in a typical acupuncture session?' section.