

# Acu.

## BAcC@30: Just ten questions? Sarah Parker

Summer 2025 | Treats

Sarah Parker

Member: Gloucestershire

Acu. asks some less-than-serious questions to find out what makes BAcC members tick. Here's Sarah Parker with some answers...

I came into acupuncture via choosing the Dao De Jing as my end-of-year school prize, aged 16. It was a mildly tough comprehensive that looked at me with incomprehension. I used it again in my final-year essay for my politics degree, arguing for it as the first anarchist text. At that point I opted for a personal revolution in growing and selling organic vegetables and fruit for the local community – a bit ahead of consumer thinking, getting ill – and starting acupuncture treatment, then working with elderly Irish in a social housing project. The majority of my first pulse pictures were from this generous if shy population – generating incredulity in my tutors with all these bounding pulses. The acupuncture course was a tough journey, but a wonderful sense of coming home and I have been quietly working away at it for the last 30 years, with a few consolidating years teaching at the College of Traditional Acupuncture (CTA).

What gets you out of bed in the morning?

One tiny dog – a legacy from my mum – and one hungry cat

Favourite thing in your clinic room?

The wood stove for sure, my partner in creating a soothing and calm atmosphere that's not quite silent –



and very warm



### Advice for your seven-year-old self?

Flip communicators will happen (see Captain Scarlet)

### Advice for your seventy-year-old self?

Do less

### Favourite proverb?

*Tao-te Ching* chapter 11 (translated by Richard Bertschinger, 2016)

Thirty spokes come together in a single hub,  
But what is not there enables the carriage to be used.  
Fashion clay to make a pot,  
But what is not there enables the pot to be used.  
Cut doors and windows to make a room,  
And what is not there enables the room to be used.

Thus we profit through what is there,  
But usefulness lies in what is not there.

### Desert island disc?

I remember some Mongolian throat singers on a bridge in Amsterdam that I could not tear myself away from

## If you weren't an acupuncturist then what?

So many roads untravelled... Japanese Niwaki pruning expert, patisserie chef, cabinet maker, ancient furniture restorer, fruit and jam grower high in the Lebanese hills, mobile fire cupping practitioner... to name but a few

## What's your diagnosis?

Earth – see answer above as clue to level of ideation

## And in your next life?

A quiet walled garden growing vegetables please, or maybe that Lebanese fruit farm

## What has life taught you?

Know yourself

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