

Alternative health: acupuncture

Pin-point the problem with acupuncture therapy. Anna Murphy talks to the acupuncturist Gerad Kite



Five-element acupuncturist Gerad Kite Photo: ALICE WHITBY

By Anna Murphy

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The successful, driven individuals who tend to come through Gerad Kite's Harley Street doors know why they are there. Or at least they think they do. "There is normally one thing that gets them here," the 52-year-old five-element acupuncturist says with a smile. "They say, 'I've got backache,' or, 'I can't get pregnant,' or, 'I feel depressed.' There is a wide variety of reasons."

But what concerns Kite, who uses the most traditional form of **acupuncture**, one that predates the discipline's 20th-century Traditional Chinese Medicine incarnation by a couple of millennia, is not the symptom but the cause. "Five-element puts you back in touch with that part of yourself that lives intuitively as opposed to in a predetermined way."

Kite argues that the way we live is making us ill. “If you want to let your life unfold in the best possible way, you need to accept that you are not in control. When people are well they live instinctively, they are not consciously engaged with everything they do.” Five-element draws on Taoist philosophy. “We are brought up to think 'yourself' is the sum of your thoughts. But in the five-element world, your thoughts are one thing, who you are is something else. The goal is to become more aware of your true self.”

Kite may be celebrated for his symptom-slaying abilities – particularly his work with infertility (his new book is called **The Art of Baby Making**) – but this is not his own marker of success. “These days I just cut to the truth with people and ask, 'Do you want to work at this level?' Most get it pretty quickly. It is what they are looking for. They know something has been missing.”

What is it?

Five-element acupuncture focuses not on a symptom per se, but on the imbalance that is causing it. The five “elements” of the name (wood, fire, metal, water and earth) refer to the different energetic capacities in the human being, and in the natural world at large: growth, warmth and so on. Every individual has one dominant element or energetic type, and when this is out of balance it becomes “their Achilles’ heel”. A wood individual, for example, can become “stuck” and suffer from symptoms such as depression or constipation.

What is it good for? People usually come with a specific issue – from infertility to IBS. Kite works to bring them “back to a place of true self-awareness, to living life congruent with the source, so the symptoms clear away”.

How did it start?

The original form of acupuncture, predating Traditional Chinese Medicine, five-element acupuncture dates back over 2,000 years.

How does it work?

Around half of every session is spent talking, so Kite gets a full psychological and physical “portrait” of the client. Around five needles are then inserted, only momentarily.

Who’s a believer? Kite’s client list includes everyone from John Cleese to Fearn Cotton.

£295 for an initial consultation, £195 for follow-up sessions; geradkite.com

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