

My Success with Acupuncture

I have been troubled with a persistent discomfort in my knee joints for sometime now and I also have trouble with both Thumb joints, all of which were becoming progressively worse over the years.

I was not too bothered about my knees at the beginning as they did not hurt but they were starting to swell. It was the right knee that swelled to almost double the size of normal and then the left knee began doing the same thing.

The other problem was that both knees began to hurt especially when coming down stairs, bending and trying to get up again.

I went to my doctor to see if there was something that could be done for my condition - maybe some tests or a course of medication to ease the discomfort but unfortunately I got nowhere.

It was time for me to find out for myself if I could be helped by other means.

I discovered acupuncture and that good results are achieved by having treatments.

I hoped this would help me because I did not want to resort to prescription drugs or possibly have knee surgery if at all possible.

I began having treatments twice a week to begin with, until there was a vast improvement in the reduction of swelling in

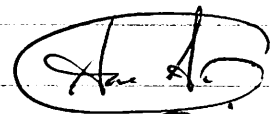
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both knees. Gradually over a period of time I was having one treatment a week and I am pleased to report the swelling continues to go down significantly. The relaxation I feel during each session is an added bonus and is simply quite wonderful.

I am very pleased I tried acupuncture — I only wish I had tried it sooner. I had hoped it would afford me some relief, but the treatments have very pleasantly surprised me with the added benefits I have experienced throughout having treatments — My quality of sleep has improved dramatically, I have much more energy and my whole body feels more balanced.

I am very pleased with the consultation, guidance and treatments given to me by a most professional practitioner — Dr. Yiping Fang.

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Gerald Cross
Bucks.