

TREATMENT TRIED & TESTED

Each month, we raid the piggy bank and try out new treatments. This month we're realigning our chi with a Western take on an Ancient Chinese therapy

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NAME: Body Energy Concept.

According to Ancient Chinese philosophy, our health is dependent on an energy called Qi (chi) moving smoothly through meridians (energy channels) beneath the skin. For over 2000 years people have been inserting needles under the skin to stimulate these meridians in a practise now popular in the West: acupuncture. Body Energy Concept aims to do the same thing, only in a non-invasive way, by using suction to stimulate meridians.

WHAT REALLY HAPPENS:

A minimum of five sessions is recommended, followed by maintenance sessions whenever needed. Initial appointments involve a consultation with a trained therapist (all of whom are members of the British Register for Complimentary Practitioners).

While sitting comfortably, fully clothed, on a standard treatment bed, you spill the beans on your lifestyle and symptoms – in my case, working long hours, drinking too much, being overweight and suffering from sluggish digestion and stiff joints. My practitioner returned a diagnosis of weak intestine energy channels, and set about attaching eight rubber suction cups to my feet, calves and hands. The cups link via tubes to a machine powered by the mains; they don't hurt – imagine putting your hand under the nozzle of the world's most powerful Hoover – but they do, temporarily, leave slight rings, so don't plan a naked photo shoot immediately afterwards.

The cups are then periodically repositioned until all the necessary energy lines have been stimulated, which takes about 50 minutes, during which time therapists share diet and lifestyle tips, like the wrist-to-elbow-poo rule, which my fascinating practitioner told me; apparently

the healthy ideal is to poo three times a day in equal portions that equate to the span between your wrist and elbow.


The diet advice is as valuable as the

WORSE BIT: Body Energy is new and practitioners aren't as easy to find as, say, acupuncturists. Including travel time going for treatment took three hours.

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treatment itself. Before recoiling in horror at the D-word, the diet advocated by Body Energy therapists is largely common sense. Eat organically and at the right times – between 7am and 9am, 12.30pm and 1.30pm, and have your evening meal before 7pm. Avoid refined carbs, caffeine, red meat, artificial crap, microwaves and excessive booze. Drink lots of water and if you must hit the wine, make sure it's organic or at least of reasonable quality (see p60). In tailoring a diet specifically for me, I was told my healthy snacks – citrus fruits and strawberries – were maxing out my daily acid quota (25 percent of intake), and I needed to rebalance with more alkaline (RDA: 75 percent), so I started eating almonds and drinking fennel tea. And to turbo charge my digestion I added daily aloe vera capsules to the mix.

BEST BIT: Regularly focusing on my health raised my physical awareness, and my therapist gave me lots of useful info on alternative health therapies.

DID IT WORK: The results were subtle, but my digestion and stiff joints improved; I continue to take aloe vera and balance my acid/alkaline levels, and sceptics could argue the diet alone would work. True, but the treatment is holistic and can apparently remedy several ails at once, and after the treatments ended I realised an annoying nasal infection I'd had for months had finally cleared up. 

Treatments cost £40 – £60 per session. For your nearest practitioner call 08456 126 621 or visit www.body-energy.co.uk.

If you'd like us to try out a treatment to save you the time, energy and hard currency, mail the name of the treatment to Editorial@ScarletMagazine.co.uk and we'll report back to you.

