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Three wise men: Acupuncturist Don Kim with models showing the acupuncture points on a body.

Kim gets quickly to the point

By EMMA BAILEY

PEOPLE pay Don Kim to stick needles into them.

No, this is not some new fetish, rather the age-old tradition of acupuncture.

Mr Kim and his family moved to Timaru nearly four months ago to set up an acupuncture clinic.

"I shifted from Hamilton where I used to practise acupuncture," Mr Kim said.

"I have been involved in alternative medicine for 15 years but last year I studied for one year at Auckland College of Natural Medicine

to be qualified to practise in New Zealand."

Originally from Korea, Mr Kim became interested in acupuncture after he noticed it was proving extremely beneficial to his wife, who was studying it.

His interest grew further as a result of a sports injury.

"I was playing tennis and I sprained my ankle.

"I tried some of the acupuncture techniques my wife had shown me and I could get back up and play again, I was amazed."

That was in 1990 and

from there he studied koryo hand acupuncture, Chinese medicine, acupuncture and herbs as well as learning Chinese massage.

He also studied ear acupuncture, called auriculotherapy.

"Many people in Timaru are already familiar with acupuncture through the physios using it," Mr Kim said.

"The acupuncture they use is just one aspect of acupuncture."

Mr Kim is building a clinic adjacent to his home,

which he estimates will be complete in about three months. In the meantime, he is treating clients in his home.

Clients visit him with all manner of complaints including sports injuries and back pain, as well as respiratory, gastrointestinal and cardiovascular problems.

He also treats people with neurological and psychological disorders.

Acupuncture has been around for 3000 years and is based upon people's energy flows, or meridians.