

When You Can't Stomach Pain Anymore



Emma's signature smile, thanks to some incredible needles, some unexpected herbs and a few thousand years of Chinese medical knowhow.

It only takes a moment on Google to find out just how powerful your stomach juices are; hydrochloric acid, potassium and sodium chlorides all blend together to create a mixture strong enough (so one site affirmed) to dissolve a razor blade; preferably something best tested in a laboratory dish and certainly not by the hair-raising expedient of actually swallowing it!

Mind you, Emma Bentley here would be the first to admit that the pain she felt a short while after having her third child was bad enough to convince her that she'd swallowed a complete barber shop full. For eight long stomach-twisting years she'd endured the kind of heartburn that was able to drive her to tears.

It all began with something as innocuous as porridge; healthily mixed up with sultanas and currants. The result was an attack of stomach cramps and a blocked up digestive system that had her squirming on the floor. The dizziness and the feeling of being poorly meant lying in bed was the only option, a place where she'd curl up and suffer in misery. A hot water bottle placed on her abdomen gave her limited relief, but nothing would help her after mealtimes. Half an hour after the essential need to eat, the cramps would hit. Just watching the TV with Lee, her husband after dinner, would be interrupted with a sense of panic, and then the pain would descend, causing Emma to collapse and roll around in agony, crying with the pain of it on the floor. It was enough one evening for her to insist on a visit to A&E. Lee called Emma's parents on the phone to come and babysit, and off they went. Paracetamol was the best the hospital could prescribe. To be on the safe side Emma was directed to Lincoln Hospital as no one could be certain if the pain was appendix related or

more alarming; an ectopic pregnancy. Two weeks in Lincoln and dosed up with morphine was enough to send Emma into another semi-conscious world. Even two scans couldn't fathom what was wrong, her life had been reduced to a complete daze, she wasn't even aware of her family visiting. With little idea of what to do next, Emma was sent home with a lorry-load of painkillers with the umbrella diagnosis of Irritable Bowel Syndrome (IBS).

Seemingly clutching at straws Lee suggested getting acupuncture. Following a trip to the bank as Christmas 2018 approached they dropped into the Chinese Herbcare and Acupuncture Centre on the High Street to clutch that very straw. How glad she was that they did. A free consultation with the centre's resident Chinese doctor was all it took to decide on what acupuncture treatment was needed. In fact Emma's treatment was to be a combination of needles and herbal drinks. The painless acupuncture needles were placed in her tummy, ears, arms and legs and later in the top of her head. Some of these parts of the body might seem unrelated to stomach problems to our Western view of healthcare but they work by treating the interlacing of our body's meridians or energy lines that become blocked up when we're ill. In tandem Emma was required to boil up a mix of Atractycious and Peony root, Licuorice, Mandarin peel, Tuckahoe tuber, Germinated barley and Hawthorne fruit. Despite the odd taste of this brew, Emma began to improve. Initially Emma's treatment was weekly, eventually becoming monthly visits. Well, the pain has vanished and once more her days are pain-free and her nights filled with blissful sleep.

How does she feel now? On being asked this question a smile lights up her face. "Brilliant", comes the instantly reply.



Chinese Herbcare & Acupuncture
11 High Street, Grantham
Tel: 01476 594887

Acupuncture is great for treating all kinds of conditions, such as Migraine, Sinus, Back pain, Arthritis, Stress, Headache, Asthma, Hay Fever, Sciatica, Neuralgia, Indigestion, Eczema, Psoriasis and Menopause.