

HER THERAPY HELPED HER STAY CALM AND IN CONTROL, SAYS ACUPUNCTURIST

Pins that stopped Diana getting needled

By PETER ALLEN

PRINCESS Diana's reliance on acupuncture to relieve stress in the last years of her life was revealed yesterday by the Chinese doctor who treated her.

She had four needles inserted in her left ear last May and the minuscule, coiled pins helped her to stay calm and mentally balanced, says Dr Lily Hua Yu.

Dr Hua Yu, speaking for the first time about her most famous patient, said the Princess was secretly visiting her up to a fortnight before her death. She denied rumours that Diana was pregnant, saying: 'It would have been impossible. Ten days before she died, I was treating her for pre-menstrual tension.'

Staff at the Acu Medic Clinic in Camden, North London - whose patients include comedian Ben Elton, a psoriasis sufferer - said the needles had been the key to Diana's new-found vitality.

One assistant said: 'Diana was very receptive to alternative therapies. The needles made her feel refreshed and active and the treatment she had controlled her depression and kept her eating dis-

'We restored her inner balance'

orders in check.' The centre's director, Professor Benny Mel, added: 'She felt at home here. Sometimes she would book the whole of the top floor with a group of her friends and they would shout and laugh at each other as their treatment was being done.'

'The Princess was so relaxed. Someone would shout, "Have they put the needle in yet?" and then another of her friends would yell back, "You big baby!"'

Dr Hua Yu said Diana's life was in turmoil when in February 1996 she came for her first consultation, booked in the name of 'Mrs Wales'. It cost her £10 and £35 for each follow-up visit.

During one of the regular Thursday appointments last May, Dr Hua Yu fitted the four tiny needles, a treatment only given to patients suffering from stress or trying to control an addiction.

At the time, the Princess had returned from a stressful trip to Pakistan to find MPs criticising her anti-landmine campaign for being too political.

Dr Hua Yu diagnosed that Diana's health problems stemmed from damage to her digestive system



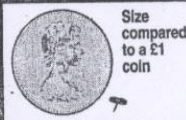
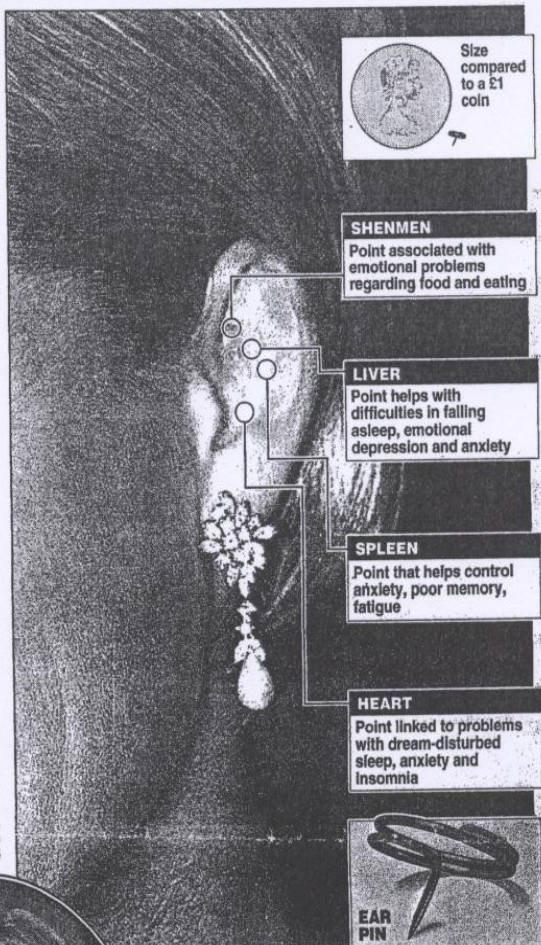
Above and left: Diana wore the needles when she appeared at an auction of her dresses in New York last June. Right: Dr Lily Hua Yu

Yu also confirmed that Diana had been taking sleeping tablets for five years. She said: 'She had been to so many different therapists. She had never had a proper night's sleep and was always exhausted. It made her very stressed.'

Diana was prescribed tablets of Ganoderma Lucidum, a rare herb used to combat insomnia, palpitations and dizziness.

Dr Hua Yu said: 'The Princess obviously had an eating disorder which, in Chinese terms, is caused by disharmony between the stomach and spleen. This also affects the heart and causes insomnia. After we restored the Princess's inner balance, she no longer needed sleeping tablets.'

Following her trip to the U.S., Diana drove straight to the Acu Medic Clinic from Heathrow. 'She often came in immediately after a foreign trip to get a cure for jet lag.'



SHENMEN
Point associated with emotional problems regarding food and eating

LIVER
Point helps with difficulties in falling asleep, emotional depression and anxiety

SPLEEN
Point that helps control anxiety, poor memory, fatigue

HEART
Point linked to problems with dream-disturbed sleep, anxiety and insomnia



Secretary sacked 'after she sobbed for Princess'



Daily Mail Reporter

A SECRETARY was sacked after getting so upset about Princess Diana's death she could not work properly, it was claimed yesterday.

For a week after the tragedy, 38-year-old Jeanne Cummins was alleged to have spent a lot of her time sitting in her office crying and writing letters and poems in Diana's memory.

But Miss Cummins, pictured above, told an industrial tribunal the story was a lie.

She said she was sacked from her £12,000-a-year job at Kingstonian, a minor league football club, after complaining of sexual harassment by one of its directors, Robert Wolfson.

Miss Cummins said: 'I was devastated when Princess Diana died. I am not going to deny it. I visited Kensington Palace twice and also

'They said I was a teaser'

the funeral. But I did not go into work, trying my eyes out.'

She claimed that Mr Wolfson, a director of Kingstonian in Kingston, South West London, suggested she went on a weekend trip to Paris with him.

She declined - but later, she alleged, Mr Wolfson asked about her love life and then said: 'Why don't we get the sex out of the way and then have the affair later?'

Miss Cummins said she complained to her immediate boss, director Chris Kelly, but was later sacked, after working for the club for just seven weeks.

'They said I was to be dismissed because my typing wasn't up to scratch,' she told the tribunal at Croydon. 'I was absolutely shocked.'

She denied the accusation was true but admitted she was often late.

'I am convinced my dismissal was related to my complaint against Mr Wolfson,' she added.

She said there was a 'male dominant' culture at the club, and claimed that she had once been told she was a 'teaser' because of her alluring smile.

Miss Cummins, of Barnes, South West London, claims sex discrimination, unfair dismissal and loss of wages. The hearing continues.