

Backing Acupuncture

It comes to us all in the end; the realisation that we're not invincible twenty somethings as we imagine but that our bodies have been telling us a few porkies by courtesy of a brain which refuses to accept that we're getting older.

Well Mark Brammer here looks fit enough; certainly with sufficient vigour it seems to lift a heavy steel gate into place wouldn't you say? Ok, so it wasn't as easy as he thought it would be, but hey; he's as fit as a fiddle, just another challenge to overcome. And let's face it, he did fit it, so there you go; this getting older business is all in the mind; right? The following day found him on a jet bound for Canada; a well anticipated holiday to see his family over there, nine and a half hours in an airline seat watching the Atlantic slip by; what could be more relaxing? The touchdown was perfect. Mark prepared to get up and collect his hand luggage only to find that he couldn't move, worse still, his lower back was in agony – disaster!

Mark's sister put him in touch with her Canadian doctor who prescribed painkillers and lots of rest. Not what he'd dreamed of as he wanted to catch up with all his relatives during the trip. On his return to the UK he stopped taking the painkillers to see how things would improve; they didn't, not by a long chalk. His G.P recommended an MRI scan at Grantham Hospital, followed by some physiotherapy. With a programme of stretching exercises things began to improve, enough of an improvement in fact for him to consider getting back to his part time job as a retained Fire Fighter. Once more that brain of his began to tell him that he was still full of youthful vim and vigour. With spade in hand he started work on digging



A knotty problem solved. Mark's ability to do this simple task is the result of a dozen slender needles and a few thousand years of Eastern medical knowledge.

out a base for a shed; lifting forty bags of rubble into a skip. The result – Twang! – back to square one. His doctor reprimanded him saying that if he didn't listen to advice, he'd be in a wheelchair if he wasn't careful. "You're not twenty-five anymore Mark," he told him indignantly, and he was left having to admit that he was going to have to act his age. He couldn't even bear the pain to do simple things like tie his shoelaces.

One day, under great pain he was walking back from the hospital to visit his pharmacy when he passed the Chinese Herbcare and Acupuncture Centre on the High Street. Before he knew what was happening his legs had propelled

him into the clinic for an examination; he even showed the resident Chinese doctor the picture of his scan. This leap into the unknown found him lying on the treatment couch there and then; painless needles placed in the back of his hand, his elbow, six in his ear and all down his lower back. Some of the places the needles were located seemed odd to Mark's rational mind. Doctor Ma explained that in Chinese medicine the understanding is that the body is latticed with a network of interconnecting lines of energy; meridians they're called. The needles relieve blockages in these meridians and cause the body to heal itself. Well the next day Mark thought it had all gone badly wrong; he felt as if he'd been kicked in the back by a horse. However the following day all the pain had gone; utterly and completely, his body had in fact healed itself just as he'd been told. Since then he's gone mountain climbing, jet skiing and enjoyed action holidays with his kids.

Oh yes, and he can tie his own shoelaces again. Now how's that for a result?



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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.