THE PHOENIX CHARITABLE TRUST

Cirencester & District

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ADRIAN LYSTER MA, MBAcC is an Acupuncture Pain Specialist in pain management who works with GP's and other health professionals, using both traditional Chinese and modern western medical acupuncture techniques providing advice on exercise and as well as some joint mobilisation.

He has studied Gestalt Psychology, is qualified in Traditional Acupuncture as well as Traditional Chinese Medicine, gaining an M.A. from The University of Westminster in Therapeutic Bodywork as well as studying Myofascial Trigger Points with the British Medical Acupuncture Society.

Adrian worked at a Sri Lanken Hospital in an acupuncture outpatient clinic, returning in 1986 to work at the Gloucester Royal Hospital at one of the first UK Pain Clinics.

He has worked in Primary Care across Gloucestershire and now provides clinics for Minchinhampton Surgery Charitable Trust and subsidised clinics via The Phoenix Charitable Trust, primarily with the Phoenix Health Group in Cirencester and Tetbury.

He has lectured for a number of national health and research charities and regularly teaches clinical skills for under and post graduate Doctors and Acupuncturists.

Adrian is married with 3 adult children and enjoys gardening and walking with 2 lurcher dogs. He studies Mindfulness, meditation and Qi Gong.