

# Little needles, Massive recovery

**You couldn't get a more active and healthy lifestyle that Val Richardson here; she's been in farming most of her life; livestock mainly with memories that go back to wartime Surrey; up at the crack of dawn and more fresh air than most people ever get to enjoy. It's not telling tales out of school to say she took for granted that her body was as fit as a fiddle.**

Then about five years ago Val began to notice difficulty walking, twinges of pain that grew worse over time, all due to progressive osteoarthritis. One fateful day she's set off across the field on some errand and had to stop halfway across. The pain was unbearable. It was clear to her that the issue could not be dodged anymore and she went to see her doctor. She was placed on a waiting list for nine months. Then she underwent a right hip replacement. Of course, she expected it to be sore and with a great deal of careful determination took part in all the physiotherapy exercises that were recommended to her. The pain grew worse instead of easing off and got so bad that lying on her side in bed became impossible. The pain became focused mainly in her right Gluteus Maximus, the large, fleshy muscle that we rest on when we sit down.

Her doctor couldn't offer much in the way of explanation and questioned

her about the level of exercise she was doing. Val had made it her business to attend a gym which helped to build up muscle but was unable to alleviate the pain. A second opinion from another doctor explained that more surgery might be required as her believed that a nerve had been damaged when the new hip had been fitted. Well, you can imagine how that news went down.

In September of last year a friend who had received acupuncture treatment for a painful knee suggested that she might do well to go to The Chinese Herbcare & Acupuncture Centre on the High Street in Grantham. Val freely admits that she knew very little about acupuncture but seeing her friend so much improved she thought she had nothing to lose by trying it out. She made an appointment to see Dr. Ma; the centre's resident practitioner and booked herself in for six sessions. A blood pressure check and a tongue

examination told Dr. Ma about Val's internal state of health. On September 23rd last year she attended for her first session. However it was on the second session that the pain began to lift; with the tiny slender needles in her back, neck, hip and ear; the blocked energy lines in her body started to become unblocked and good health was able once more to flow through her body. At last she could see a light at the end of her three and a half year long pain tunnel and she began to dare to hope it would work.

Today, the pain is virtually a thing of the past. She still needs a stick as a bit of reassurance over long walks but getting around town is as pain free as if there had never been a problem in the first place. Such a recovery has meant a bit of re-learning as to how to walk again. The memory of the pain can't catch up with the reality of it gone and so she limps a little. Even the secondary pain in her shoulder has gone.

Val will never forget those initial six sessions of acupuncture. "It was amazing to be free of pain again," she said, "And a great relief as well as it meant I could do the things I wanted to do." Amazing isn't it, how those little needles can make such a massive improvement in a person's life?

*The needles go in, the pain goes away and the smile comes back; the incredible life-improving aspect of Chinese acupuncture and herbal medicine.*



**Chinese Herbcare & Acupuncture**  
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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.

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