



THE HORMONE DIRECTORY

The best specialists in the business. They have the power to change your life. Really



JOHNNY CHILDS

Acupuncturist

There is something disconcerting about discussing your hormonal problems with a handsome man. But you quickly forget Johnny Childs' sparkly blue eyes and charming smile, mostly because he's talking about the smell of rancid skin. You don't take it personally, though – it's all part of the diagnosis. Sessions start with a deep conversation: he assesses how you look, how you talk and, yes, how you smell (all very subtle, don't worry), the idea being that in ancient Chinese philosophy, humans are all part of nature and have one element – fire, water, metal, earth, wood – that is imbalanced. This is our 'causative factor' – the factor that puts things out of sync. If yours is wood, for example, he'll notice that the skin beneath your eyes has the slightest green tinge and that your voice can take on an aggressive timbre (woods are quick to anger). Treatments are short and sharp, targeting key points to release the right energy for your element. It's less about 'fixing' your hormones, and more about getting everything else in order. So the hormones take care of themselves. After a few sessions – the acupuncture itself can feel like everything from a sharp, electrical burst, to a dull, bruise-like ache – you may just find you sleep better. Or you argue less. You're a little calmer. You see a bit clearer (literally). It's an eye-opener. *Initial consultation and treatment, £165. At Gerad Kite, 19 Wimpole Street, W1 (geradkite.com).*