



BAC Member
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Hello, and welcome to the Spring 2011 edition of the newsletter. In this edition I have written about 3 of my patients who have inspired me in their approach to overcoming their conditions/illnesses.

I am very pleased to say that I am definitely going to go on a 2 week charity acupuncture project through World Medicine this year. It looks like it will be in October/November time. Thank you to all of you who donated to this cause, I cannot wait to go, they are such worthwhile projects. If you would like to know more about this trip, please go to <http://www.justgiving.com/lucyjuppacupuncture>



As some of you may have noticed, I have recently re-vamped my website, please go to www.lucyjuppacupuncture.com to have a look if you haven't seen it already!



Case 1 - Mrs. E

Mrs. E comes to see me with a variety of problems, mainly joint pain and lowered immune response following cancer treatment. She is 68 years young. What inspires me about Mrs. E is her incredible sense of humour even in her lowest moments. She is able to see the funny side of life and regularly has me doubled over laughing during our sessions!

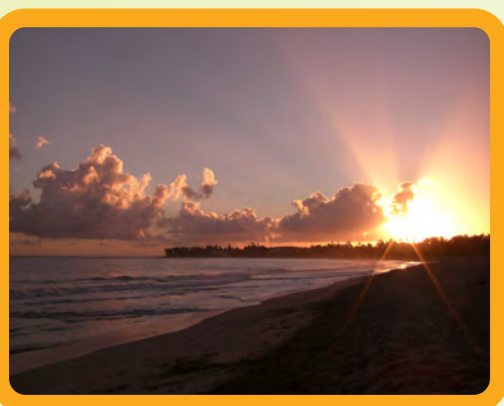
Mrs. E's response to people telling her, 'At your age you can expect....' was to find an article about a 91 year old woman, Olga Kotelko who is a sports woman breaking world records and defying the ageing process! I find Mrs. E's sense of humour, ability to make light of her situation and her refusal to believe that she is anything but 68 years young very, very inspiring.

Case 2 - Miss T

Miss T came to see me with a number of health problems, which greatly affected her life, meaning she was unable to work. She has come for regular treatment for a number of months and we have made significant progress, with Miss T feeling more and more like she can lead a normal, happy life.

In cases like hers, with people suffering from debilitating illnesses, many people sink into depression and are unable to help themselves. Miss T has been an inspiration to me because she has made a daily effort to change her life. She has stuck to an incredibly rigid diet to overcome her chronic fatigue and she has tried a number of different supplements, herbs and western medical treatments. She has refused to give up even when nothing seemed to work.

She recently went on a meditation course which I think made a huge difference; it seems to have brought her a certain amount of calmness and contentedness. Now that she has 'come out the other side' as it were, I think it is clear to both of us that her determination and inner strength has brought her through these difficult couple of years.



Case 3 - Mrs. A

Mrs. A came to see me with a diagnosis of early onset diabetes type 2 and high cholesterol. Her goal was to lower her cholesterol and blood sugar within 1 1/2 months. She came for 3 acupuncture sessions, and although I felt that we would be able to make a difference, I didn't think that 3 sessions of acupuncture would be enough. I also didn't think that it was possible to significantly affect cholesterol in such a short time.

Mrs. A was very determined to change her cholesterol and blood sugar levels because she didn't want to go on medication unless she absolutely had to. She radically changed her diet after

trawling through the internet finding out which foods lowered cholesterol, and which foods raised cholesterol. She started doing regular exercise and as a devout Christian, she also used the powers of prayer.

After 1 1/2 months of being diagnosed, she was re-tested, and to her delight, and to mine and the doctor's surprise, she lowered both her cholesterol and blood sugar. She told me that from this she learned that, '...one can take charge of one's life, if you are prepared to take on the battle.' She is happy to talk to anyone suffering from similar complaints if they would like any advice.



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