

Rebel, rebel

Sciatica; it's one of those severe, debilitating, nagging pains. It gnaws away at your back to cause as much misery as a chronic case of toothache. From there it radiates down your leg and won't leave you be. Osteoarthritis in the lower back if it happens at the same time only adds to the feeling that life just isn't worth living. If pain can be described as a message from your body to your brain, then Carol Daley wanted to turn off the receiver; she was battling sciatica and osteoarthritis simultaneously; and they were winning.

Carol's lumber osteoarthritis had been a feature in her life for eleven years. It was only because of the example of stoicism learned from her father that she was able to put up with it at all, but when the sciatica kicked in, no amount of stiff upper lip resolve could make her smile. "I couldn't even put my own shoes on," she said. "I'd virtually consigned myself to life in a wheelchair." However, somewhere in the depth of her spirit, her father's voice came through. "He'd been in the Navy in the war, and I always looked up to him. I felt as if he was telling me not to give up, so I didn't, and I began to rebel against what life had dealt me." She made sure that she got as much treatment as she could; taking the prescription painkillers her doctor gave her in a bid to stop the agony.

The painkillers came at a price other than financial it has to be said; stomach pains and other symptoms. This forced her to take tablets to counteract these feelings. It seemed to her that eventually she'd end up taking pills to deal with pills and so on, a kind of pharmaceutical domino effect. Psychologically, she was also on a downward spiral; the lack of hope fuelling her sense of desperation. In the end, she ended up on a painkiller called Tramadol. This finally deadened the pain; it also deadened her ability to deal with the world around her. She described herself as being 'spaced-out';



They say that the only good part about pain is when it stops. Carol Daley wouldn't argue with that, and puts her relief from sciatica down to the good people at the Chinese Herbcare and Acupuncture Centre; and those little needles of course

affecting even her ability to drive. Instinctively, she knew that she was on a chemical journey that she didn't want.

So, she decided to look at more natural ways to deal with her problems. A friend of hers had recommended the Chinese Herbcare and Acupuncture Centre on the High Street, so she looked on the internet and booked a consultation.

Science can explain perfectly why conditions like sciatica and osteoarthritis occur, and enough research has gone into both complaints that there are countless books and papers on the subjects. This kind of microscopic attention, perfect at examining what makes these symptoms happen, rarely works the other way around to take in a 'whole body' view. It makes sense to western practitioners to

delve deeper into a condition; to find causes and to treat them. This is a logical approach. There is however a natural approach that works just as well; better perhaps, and that involves looking at how conditions like Carol's upset the equilibrium of the entire body. If you imagine a tent held up by guy ropes and one of them is loosened, the tent will sag and affect the other ropes too. In a similar way our bodies are kept in a healthy balance by meridian energy lines. By stimulating these lines with micro-thin acupuncture needles, the affected meridians become unblocked, allowing health to travel through them again; re-balancing the body to make the patient feel better and the pain to become reduced, even to disappear altogether. It's something the Chinese have relied on for thousands of years.

Well, it worked for Carol; her bubbly personality filled the space that had once been choked with hurt and misery. On top of that she enjoyed a great sense of calm during her treatments; such is the therapeutic effects that acupuncture provides. In the end it's the relief you can see in Carol's face that shows the true power of acupuncture. She says that her happiness is now restored, which in the final analysis is what makes life really worth the living for all of us.



**Chinese Herbcare & Acupuncture
11 High Street, Grantham
Tel: 01476 594887**

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.