

# Fit'n Style

MAGAZINE

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**Body Fat**  
TESTING  
REVEALED

**TINA  
FAUCON**  
"Listen to your  
heart and do as  
you please"

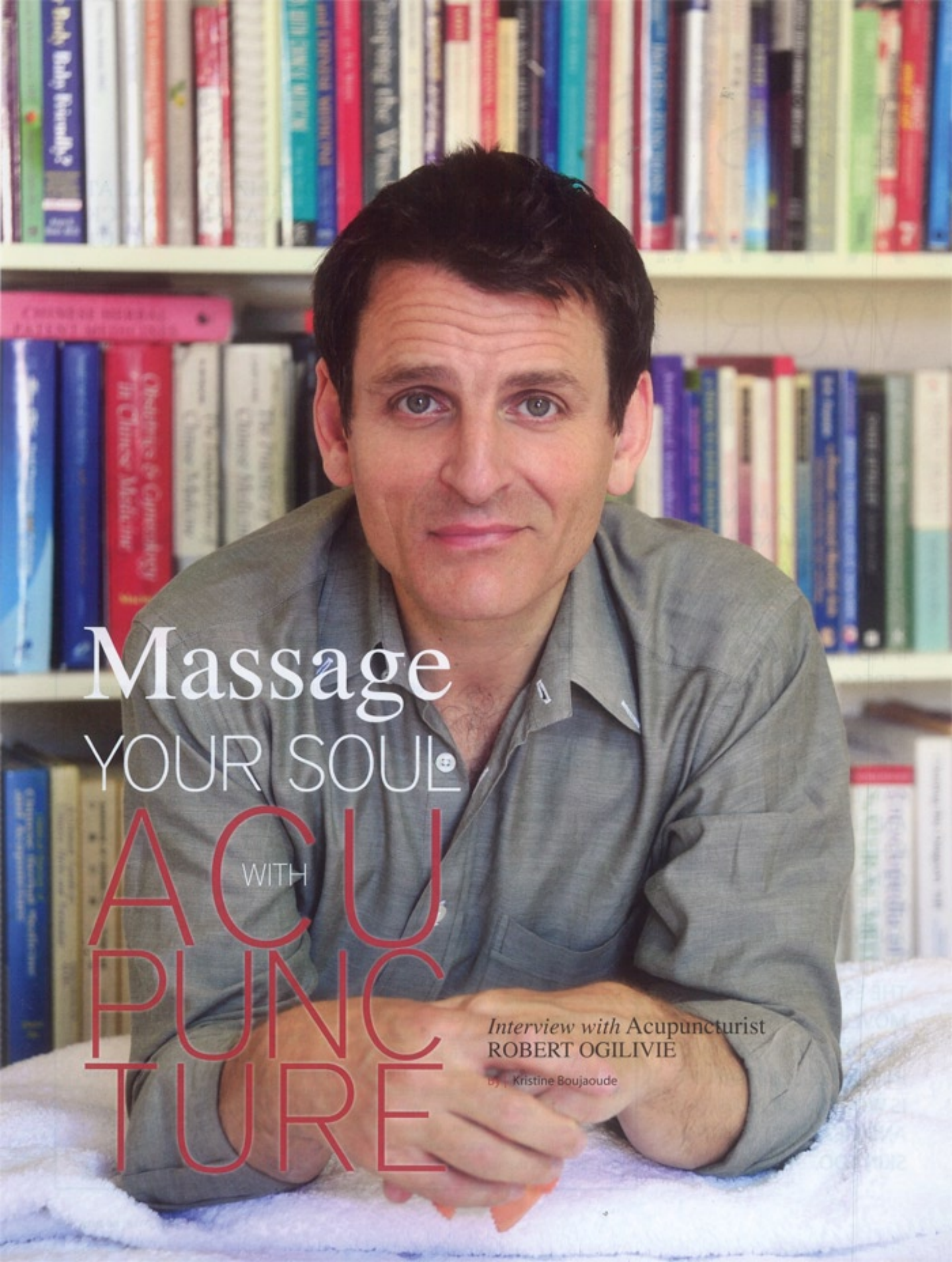
THE  
AFTER-BURN  
**Effect**

**Celebrity**  
Skin Care  
Secrets

WHAT YOUR  
FAVORITE **PORN**  
SAYS ABOUT YOU

No Tummy Tucks  
or Lipo... Just  
**PILATES**

**PAMPER**  
YOUR SOUL WITH  
**Acupuncture**



# Massage YOUR SOUL

# WITH ACU PUNC TURE

*Interview with Acupuncturist  
ROBERT OGILIVIE*

*by Kristine Boujaoude*

PAMPERING YOURSELF IS THE HIGHLIGHT IN OUR JULY ISSUE. AS I SAT DOWN TO WRITE UP THIS EDITORIAL ABOUT ACUPUNCTURE, I PONDERED ABOUT THE TERM OR CONCEPT OF PAMPERING; IMMEDIATELY WE CONJURE UP IMAGES OF MASSAGES, JACUZZIS, BEAUTY TREATMENTS, AND THE LIKE. HOW ABOUT WE TAKE A SLIGHTLY DIFFERENT APPROACH TO WHAT PAMPERING ACTUALLY ENTAILS? HOLISTIC MEDICINE IN A SENSE IS ALL ABOUT MASSAGING THE SOUL ON A HOLISTIC LEVEL... N'EST-CE PAS?

I met up with Robert Ogilvie, an internationally renowned acupuncturist who visits Beirut one week per month, offering rapidly booked up treatments at Le Gray hotel. His sensible approach, and his witty and calm demeanor, confirmed to me what I had already assumed. Acupuncture is a form of alternative medicine used to create balance and harmony within... which he actually exudes. While it can tackle many physical ailments, it can also keep us leveled emotionally and spiritually; we can also use it in a preventative way to keep our bodies and minds vital and well. So how about we pamper ourselves holistically... shall we?

Meeting Robert Ogilvie for the very first time, I learn that he has been practicing acupuncture since the early 1990's at a clinic in Nottinghill, London. I must add that I had to immediately refer to the Julia Roberts movie Nottinghill... as he quickly rolled his eyes and laughed since he hears that over and over again.

He refers to his style of acupuncture as the 5 Element system, taken from the ancient wisdom of Chinese medicine. This system relies on the laws of nature and the ability to touch all levels of 'illness'- that being the mind, body, and spirit. This in essence is what makes this type of acupuncture somewhat unique when compared to other forms of alternative medicine.

He discusses with me the concept of "QI" or "chi" as it is actually pronounced, the vital force which controls the functioning of our organs and all of the systems within our body. "QI is known as the spark of life," Robert explains, "When all is running smoothly and in a healthy manner, that means that our QI is flowing through

its 5 phases in both balance and harmony. When one of such elements is worn out or contrarily too strong, we experience illness and imbalance," he explains. So how can we balance this so called QI of ours?

Let's focus on the fact that Robert initially starts off his acupuncture sessions with a thorough consultation assessment that generally lasts a couple of hours. He digs into the psyche of the client, searching for clues and information about his past, present, and inevitable future. So in essence, his clever approach in documenting the client's history is not only revealing, but liberating for the client too. And this is only the beginning.

Robert explains how he treats an array of ailments such as infertility (which is his specialty) and other gynecological issues... he even deals with clients who may be suicidal, bi-polar, or even living with cancer. Then you have clients who arrive to his door claiming to be angry, stressed, depressed, unhappy, in pain, etc.

He addresses the fact that it is a cliché to consider acupuncture as simply inserting needles into the skin. On a larger level, it is the ability to change emotions and to address the spirit of the individual. Acupuncture is incredibly effective at moving QI – so in essence you can change the way someone feels. When your QI is off track for a substantial amount of time, your physical body becomes affected.

Going back to the initial acupuncture consultation session, a complete analysis of the client's history is mandatory. It all boils down to figuring out not only what the client feels but WHY they feel the way they do. When I inquire about how he looks at the root of the illness or ailment in question, he explains: "I go back to the client's childhood, to their emotional patterns, and even talk about their parents. It is important for clients to take responsibility for their life and be accountable for their feelings. Then the work begins."

Did you know that your tongue is a very significant indicator of your well being? Robert describes how the tongue is analyzed for its color, texture, coating, or even lack of coating. Throw into the equation the state of your pulse, body language, your smell, your demeanor, etc... and he makes a constitutional diagnosis about who he thinks that person is and how necessary it is to directly engage in their symptoms.

You must be wondering when the needles will finally come into play, right? Well based on all his discoveries about the client...the one inch needles are placed along certain channels (meridians) to get the QI back on track. He starts off simple and often clients must continue for a number of sessions to complete the full treatment. He also gives nutritional advice, exercise tips, and herbal suggestions to sustain their good health.

Referring back to the fact that he specializes in fertility issues, Robert explains how 50% of his clients who have been trying to conceive anywhere between 3 months and 3 years conceive within 3 months of his acupuncture treatments. Now how interesting and amazing is that?!

Simply put in order to conclude, acupuncture can pose to be that special treatment you have been searching for. Pamper your spirit, balance your QI, and experience the beautiful calm and balance that CAN be achieved when you dig into your soul and give it a little massage.

“Based on all his discoveries about the client... the one inch needles are placed along certain channels to get the QI back on track.”