



Times-Democrat Staff Photo/Yayoi Ayukawa

**WESTERN BACKGROUND, EASTERN OUTLOOK:** Sarah Steed comes from a family that includes three medical doctors trained in Western medicine. She, however, was drawn to the Eastern practice of acupuncture, having seen the benefits first-hand.

## NEEDLE

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"All the professors are from Beijing and Shanghai," she said. "We had to do 500 hours (of practice) plus 250 treatments to graduate."

Steed, who lives on a farm in Rappahannock County, said the farm owner inspired her to continue her studies.

"It's Wayne Jonas' place, and he was the head of the alternative medicine department at the NIH (National Institute of Health) from 1995-1998," she stated.

"He came back from China and told me about these young men who were struck with a certain type of juvenile arthritis. There is absolutely no treatment in our country. They just end up in a wheelchair for the rest of their lives.

"Working through an interpreter, he saw five different cases where these young men were completely back to their regular daily

lifestyle. I just thought to myself, 'If I could help only one person like that my whole life, you know, wouldn't that be amazing?'"

Steed has already seen success in her own right. She worked with a woman who had shoulder replacement surgery and who, when she came to see Steed, couldn't move her shoulder.

"This woman had a frozen shoulder, couldn't move her shoulder any more than this (raises her arm it a foot or so to demonstrate). So I acupunctured her twice, and she went to the physical therapist and overdid it so bad that she was really hurting," Steed explained.

"I had to give her a real strict lecture. She was 63 years old and all she wanted to do was to go golfing with her husband. I told her, 'Now look, I'm going to take the pain away, but you have to move really slowly. You haven't moved your arm in two years.' So we got her on the right path, and she's much better."

Katrina Brown came into the room and Steed described what she saw.

"Her eyes are real sparkly now. She's more balanced emotionally," Steed said.

Brown said, "I just feel real calm, and the next day I'll feel, wow, just wonderful."

Steed's passion used to be horses. But now, "This is my new passion. I love it. I just love it, and I've really helped a lot of people with some really severe problems," she said. "It's easy and there are no side effects ... it's really safe."

Reflecting on her former career with horses, Steed said, "Gosh, I wish I had known an acupuncturist when I was getting popped off those buggers' back in those days. If it's 5,000 years old, there has to be something to it, right?"

Steed works out of a variety of offices in Warrenton, Sperryville, Marshall and Aldie. She can be reached at (540) 219-2D9494. Her e-mail address is [chinesemed-doc@aol.com](mailto:chinesemed-doc@aol.com).