

A TREATMENT TESTIMONIAL

In July 2006 I began to experience extreme pain and swelling on my right hand index finger, and the balls of my feet were extremely painful.

I was on holiday at the time and thought that I had been stung, so I went along to the resident doctor at the hotel where I was staying; he gave me some painkillers and advised me to make an appointment with my own doctor on my return to the UK.

I continued to have increasingly severe pain in my hands, which had by this time become very swollen. I therefore underwent blood-tests, whose results subsequently showed that I was suffering from Rheumatoid Arthritis. My immediate reaction to the news was that I told my doctor that I did not wish to have Steroids or Gold Injections, nor to be prescribed tablets that would ultimately fill my body with poison and toxins. I was prepared however, to consider acupuncture, and so I made an appointment at the hospital to see a Rheumatologist to at least listen to my wish, and to give me the choice.

In the meantime my own Doctor recommended that I see Dr Tinnion, who gave me my first acupuncture treatment on January 15th 2007. When I first saw Dr Tinnion my knuckles on both hands were very swollen, and I had a mirror image of swellings on my fingers, which were also extremely painful. I found it increasingly difficult to blow-dry my hair, lift pans when cooking, cleaning, ironing, writing - most things became a struggle.

FIRST TREATMENT:

My first treatment relieved the pain almost instantly, relief continuing for 8 hours: my feet were very painful, but felt a little easier. I had not been sleeping very well, and the pain was worse during the night. My treatment involved the insertion of needles into my hands, knees, and feet.

SECOND TREATMENT:

After my second treatment, I found that I was without pain for 24 hours, and my feet in particular began to feel less painful more generally.

THIRD TREATMENT:

My pain began to subside for longer periods and the swelling began to go down.

FOURTH TREATMENT:

My pain-free periods began to stretch into days, rather than hours, and I found I was sleeping really well and suffered no pain at night. I had also at this time began to attend Dr Tinnion's special Tai Chi Classes, which include special medicinal exercises.

MY HOSPITAL APPOINTMENT WITH THE RHUMATOLOGIST:

I walked into the room and was told in no uncertain way that I would have to have blood tests, X Rays, massive doses of very strong tablets, or maybe injections for the rest of my life. I asked about special diets: the Specialist replied that there was no diet that proved to work, or not work. I told him I was having acupuncture and that it was making a big difference - which received No Comment.

I left the hospital feeling very frightened and thought my future looked very bleak.

I continued to have a further 6 treatments of acupuncture and to do my Tai Chi. My fingers have now become some 90% less swollen, my feet are entirely free of pain, while although my knees are still slightly swollen, they no longer hurt. My sleeping is not without waking, but completely pain-free. Thanks to doing my Tai Chi regularly, I can live with my condition, and having acupuncture when necessary. I exercise each day by doing traditional Qi Gong at home. Thanks to these means, and to careful diet, I have lost 9lbs in 16 weeks, and I have been able to resume my everyday living.

I feel positive for my future and eternally grateful to Dr Tinnion for his kindness and dedication to his patients and students.

Mrs Gwen Roe

15th May 2007