

# Forty years of pain; gone in an hour

**Unless you're a sufferer, you can't fully appreciate living with arthritis. It comes and goes by differing degrees, and when it's bad it can stop you in your tracks. Some people liken it to having razor blades in their joints. Incredibly, Sheila Marshall has learned to put up with it, masking its effects all but temporarily, with paracetamol. She has seemed to have employed that good old Victorian ethic; 'What cannot be cured, must be endured' sort of mentality. It's this stoicism that's seen her survive forty years of arthritic pain. But no more; oh no!**

Sheila, whose warm and lilting Rotherham accent makes her a joy to listen to, is a proud lady; no more so than when she explains how she is a staunch Grantham Now reader. "I make a cuppa and read it from beginning to end. I leave Albert Dudley 'till last; that's my favourite bit. Of course I read the true life experiences of people who have gone to the Chinese Herbcare and Acupuncture Centre on the High Street; and one day, when my arthritis was playing up particularly badly, I thought enough's enough Sheila, and decided to see what acupuncture could do for me."

Well, as you can imagine, Sheila thought it was going to be a tall order for Dr. Ma to deal with. Sheila's arthritis began in her knees, and has, over the years, spread to her elbows, ankles, wrists and fingers. "Cold weather plays havoc with it," she says. It's so bad in her shoulder that for a long time this joint has been frozen stiff. "You should see me trying to put my tights on, what a palaver. I couldn't even reach for things on the upper shelves of my fridge, it was that awful." As if this wasn't bad enough Sheila also has to control her angina with tablets and then there's her hiatus hernia to contend with. You'd hardly ever guess though; Sheila's public face never moans. "No one



*No one likes goodbyes; but as Sheila says cheerio to Qi Carter and Dr. Ma after her treatment, at least she can now wave farewell properly; thanks to the amazing effects of acupuncture.*

wants to hear me going on," she says; that twinkle in her eye never wavering.

Dr Ma gave Sheila a thorough Chinese examination and found out as much as he could about her arthritic condition. This was on Friday 29th November; just a week ago as this is being written. The acupuncture that followed was a real eye opener. "I laid on the bed and the little needles were placed in my right shoulder, each knee, my ankles and my arms. I felt so relaxed with the peaceful music

wafting into my ears that I was soon in the land of Nod." The acupuncture was followed by a vigorous massage, using Woodlock massage oil. This is proven to have a powerful effect on muscles and joints and enhanced Sheila's acupuncture treatment superbly and certainly did the job for her.

"Well, when it was over and I sat up I couldn't believe it. I was flabbergasted and delighted at one and the same time." Sheila could raise her arms up higher than she'd done for years. "Oh, it's wonderful," she said. "I feel like a new woman, it's a miracle." What amazed her next was when she began to get dressed again. Stealing herself to wince with the pain she got hold of her jumper and started to put it on. "It was on in no time, and no pain; I couldn't stop grinning." And then, when she was fully dressed she emerged into a new life without the pain of arthritis. "You wouldn't believe how grateful I am to Dr. Ma," she says; but you've only to look into her eyes to know that she means it. "My late husband Glynn would have been amazed by this," she ponders; and you sense that as she briefly loses herself in the moment; she's certain that he already is.



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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.**