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Three problems, three treatments ... Angela Donaldson talks to women who sought alternatives and got results

3 gentle therapies

Alternative therapies have a wide range of applications for many health problems. If you've toyed with the idea of trying a complementary therapy but haven't ventured down that path, read how three different treatments helped three women who had almost given up hope.

ACUENERGETICS

PATIENT: Kirsty Cassidy, 40, of Redfern, NSW, freelance stylist and mother to Bibi, now aged two.
PROBLEM: Unable to fall pregnant.

KIRSTY'S STORY

"My husband, Tim, and I been trying to fall pregnant for about four years. During that time, we tried acupuncture, visualisation therapy, meditation, shiatsu and kinesiology.

Acupuncture was great because it got me to look at all aspects of my life and it made me slow down. Meditation helped by creating stillness and calm in my busy mind and the

world around me. I was also seeing a naturopath to get my diet in order. I had two operations for endometriosis and we tried two rounds of intrauterine insemination (IUI).

In July 2004, I started seeing Kevin Farrow [of Balmain, NSW] who treated me using AcuEnergetics, an energy healing technique.

The treatments were extraordinary. Mostly, the therapist's hands were positioned just above my body. I could actually feel the energy shifts, and releasing and unravelling taking place. After the sessions I felt lighter, focused and positive. I was pregnant by October.

Now we have our little miracle, Bibi. We put it down to AcuEnergetics and the naturopathic principles we'd been following.

WHY IT HELPED

AcuEnergetics is based on the human energy system. Practitioners use their hands – usually not touching the body – to open energy centres and channels. "When Kirsty came to see me, she had a few blockages in the energy systems of her body relating to conception," says Farrow. "These were in the centres and channels that link the heart to the ovaries. After removing the blockages, she easily fell pregnant."

WHAT ELSE CAN IT TREAT?

AcuEnergetics treats problems including infertility, menstrual, heart, lung, liver and kidney problems, sports injuries, sciatica, chronic back pain and chronic fatigue.