

# HEALTH REPORT

VOLUME 10

ISSUE 40

## ACUPUNCTURE GIVES WOMAN HER LIFE BACK

Life in general was becoming a real pain in the . . . back and the hips and the knees for a 73-year-old British woman. The discomfort had been going on for some time, but it really hit home one Christmas Day.

“My youngest grandchild was 4 years old and he couldn’t understand why I wouldn’t play with him on the floor on Christmas Day,” said Maureen Vine. It was just too painful. The terrible pain in my ankle spread to my foot and I could barely walk.”

Acupuncture was something she’d never really considered during her 30-odd years of suffering through a painful condition diagnosed as osteoarthritis. The symptoms that mainly affected her back, hips and knees over the years were now spreading to her right ankle. This caused pain and limping, greatly reducing her ability to move or even to continue with short walks in the park she cherished.

Over the years she had tried physiotherapy, but with little relief. A stomach condition prohibited most types of medication. Most recently, her doctor had prescribed Co-dydramol™, a pain reducer she was able to tolerate, but even 8 tablets a day brought little to no relief.

Finally, almost completely housebound, Maureen decided to give Acupuncture a try. “My son had recently tried Acupuncture for his arthritic shoulder and he said that it had worked wonders. Although I knew nothing about it and was a bit skeptical, I was willing to try anything. So I asked my doctor for a referral.”

Maureen’s acupuncturist evaluated her condition and decided on a whole body approach to treatment. A total of 15 needles were used in both limbs for a total of 15 minutes each. “It felt a little strange at first, but once you realize it doesn’t hurt, you get used to it,” she said.

Her acupuncturist was so pleased with her response to treatment and her improved condition that short walks were prescribed after just 3 weeks. By this time the pain in her ankle and knee was almost completely gone. After just 6 sessions, Maureen was pain free throughout her body and her Acupuncture treatments were over.

“Nothing has alleviated the pain of my arthritis like this,” she says. “These days, there’s no pain in my ankle or foot or my knees. I only get the occasional twinge in my hip when I turn in bed. I still can’t quite believe it, but I’m an absolute convert to the benefits of Acupuncture.”

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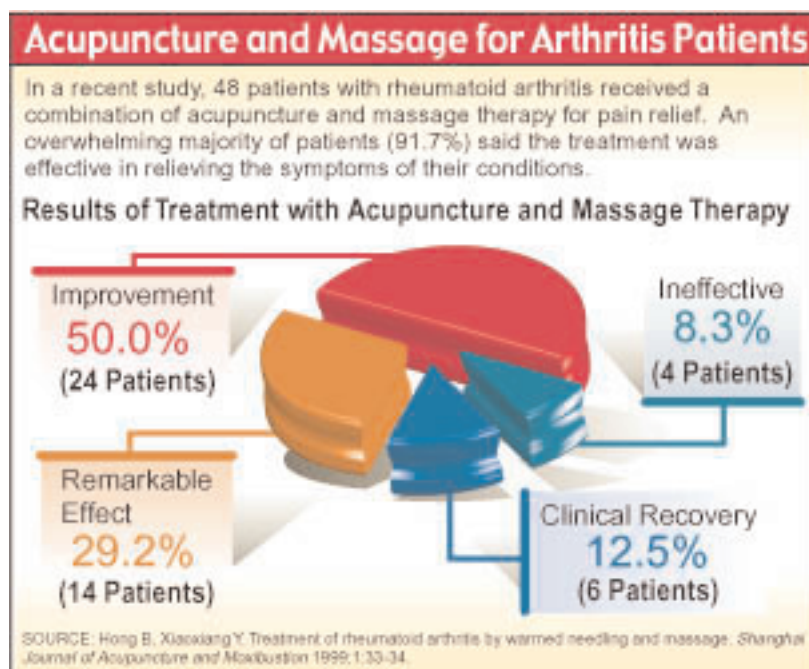
VOLUME 9

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## ACUPUNCTURE PROVIDES WELCOME RELIEF FROM KNEE PAIN

The *Journal of Traditional Chinese Medicine* published a study that showed the effectiveness of Acupuncture in treating swollen knees. Fifty patients were diagnosed with inflammation of the lubricating tissues of the knee, with a collection of fluids in adjacent tissues or joint cavities. These fifty patients were then administered Acupuncture treatment.

Acupuncture proved its effectiveness by creating improvements in *every* patient. Thirty-six percent of the patients reported a “marked improvement,” and a full 60% of patients reported that they were cured. Remarkable results and completely drug-free!



SOURCE: [http://www.acupuncturetoday.com/graphs/feb\\_06graph.html](http://www.acupuncturetoday.com/graphs/feb_06graph.html)

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## ACUPUNCTURE HELPS DOCTOR HEAL INJURED KNEE

Dr. Andrew Rochford, a health news reporter for the popular Australian news website [ninemsn.com](http://ninemsn.com), was suffering from a sprain to his left knee which prevented him from running, which was one of his usual sports activities. The knee bothered him when he tried to run on hills and up and down stairs.

Andrew, who currently lives in Brisbane and works as a surgical trainee at the Princess Alexandra hospital, counts skiing, sailing and swimming as some of his hobbies and also loves playing golf and basketball. Healing his bad knee was personally important, and although he'd normally treat it with anti-inflammatory medication, Andrew decided to try Acupuncture and report the results in his health news column.

Before he started treatment, Andrew was able to run up only 40 steps of the stadium stairs on which he regularly exercises before his dodgy knee told him to stop. After only six treatments from acupuncturist Stephen Janz, Andrew ran to the top of the stadium steps without any pain or problem.

“As a doctor, I had my doubts, but I just can't argue with this result ... that's a surprise as I didn't think I'd make it all the way to the top,” Andrew reported. “Does Acupuncture work? Well, it seems to have worked for me; my dodgy knee's much better and I'm happy.”

The medical doctor's article on [ninemsn.com](http://ninemsn.com), with more than 8 million visitors a month, concluded:

“So does that mean Acupuncture's going to work for you? Don't be afraid to try it.”