

EMMA GUY

E - I actually fell into acupuncture because I was diagnosed with ulcerative colitis a few weeks after I had my son William. Quite selfishly I started a bio-medicine course at Manchester University and learnt about the endocrine systems in the body. It was someone on that course that suggested acupuncture to me. I thought at the time, 'Really?' Is this mumbo-jumbo, modern day voodooism? Then, I thought about it and realised — I'm on six different medications. Maybe it can really help.

So, as you would expect, I was quite sceptical when I went to see the Acupuncturist. I started seeing her in October and by the end of February I had gone into remission. The only thing I had done differently was to add acupuncture to my medications and my lifestyle. I started to feel the benefits that helped me fall in love with acupuncture. I found a course, and I retrained and qualified as an Acupuncturist.

The two main reasons for taking a leap of faith and becoming an acupuncturist were that I wanted to help other people, other patients, through acupuncture, which is what happened to me, and I also wanted to educate more and more people about the fact that acupuncture does really work. It has helped me in so many ways.

C- I heard you saying that you were taking a lot of medication back then and at the same time you embraced acupuncture as a way forward, but you carried on taking the medication. So, you're coming from the philosophy that the Eastern and Western medicine can work together?

E- Yes absolutely. I did gradually wean myself off some of the medications, and that took some time with my Consultant and my Doctor. I realised that there is a space for Western and Eastern medicine to work together. I think a combination of both would work more effectively, within the NHS, for example, and also from a holistic point of view.

This traditional Chinese medicine, goes back many thousands of years, long before Western medicine came along. Western medicine has its place however so, they should be working much closer together.

C- We tend to describe things as "mumbo jumbo" when we don't know much about them and when we hear different stories and as a result we have different perceptions that sometimes do not reflect the truth. We tend to feel a bit hesitant. I'd like to say, 'Why Not Try It!?'.