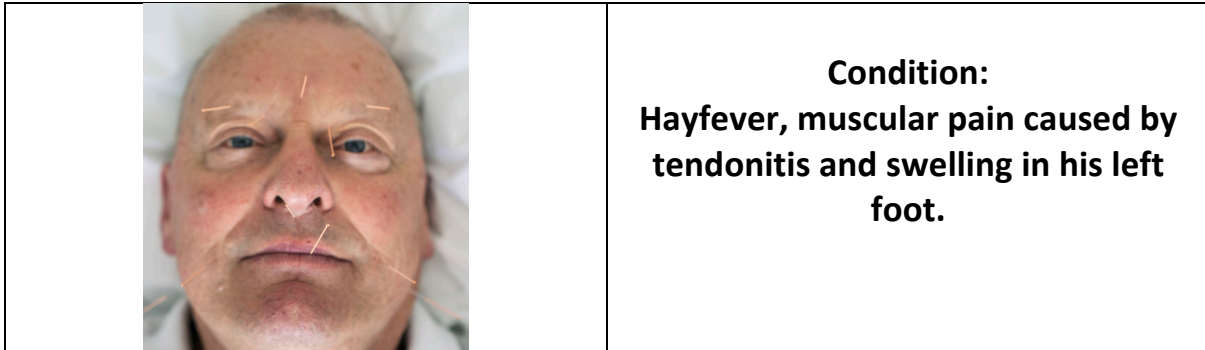


## Case Study – Malcolm Rea



About six months ago 75-year-old Malcolm Rea from Bristol went to see an acupuncturist to see if she could help him deal with muscular pain in his right leg caused by tendonitis and swelling in his left foot. He had been struggling with both conditions for several years and was fed up with conventional medics just feeding him more and more drugs and leaving him ‘to just get on with it.’

He booked an appointment with British Acupuncture Council member Amanda Watson of [A Watson Acupuncture](#) in Bristol.

He describes what happened next as ‘miraculous’.

“During the initial session I mentioned that I had suffered from hayfever since I was a university student.

“I can’t believe it, it was a miracle she just started treating me and it was gone within a week. I got watery eyes but as long as I didn’t rub them too much it just went. It was quite extraordinary. She stuck some needles in and it got better straight away. Seven weeks later I had not needed to take any of the cetirizine hydrochloride I’d been previously prescribed. I had suffered terribly for years and the tablets used to knock me out so I never felt like doing much. It’s brilliant, I don’t know how she did it.”

The former maths and English teacher says he feels so much better and as well as the ‘extraordinary’ result for his hayfever his muscular ache is much improved and the swelling has reduced.

### Notes to Editor:

- For further information please contact: Katie Osborne on 07990 922615 or by emailing [katie@osbornecomms.co.uk](mailto:katie@osbornecomms.co.uk)

### About the BACc:

The [British Acupuncture Council \(BACc\)](#) has a membership of nearly 3,000 professionally qualified acupuncturists. It is the UK’s largest professional body for the practice of acupuncture. BACc members practise a traditional, holistic style of acupuncture diagnosis and treatment based on a system developed and refined over 2,000 years. To achieve BACc membership, practitioners must

first undertake extensive training in traditional acupuncture (minimum three years full-time or part-time equivalent), which includes physiology, anatomy and other biomedical sciences appropriate to the practice of acupuncture.

**Traditional acupuncture:**

Traditional acupuncture as practised by members of the BAcC is based on Chinese medicine principles that have been developed, researched and refined for over 2,500 years. Traditional acupuncture is holistic, not focused on isolated symptoms. It regards pain and illness, whether physical or mental, to be a sign the whole body is out of balance. Western or medical acupuncture is a more recent development practised predominantly by doctors and physiotherapists, who use acupuncture techniques within their existing scope of practice on the basis of a western medical diagnosis

**Why use a BAcC practitioner:**

Only British Acupuncture Council members belong to a Professional Standards Authority accredited register, providing professional guarantees of safety, education and continuing development ([professionalstandards.org.uk](http://professionalstandards.org.uk))

Look for the letters MBAcC after the name of your acupuncturist to ensure:

- ✓ extensive training – minimum three years degree level – with relevant western medicine including anatomy and physiology
- ✓ adherence to BAcC codes of safe practice and professional conduct
- ✓ compliance with current health and safety legislation
- ✓ full insurance cover for medical malpractice and public/products liability
- ✓ mandatory continuing professional development to keep knowledge and skills up to date
- ✓ postgraduate study of special interests such as pain management and acupuncture for children

Find a [BAcC registered acupuncturist](#) near you