

Wednesday, November 7, 2007

# Beat the bugs – the alternative way

**T**HE season of sore throats, headaches, runny noses and the flu is upon us. As the cold, dark nights drawn in, infections and viruses spread like wildfire.

Private health care is expensive and the over-burdened NHS is infected with financial problems. With no-one else to turn to, *The Docklands* reporter **Ben Welch** sought remedy at exceptional health, an alternative health clinic, in Admirals Way, off Marsh Wall.

## Treatment One: Acupuncture.

In November last year I injured my ankle playing football – it's never been the same since. I've tried everything, but nothing has worked.

Enter stage right Charlotte Steed, member of the British Acupuncture Council.

Acupuncture is a technique originating out of China and involves the insertion and manipulation of sterilised needles into "acupuncture points" on the body with the aim of restoring health and well-being.

After a short Q&A I took up residence on the treatment table, where I awaited the painful part – or so I thought.



**And now for something completely different: Reporter Ben Welch tries acupuncture for the first time at exceptional health.**

Whether it was the cosy lighting, soothing classical music, or Charlotte's light-hearted conversation, I felt completely at ease. I didn't even feel the needles piercing my skin. If anything, it was like a small pinch.

By the end of it my foot looked like Pin Head out of Hellraiser, but even that didn't put me off. I was ready to catch 40 winks.

As my appointment neared its conclusion Charlotte stuck mugwort herb, which resembled the shape of a small cigar, over one of the needles and set it alight. This sent a warm, glowing sensation through my foot – my ankle

felt as snug as a bug in a rug. If this was what one hit of 'Moxibustion' felt like, then Charlotte, treat me like a pin cushion and crank up the flamethrower.

My ankle's initial response was mind-blowing. It had improved mobility and was the best it had felt since I sustained the injury. I'm confident a course of treatment could be the answer to my prayers.

For more information visit [www.londonacupuncture.space.com](http://www.londonacupuncture.space.com) or [www.exceptionalhealth.co.uk](http://www.exceptionalhealth.co.uk).

## Treatment Two: Quantum Xrroid

QX is the brainchild of Nasa scientist,

Professor Bill Nelson, and it measures your body's "electrical parameters".

Using ultra-sensitive computer software, the device "reads" your physical and emotional vibrations.

Essentially, this tells you how healthy you really are. It can also analyse your physical reactions to 3,500 different substances.

Once I'm seated in the treatment room Claire Stiling, director of exceptional health, strapped electrical cables to my head, ankles and wrists, which were wired to her laptop.

She then asked me questions about my sleeping and eating patterns, as well as my emotional state.

In short, the QX test revealed I lived off my adrenaline, had the metabolic age of a 38-year-old, drank too much, had a terrible diet, and was desperately dehydrated. Shall I start writing my will now?

But the examination is not just about your physical condition, it also analyses your mental state. At times I felt like I was sitting in front of a psychiatrist, which being an open person I didn't mind and in all honesty it helped me realise a few things about myself.

She even asked what my "poo was like" and how often I "farted". Blushing but not tight lipped, I answered.

Claire prescribed me with some herbal remedies and I departed with a renewed

determination to save my body from self destruction.

## Treatment Three: Massage

"Right strip off to your underpants and cover yourself with a towel", instructed Claire. All I could think was: "Wow I'm going to get 95 per cent naked in front of someone I hardly know – I hope I look OK."

All the awkwardness was dispelled as the Claire generated conversation and went to work on my stiff, tightly wound body.

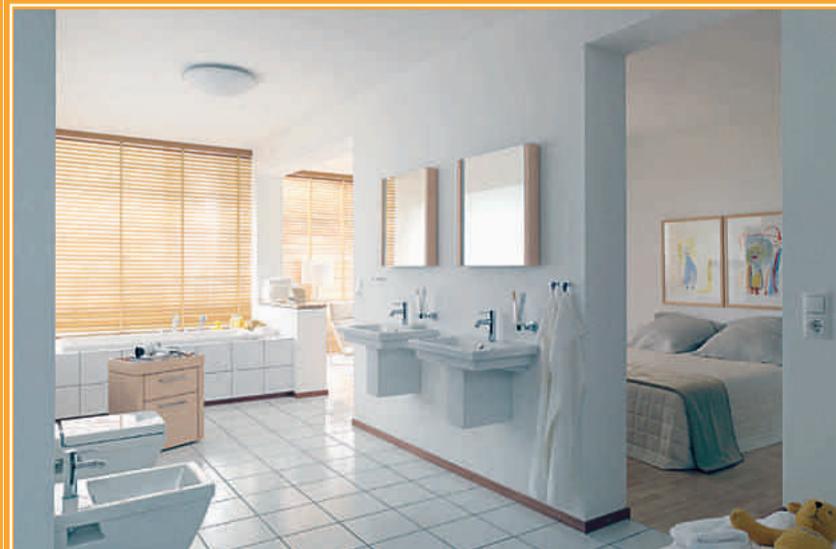
There were moments of pure bliss as she untied all my knots and manipulated my muscles (yes I do have some).

All I needed now was my mum to tuck me in and I would have been in the land of nod. However, there were times when I tried to hang onto all my machismo and not scream as Claire fought against the rigid pressure of my body tissue.

I thought massage was just the friction of kneading, helping to relieve pain, but there are many beneficial effects including stress reduction, stimulating the release of endorphins and serotonin and preventing fibrosis or scar tissue.

As I walked out the door of the clinic I had a spring in my step and smile on my face. The winter blues didn't stand a chance.

For more information on the QX test, massage and other alternative treatments visit [www.exceptionalhealth.co.uk](http://www.exceptionalhealth.co.uk).



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