

PART 1

LONDON'S TOP 50 WELLBEING GURUS

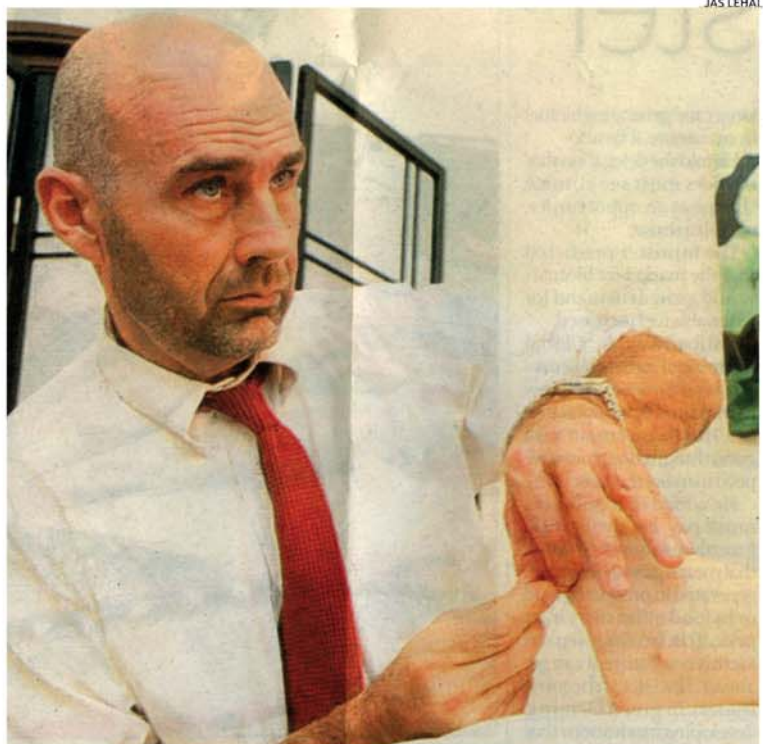
You've made your new year's resolutions, now it's just a matter of putting them into practice. So whether it's stubbing out the fags, shedding pounds, or restoring your work/life balance, *thelondonpaper's* exclusive guide to the capital's alternative health experts can put you in touch with a helpful guru. Part one of **Lucy Mayhew's** exhaustively researched list.

ACUPUNCTURE

Gerad Kite

Kite is renowned for his success rates with couples who are trying for a baby. An acupuncture master, he started training in 1993 and began an acupuncture service for HIV and cancer patients at Kings College Hospital. Favoured by Gillian Anderson and Radiohead.

Kite Clinic, 73 Bond Street, London W1; prices start at £85; 020 7701 0980 or visit www.kiteclinic.co.uk



JAS LEHAL

KITE | Acupuncture master renowned for helping couples trying to conceive