

Anxiety; what anxiety?

This story will begin with a man suffering from tinnitus and end with a lady feeling happy about her health. Well, they say a story should have a beginning a middle and an end so let's do things properly and start with Mr. Bexton who was up until last year fed up with ringing in his ears. Tinnitus can drive you mad as anyone at the receiving end of it will tell you. It gave him headaches and he was getting stressed out with its 'twenty four seven' ringing sound. His doctor had run out of options so off his own bat he decided to give the Chinese Herbcare and Acupuncture Centre on the High Street a go. It was a good decision; following two acupuncture sessions, the tinnitus had vanished.

Well, this is where Kim Bexton comes into the story. For ten years she'd been trying to cope with the effects of an Underactive Thyroid Gland. When family and other stresses were added into the mix Kim became very anxious and tired. This combined assault drained her of energy making her attempts to get through the day nigh impossible. It was a vicious

circle; constant tiredness required an afternoon nap just to cope, this meant that she couldn't sleep at night which piled on more tiredness the following day. Her doctor prescribed Thyroxin which if anything made her more tired, caused her to pack on weight and thinned her hair bit by bit. Most notable was her complete loss of the sense of taste and smell. She was in fact plummeting down a black hole. She'd even had to stop work through it all. Mr. Bexton, bless him, decided that acupuncture might do the trick as it had done for his tinnitus; and so with nothing to lose off she went.

All that was month ago as this is being written. Suffice to say that gone is the Kim who crawled into the Acupuncture Centre four weeks before, the lady you see now has got her Mojo back. After the first session her mood noticeably lightened and by the end of the first week she became aware that the afternoon nap was no longer beckoning her to bed. With each session the calmness intensified, amplifying the improvements as the treatment went along. What she describes as her 'Marshmallow Brain' gradually cleared away returning her thinking back to the more analytical Kim she used to be. "I'm not completely out of the woods yet," she said, "but I'm

eighty per cent back to my old self." Kim's life is now blessed with the return of her senses of smell and taste thanks to acupuncture. "You've no idea what life is like without these things," she said. "It was a delightful surprise to get them back I can tell you."

Kim has a blind fear of needles which didn't bode well considering how acupuncture works. She closed her eyes tightly before the doctor began working on her. After a few minor taps and a 'flicking' sensation she braced herself for the first needle insertion, but it never came. It was only when she lifted an eye lid that she noticed all the needles were in place; it was that painless. She could see the needles in her upper cheek just beneath her eyes, the top of her wrist, under her knees and the top of her ankle. Mind you, it was the massage that she loved the best of all. "If I won the Lottery," she said, "I'd have that massage on speed dial!"

So now Mr. & Mrs. Bexton are healthy people once more, bringing our story to the happy ending I promised you at the start. You could say that they lived happily ever after, but they're going to keep that part of the story to themselves.

When acupuncture lifts you out of anxiety and tiredness you can't help but smile.



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Acupuncture is great for helping to deal with stress, depression, insomnia, fatigue, palpitations, anxiety, panic attacks and many other problems connected to our emotional and mental health.

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