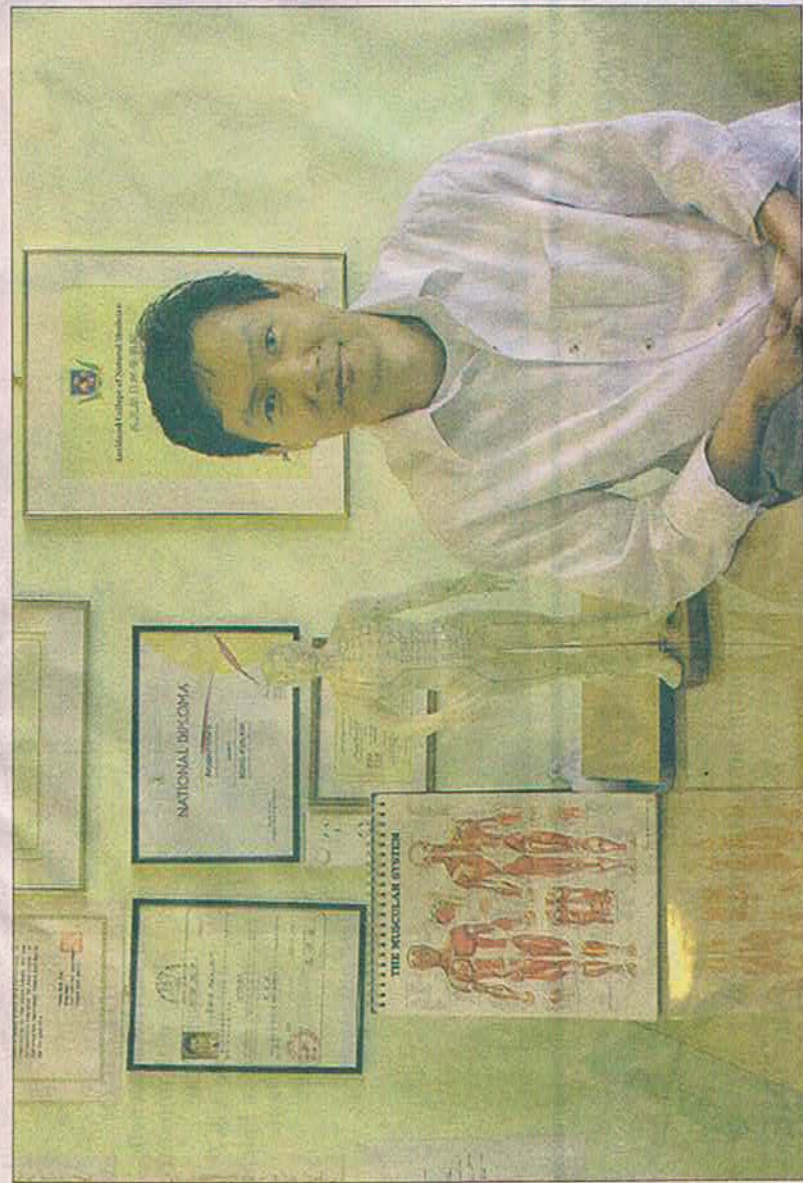


REGIONAL NEWS

# Bringing an ancient technique to Timaru



**ORIENTAL ACUPUNCTURIST:** Timaru man Don Kim in his acupuncture clinic.

Everyday is a 'jab' well done for Don Kim. The Timaru man is an acupuncturist, who runs his own oriental acupuncture clinic.

Mr Kim first fell over the job — quite literally — in 1988.

"I sprained my ankle when playing tennis and had hand acupuncture to treat the injury," Mr Kim said.

The treatment cured Mr Kim's injury and he was able to play tennis again.

"After that incident I became really interested in acupuncture and decided I wanted to do it for a job."

Since then Mr Kim has trained in acupuncture and him, and a colleague Dr Dong Sub Kim (no relation), established the Chinese Medical School in Hamilton in 2000. This school was the predecessor to the NZ College of Oriental Medicine.

Mr Kim finds great enjoyment in helping to improve his patients' lives.

Acupuncture involves inserting needles into the skin and underlying tissues at specific points to balance the body.

It is believed these points are strategic conductors of electromagnetic signals and that stimulating these specific sites enables the signals to be relaying at a greater rate than under normal conditions.

Any age group can receive acupuncture.



Mr Kim said he treated not only the symptoms of a problem but also the cause.

In his job Mr Kim deals with musculoskeletal conditions, respiratory problems, gastrointestinal complaints and cardiovascular problems.

Acupuncture was also good for women's health issues, pregnancy problems and psychological disorders.

And is acupuncture painful? "Acupuncture is very painless."

"However, when the correct stimulus of the needle has been obtained the patient may feel heaviness, distention, tingling or electric sensation either around the needle or travelling up or down the affected energy pathway or meridian."

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