

There's a mystery afoot!

Most of us like a mystery it's fair to say. There's a special kind of pleasure to be gained from trying to solve the unsolvable. Pleasure however wouldn't be the word which Judith Tweddle here would have used to describe her particular mystery; a real pain in the....well, the ankle would be the precise way to say it.

It all began mysteriously too; one morning she woke up and discovered that she couldn't put her weight on her right foot as her ankle made her wince with pain. Judith who'd been a nurse for thirty four years knew enough of anatomy to rule out a few things; it certainly wasn't caused by a trauma like an accident or landing on it in a funny way. It was a complete mystery. Not being a fan of pills she strapped it up and used some gel to ease the pain. It was hopeless; she couldn't walk, and for a lady used to being in tip-top shape this was a bad situation; country walks being one of her real pleasures in life.

Naturally knowing a few people in the nursing profession she called a Community Physiotherapist who prescribed some tailor-made exercises to relieve the pain. Normally this would have been the perfect treatment for a bad ankle but it did no good for Judith. An X-Ray at the A&E Department concluded that the ankle was fine. Well, Judith could feel it hurting her so she knew that wasn't right. It was suggested that a stress fracture might be the cause so she went back to have a plaster fitted which did no good at all; she went back in no time at all and had it removed, replacing it with a heavy duty plastic ankle brace. Along with the medical profession she believed she was doing everything right to get to the bottom of what was wrong. The next logical step was to be an



Thumbs up for Judith. Her life's on the up too

MRI scan.

A friend of Judith's who'd been having acupuncture at The Chinese Herbcare and Acupuncture Centre on the High Street recommended Wood Lock oil to see if that would do any good. It was helpful to a small degree but soon she ran out of the stuff. So, she grabbed her stick, put on her leg brace and set off for Grantham to get some more. Doctor Ma, the centre's resident practitioner took one look at Judith and suggested she begin a course of acupuncture straightaway.

To her absolute delight there was an instant improvement after this very first session. So good was the outcome that Judith actually forgot to grab her walking stick on the

way home and had to pick it up on her second visit. As she was giving this interview she was about to begin the fifth of six sessions. She was able to buy six at the price of five, a special offer the centre gives.

Doctor Ma places the tiny acupuncture needles in slightly different positions as the recovery progresses, tweaking it to achieve the maximum effect. Mostly though they're centered on the ankle and up towards the knee. Acupuncture used this way gives Judith more and more freedom each time, so much so that the smile she gives is genuine and straight from the heart.

To this day Judith can't explain what caused her ankle to hurt her so much. She's just glad that it's gone away and she can get on with her family life that she loves so much. As to how exactly a few little needles could perform such a transformation, Judith just shrugs her shoulders and smiles; something else she thinks that will have to remain one of life's little mysteries.



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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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