

Back Off Pain!



Marjorie in the Chinese Herbcare and Acupuncture Centre, pain free and ready to enjoy life again

You've no doubt seen those cartoons of postmen running like mad down a garden path as an angry dog sinks its teeth into the fleshy parts of the poor chap's anatomy; strange what used to pass for humour back then, enough to make you wince just looking at it though, making us imagine just how painful it would be were it not a drawing but happening for real. Well, this was the kind of pain which

Marjorie Haddock suffered for seven agonising weeks; not a dog bite but the constant, gnawing, unrelenting pain of sciatica; a searing affliction running from the hip and down the back of her leg. As if to emphasise the extent of the pain, Marjorie mentioned the time she gave birth to an eleven-pound four-ounce baby and how this sciatica was much worse than that! In the end she couldn't walk, stand, lie down, sleep; in fact she couldn't function properly at all.

Marjorie would be the first to praise her GP, who was marvellously sympathetic, 'brilliant', was how Marjorie described her but even she was only able to prescribe painkillers which over a three-week period only managed to partially mask the trouble. What she really wanted was an end to it all.

She was chatting to a friend one day during this time who suggested that acupuncture might offer some relief. Marjorie thought that it was a wonder she'd never thought of it before since she'd walked past the Chinese Herbcare and Acupuncture Centre on the High Street countless times. With what she perceived as having nothing to lose she asked her husband to take her there on the spur of the moment decision one day whilst out shopping. It was a painful trip which reduced her to tears by the time she was seated in front of the centre's resident practitioner Dr. Ma, for her initial consultation. Unfortunately, Marjorie's husband

had got frozen food in the boot of the car. This had to be packed away in the freezer before it thawed so they rushed home and came back at 2 pm that same day.

A more in-depth consultation was carried out this time; a blood pressure reading and a study of Marjorie's recent medical history about the pain she was suffering. That done, she lay on the treatment bed and was almost unaware of the hair-like needles being placed in her lower back, her 'Gluteus Maximus' (that's the buttocks for any non-Latin readers out there) and along the back of her legs. The sensation of having these sterile needles inserted felt nothing more than a gentle tap Marjorie said. A heat lamp was then placed nearby to give a combination of acupuncture and heat treatment. After half an hour the needles were removed and a massage using Chinese Ease Oil drove home an initial concentration of Chinese medical healing.

Amazingly, after this first treatment the shooting pain had gone, much to Marjorie's relief. She still found herself suffering from a terrible, nagging ache in her leg though which made it hard for her to sleep. Two days later she had a second session of acupuncture, heat treatment and massage. The owner of the centre, Qi Carter, gave Marjorie some ease oil to take home to use. Now after six such sessions she is completely free of pain and to her delight has her life back again. Once more she enjoys blissful nights of sleep. "The pain made me into a different person", she said, "But now, I'm back to my old self again".



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Acupuncture is not only effective in dealing with arthritis, back pain and sciatica, but it can also help to treat neurological disorders such as M.E. pain, trigeminal neuralgia, headache, migraine, insomnia, paralysis, multiple sclerosis, Bell's palsy and stroke.