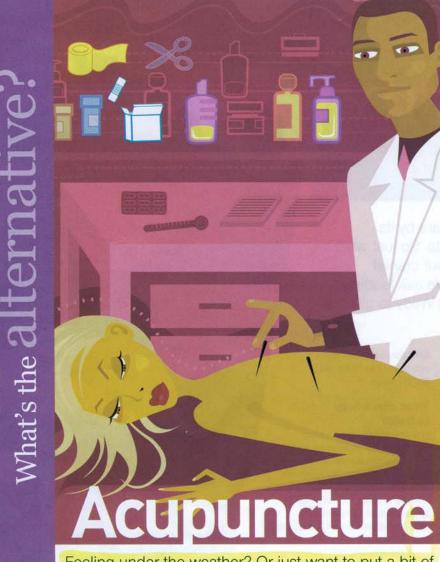
# Kite clinic Natural health



Feeling under the weather? Or just want to put a bit of balance into your life? Sam Hesselgrave recommends a treatment with acupuncture master Gerad Kite

#### What is it?

Five Element acupuncture works to restore and balance your natural energy by looking at the whole system and observing and treating it as the five elements – water, wood, fire, earth and metal – making sure they function well and the energy flowing is at its optimum level with no blocks. Gerad believes that when your energy follows the natural laws and is flowing properly you begin to function in a way that will enable you to live at your true potential – constitutionally and emotionally. And once everything is good with you – everything around you falls into place and you can live the life you want to live.

#### What happens?

I went to see Gerad, who is also a fully qualified psychotherapist, at a particularly bad time in my life. I had just miscarried twins at 11 weeks into the pregnancy and then, one week later, I was knocked off my scooter in London. These combined events left me at an all time low, both physically

and emotionally. My first consultation with Gerad was subtly split between therapy and treatment. I have tried therapy in the past but as a person who likes instant results found it too slow with little reward. Gerad asked me one key question and amazingly, from that, everything that had ever caused me pain came out; from troubles in my childhood, to failed relationships, sadness from my parents divorce and more. He then linked the effects on my adult life to how I expect to be treated and indeed how I treat people. A lot of ground was covered - and many tears shed - which I truly believe would have taken at least six months with another therapist. With Gerad it took 40 minutes.

His direct approach allows for no nonsense. You do have to soul search in some areas you may rather not explore – but the feeling of relief and clarity is fabulous. He also pin points areas in your life and relationships that need looking at and helps you to explore ways in which you can make these better. From these

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questions and my reactions he ascertains which element is in distress. In my case, it was earth, which covers compassion, how you receive information and how you deal with it. I lay face down on the table and one by one he inserted six needles. Unlike traditional acupuncture, the needles are pushed into the specific energy point he wants to treat for no more than five seconds, (until you feel an ache) and then quickly removed. No lying around for 20 minutes with dozens of needles sticking out of you. He is very particular on which points he wants to work on. This part of the treatment lasted no more than 15 minutes. In total this first consultation lasted an hour and I came out feeling a much stronger and happier woman. The second session was less emotional since we had more or less covered those painful areas in the first session. He summarised where we had left off and then asked how things had improved since I last saw him, I was feeling much stronger, less emotional and it seemed that now I was feeling so good, things around me were now working out better. My relationship with my partner was now much healthier, supportive and less confrontational; and I found I had more patience and understanding with people around me.

### The verdict:

I feel great, positive and confident! They say things come in threes and I have since been made redundant from a job I was at for seven years (can you believe one girl could have so much bad luck in two months!). Of course I felt shocked and sad but I feel I have had the strength to deal with it and process all the negative feelings that come with redundancy. I feel excited for what is around the corner for me and able to take on anything that is thrown at me. Gerard's approach to me was spot on and exactly what I respond to. Direct and understanding but also firm in helping you to recognise your part in things and how you can help yourself too. I shall be visiting him to maintain this feeling to keep my energies up and working for me. WH

## Where to try it

You can contact Gerad Kite's clinic on 020 7701 1174 or visit gkclinics.com. Initial consultation cost is £85 with follow-up sessions at £50.