

## “I would eat a frog or a towel!”

### Japanese Acupuncture – An Alternative Solution to Depression

By Nobu Iwasaki

I have been practicing Japanese acupuncture on the Gold Coast for the last 7 years and I am surprised to find that despite the sunny weather and the relaxed lifestyle, the number of my clients who complain depression is not small.

Depression is a condition of prolonged low spirit, which is often accompanied by symptoms such as poor or increased appetite, insomnia, fatigue, low libido, low self-esteem, suicidal tendency and/or difficulty to concentrate.

Howard\*, a Vietnam War veteran, had been suffering from depression, regardless of five medications including anti-depressants which he took for six years. When he came to see me, he cried out, “I would eat a frog or a towel if it would free me from depression.”

I came from Japan and was unaware of the Australian soldiers' involvement in Vietnam War. Howard told me that many Vietnam War veterans have been suffering from depression and are committing suicide every year. They do not have to be suffering for several years because Japanese acupuncture can greatly reduce depression in merely a month. Furthermore, Japanese acupuncture is an alternative holistic approach, as it can entirely regenerate the body and mind in just few months.

Depression is not a trick that the mind is playing on the sufferer of depression. It is a scientifically proven medical condition — a biochemical trouble in the brain cell.

From the perspective of Japanese acupuncture, depression is analysed as decreased energy level in the liver and the pancreas, consequently affecting the brain. Acupuncture will regulate the numerous imbalances of the body.

Howard was satisfied with his improvement after the first treatment and continued his acupuncture treatments. As acupuncture energised the whole system of the body, Howard regained his appetite and sleep, and he stopped taking his medication one by one.

Howard is now almost free from his medication and says, “I've felt the healthiest I've been in 15 years.”

*\*The name has been changed.*

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