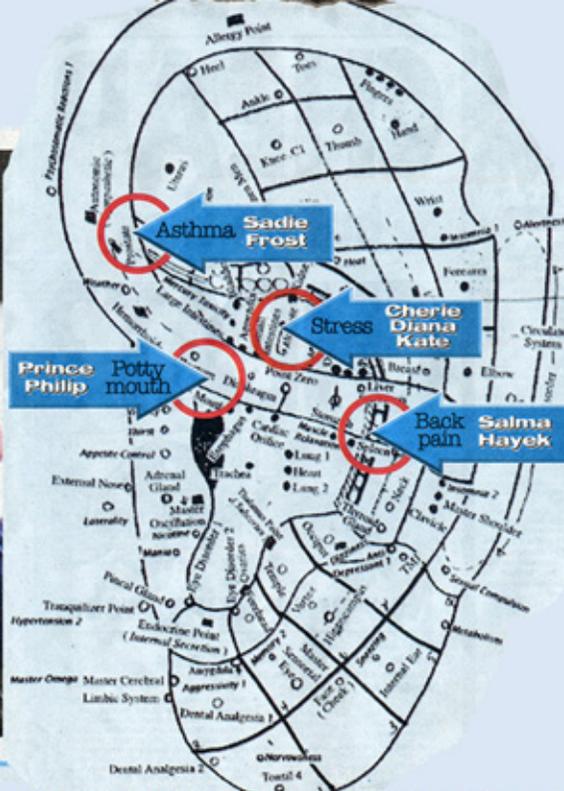




Cherie Blair, Diana, Princess of Wales and Kate Moss have all had needles in the 'Shen men' (gateway to godliness) area of the ear, far left, to relax and de-stress. It also helps beat addiction. We have also shown pressure points used by stars including Salma Hayek, left



It would be great if Prince Philip was having acupuncture - we suspect it would be the perfect treatment for his terminal potty mouth - but, sadly, this plaster, right, was for a mystery minor injury he got before the Braemar Gathering last September



## HOW ACUPUNCTURE WORKS

**PROFESSOR** Man Fong Mei founded Europe's first Chinese medical clinic in 1972.

He explains: "Stimulating different points in the ear connects with the body's nervous system and causes the brain to release endorphins or 'pleasure hormones.'

"According to Chinese medicine, nerves and tissues in the ear connect to every major part of the body, including organs

such as heart and lungs. There are about 200 points in the ear that can produce health benefits when stimulated with needles, such as dealing with migraines or easing childbirth pain.

"Acupuncture of the ear is used to treat a number of complaints and it is very successful at treating addiction.

"In this case a needle would be used to stimulate the 'liver point' in the ear to increase the

liver's ability to detoxify. The body's energy is called Qi and stored in the kidney.

"We stimulate the kidney point to give those battling addiction the energy to recover.

"After using needles, we would place a special herbal seed on acupuncture points."

● For more information about acupuncture, visit [www.acumedic.com](http://www.acumedic.com) or [www.chinesemedicine.org.uk](http://www.chinesemedicine.org.uk).

**CAROLINE IGGULDEN**