

Pinpoint the problem

THE ANCIENT ART OF ACUPUNCTURE CAN HELP OVERCOME AFFLICTIONS WHEN TRADITIONAL WESTERN METHODS FAIL, WRITES VANESSA MCCAUSLAND

Marie Le-Juan remembers her despair at the moment doctors told her they could do nothing to fix her face, which was paralysed on the left side.

"I paid \$190 to go to a specialist who said to me 'you have bells palsy. There is nothing you can do but rest and see if it gets better'," says the 61-year-old Wentworthville resident.

Bells palsy is a facial nerve disorder caused by infection, injury, or tumours with no immediate cure.

Le-Juan woke up one Monday three months ago to find her left eye and mouth had drooped and she was unable to drink, eat or speak properly. The cause was a mystery to doctors.

"They said it could be stress or even sitting in front of an airconditioner," she says.

When a friend suggested trying acupuncture, Le-Juan was unsure.

"I said forget it, it's not going to do

anything, but then I thought I had nothing to lose."

Results were apparent straight away.

DID YOU KNOW?
 The Japanese knew it all along: green tea can fight cancer. UK and Spanish researchers have found a molecule in the tea that inhibits cancer cell growth. Two or three cups a day cuts the risk of certain cancers, but the tea may also increase the risk of birth defects for pregnant women.



"Dr Hoc ku Huynh did a session and on the way back, before I got home, I said to my husband, 'Guess what, I can close my eye without my finger'."

That small thing was such as relief," she says.

Dr Huynh, who has practices in Haymarket and Fairfield, says Le-Juan needed about 20 40-minute sessions.

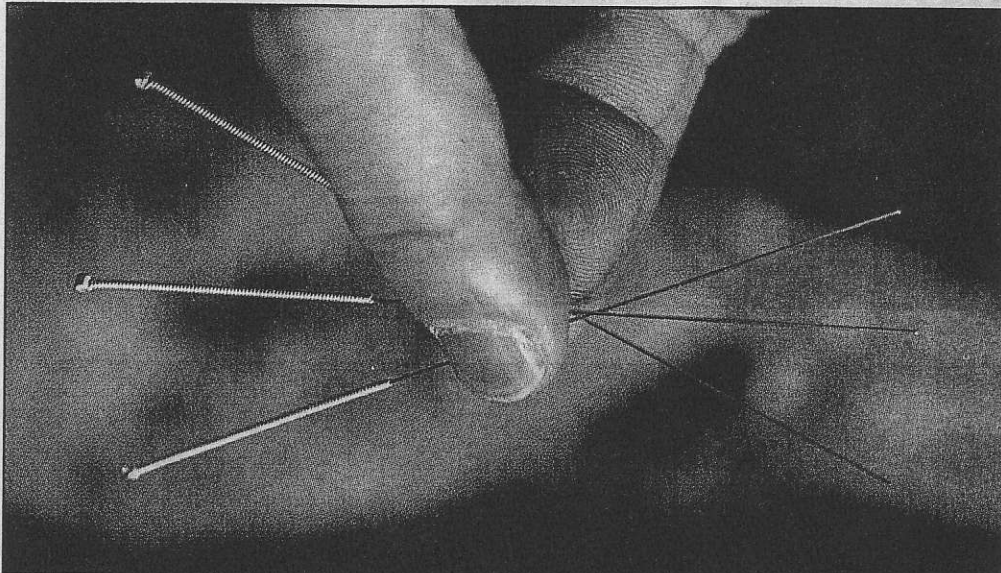
"In Chinese medicine we diagnosed her with general weakness in the face or 'winds trapped inside the muscle'. In Western terms it was an infected nerve. We normally have patients come to us after their GP has said take a rest and that's all. But for a lot of percentage the normal function is not coming back," he says.

Dr Huynh diagnosed Le-Juan's paralysis as severe.

"We restored the energy and blood flowing back to the weak muscles and rebalanced the whole body," he says.

This was done by inserting thin needles into the face at various points.

Le-Juan says: "Acupuncture is actually very relaxing. It doesn't really hurt. Some of the needles you feel go in but it's not painful."



TOMORROW PART 5 - DRINK AND DRUGS

Sources: www.acupuncture.org.au; www.yourhealth.com.au; www.quackwatch.org; www.thesite.org; www.encyclopedia.com; www.chclibrary.org/micromed/00038430.html; www.depressionnet.com.au/treatments/talking/hypno_therapy.html; www.homeopathyoz.org; www.ayurveda.com; www.betterhealth.vic.gov.au; www.osteopathic.com.au; www.reflexology.org.au/www/national/description.htm; <http://yogaacademy.com.au/yogateaching.htm>