



# What has acupuncture got to do with grief?

Words: Kirsten Diesler

I was living the "perfect life" back in 2000 with a successful career and above all a very deep and connected relationship that was planned for marriage that same year. All of this changed in a split second when a tyre on our open convertible blew out at 150 mph on a German motorway. My partner Joerg was instantly killed and I was seriously injured. I lost more than half of my blood. I had major head trauma and injuries to shoulder and arm. It took a total of 4 operations to restore my physical body and appearance.

Given what a wreck I was and looked, the results were amazing. However, they did not address the trauma

of the actual accident nor the even bigger trauma of having lost the love of my life. I suddenly stood in front of a huge void at the beginning of my thirties.

Grief is a very nasty emotion, it can hit you any time, unexpectedly and no matter how much you cry it tends to get stuck and doesn't really seem to go away. I had incredible support from family and friends, but talking didn't bring Joerg back and most of the time I just wanted to be alone anyway. Grief is a very lonely and individual emotion; any fun and socializing just felt too superficial after Joerg's death. Also I found that Western Society has no forum for grief. I was an emotional shell. I was determined never to have a relationship again and deep inside wanted to be dead as well (survivor's guilt). After a couple of years these emotions started reflecting on my physical health, but this time Western Medicine had no answers, apparently I was totally OK, when it was very clear that I wasn't.

A friend recommended I should try Five Element Acupuncture and just because I was terribly desperate I went. And that was it. To this day I remember coming out of the first treatment, thinking this was the first time that anything on the emotional front had significantly changed and interestingly positive physical changes happened in parallel. Four months of treatment gave me the strength to change career and I enrolled in a Five Element Acupuncture course. Treatment continued, the physical problems went, but in addition I felt more fulfilled, happy for the first time in ages. I started going out again and learned that you can actually have more than one love of your life. I have found a new partner, we have a lovely little daughter together and I have a very fulfilling career as a Five Element Acupuncturist. I am probably the happiest I have ever been, still making sure that I get my regular top up treatment!

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