



---

## New website offers treatment alternatives

A new website for Irish men's health has been launched. It provides information on alternative treatments for infertility, stress, depression, weight issues and insomnia.

"Most men will worry about everything but their health — they are preoccupied with everyday stresses from work, to getting their car serviced, paying the bills and their family's well-being," says acupuncturist **Karen Costin**, who set up the website. "But when it comes to looking after their own health, it's more often than not an afterthought. I often find, when treating male clients for issues relating to infertility, that a lot of the focus is on the woman, with men often feeling isolated and helpless."

Based on Traditional Chinese Medicine, acupuncture is based on the belief that it can improve blood circulation and relax muscles.

● [www.acupunctureformen.ie](http://www.acupunctureformen.ie)

