

**Nikki Jennings - Office Manager, Gisborne, NZ**

*"I first went to see Narelle in January 2013 having heard very positive recommendations from friends. I was 6 months pregnant and suffering from lumbar pain and acute lateral femoral subcutaneous nerve pain in my right thigh. This nerve condition has existed for 30 years since a bad horse riding accident in my early teens & I have experienced continual numbness and tingling pains in my thigh. Nights were worst when I suffered from sharp stabbing pains which meant I was unable to lie on my back for any length of time....*

*After that long, the brain shuts off pain signals and you learn to ignore repeated pain messages. It wasn't until my pregnancy that the stabbing pains became unbearable and I was hardly able to walk, that I sought treatment from Narelle. With 3 months of pregnancy remaining, a house on the market (which meant open homes every weekend) and still working full-time, I had no option but to seek help since I couldn't afford the luxury of bed rest and didn't want to spend the next three months feeling utterly miserable and in constant pain.*

*I had heard great reports of Narelle's acupuncture treatments from numerous friends and so I telephoned her over the busy New Year period. I was impressed as she agreed to see me immediately and I was booked in that afternoon.*

*I was a little skeptical initially as I had received acupuncture treatments for a shoulder injury from a physiotherapist many years earlier, but the treatments didn't make a lot of difference and so I hadn't thought acupuncture could be so effective. I was desperate by this stage and having heard and seen such positive results from friends, I decided I would give acupuncture another go.*

*Narelle has a lovely clinic and operates from her home so the atmosphere is very relaxing. After a couple of needles were inserted I immediately began to feel the pain and pressure in my leg and lower back ease. By the end of the one hour session I felt 80% better than I had when I'd hobbled in. I could walk properly again and the pain was practically gone. I received 5 more treatment over the following 5 weeks and the pain and numbness completely disappeared. I could hardly believe it: after 30 years the pain and numbness and tingling were completely gone. Because I felt such a marked improvement, I continued to attend treatments for the remainder of my pregnancy as it was obvious that the acupuncture was improving my overall health and I felt better than I had in years. Old injuries were no longer nagging me and I felt calmer and more settled than I had in a long time, despite people telling*

*me that pregnancy hormones would cause me to feel "all over the place". On the contrary, I was extremely grounded and felt amazing.*

*I cannot recommend Narelle highly enough: she is professional, empathic and has a keen and intuitive understanding of physical and emotional ailments. She is sensitive and compassionate, highly skilled in the practice of acupuncture and treats each patient with respect and courtesy i.e. you don't feel like "just another patient". She is extremely punctual and you don't end up waiting for ages to see her. You can walk in feeling exhausted, depleted and aching and walk out feeling like you've just had 10 hours sleep and a physical, emotional and mental makeover. We are incredibly lucky to have such a highly skilled and world-class acupuncturist right here in Gisborne. If you want results, make an appointment to see her because I guarantee you will be astounded at how good you will feel.*

*Thank you Narelle, you are a truly gifted practitioner." - Nik Jennings*