

Needles and Pains

Yvonne Powell here is so stranger to needles; for more years than she cares to mention she's run her own business on Vine Street, Needles & Pins; the perfect place to go if you need your wedding dress altering. Often as not it's the hem at the bottom which needs to be taken up a bit, and so this is where our story really begins. Yvonne can often be found on bended knee pinning the new hem in place as the bride-to-be stands as still as possible. It's a part of her job that has her kneeling down on a hard floor and standing up to get the hem perfectly straight before her sewing machine can get busy. She's done this many times on hundreds of wedding dresses over the years, and we've not even mentioned the bridesmaids' alterations yet!

A knee can only stand so much (if you'll pardon the pun) and Yvonne's left knee became swollen and began to hurt. This followed a time of intense pinning and sewing as it was summer and slap bang in the middle of the wedding season. In the end she couldn't sleep, it was like having a nagging toothache in her leg; a real case of repetitive strain injury that became progressively worse. Her GP gave her tablets for the inflammation and some cream to help with the swelling. This went on for twelve months with no noticeable improvement at all.

Oddly enough Yvonne never stopped to think about using acupuncture despite being friends with Qi Carter the owner of the Chinese Herbcare and Acupuncture Centre on the High Street. Their children are even pals with each other and went to the same school. Nine years ago Yvonne's daughter who was ten years old back then had been cured of psoriasis with Mrs. Carter's Chinese herbal medicine; little black tablets which when used in conjunction with a cream cleared the problem up completely, even when it cropped up in her head. She even brings her daughter to the centre if ever it threatens to flare up again. So the question remains; why didn't she consider using acupuncture for herself? Well, you have to be as busy as she is to understand that. Sometimes you get so bogged down



When you've got a bad knee, you kneed acupuncture, just like Yvonne Powel here.

with stuff that the obvious just becomes invisible.

Then one hot day in August last year Yvonne bumped into Qi in Boyes where Marks and Sparks used to be. Qi noticed that Yvonne wasn't wearing a skirt considering the warm weather, but rather had trousers on. The conversation turned to the topic of the painful knee. Qi recommended that she visit the centre so Yvonne

promised to call in for treatment after her last sewing job. Just after three in the afternoon of that same day she was on Dr. Ma's couch and a moment of destiny with needles of an altogether different kind. With some difficulty she managed to peel her trousers off beyond the swelling so that the needles could be placed in her bad knee. They were also positioned in her arms, legs and ears; strategic positions in line with the blocked meridians that were hindering the improvement of her injury. After the acupuncture there followed an intense massage using Woodlock Oil; a Chinese ease oil that's able to sink far into the skin to the tendons and muscles of the knee. After being treated like this for about an hour every bit of pain had disappeared. The swelling remained for several days but in time that vanished as well. Yvonne was overjoyed.

A second session made good the work done on the initial day of treatment, going one better by dealing with Yvonne's neck pain and migraines. All in all it returned her to the best of health, which was a good job as there were plenty of wedding dresses to be amended. It was time for Yvonne to get back to the needles she's better acquainted with, but without the pain that she'd endured for so long.



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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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