

eve PEOPLE

## ME AND MY ACUPUNCTURIST

**Gerad Kite, 45, an acupuncturist, has been treating Jenny Record, 39, a cookery teacher, for 10 years.**

**Gerad:** 'The most important part of acupuncture is the rapport you build with your patient - sticking needles in them is such a small part of it. People find me easy to confide in, probably because I'm naturally curious. I've also trained as a psychotherapist, which teaches you how to listen without letting your own emotional agenda get in the way. There's quite a skill to it, which I think most men lack!'

'Since I've known Jenny she's had to deal with the death of both her father and brother, and I think having someone who genuinely listens has helped almost as much as the

acupuncture. I've also treated lots of women with fertility problems. Many find it hard to talk to their partners about how they really feel.

'In my experience, women like to make people happy and often end up creating different personas to satisfy everyone. They put so much energy into maintaining the family unit that they can tend to neglect themselves. I teach them to look after yourself first.'

**Jenny:** 'From my first session with Gerad I felt able to share things that I'd never spoken to anyone about before. He makes you feel like your problems are worth talking about, and was one of the first people I called when my brother was killed in the Bali bombings. Gerad probably knows me better than anyone. In fact, I rate him so highly my partner now sees him, too!'

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'Women try too hard to make other people happy'