

> have, really. It cured my wife of the chilblains she'd suffered for years, it relieved my brother's eczema, and I know of several supposedly infertile couples who've been able to have children after treatment. But perhaps the most sensible way of using it is to treat it as a sort of holistic tuning system for your body. If it's working, you shouldn't get ill, which is why in China you only pay for treatments when you are healthy.

Your first acupuncture session tends to be fairly costly. That's because it takes about two hours, during which time your acupuncturist asks lots of questions about your health, your family, your dreams and, finally, what it is you most want out of life. I remember being asked: "If acupuncture could do anything at all for you, what would it be?"

This is a hard question to answer. You might say: "To be incredibly rich." But then you'd need to be prepared to accept all the things that accompany becoming incredibly rich, like having no life and



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working obscenely hard. I think what I eventually went for was something boring like: "To have more energy so I can achieve all the things I want to achieve."

Since I haven't yet become a best-selling novelist and sold my screen rights, I suppose you could argue that acupuncture doesn't work. But I think it does. After a session you certainly notice the effects, which range from feeling utterly spaced out to feeling exhilarated, energised or headachey. As for the longer term, I do fall ill a lot less often than I used to and I spend less time feeling exhausted. So, really, it's given me exactly what I wished for. Maybe I should have taken the multi-millionaire option instead.

Two London-based acupuncturists I have tried, both highly recommended, are Gerard Kite (tel 020 7701 1174) and Giuliano Sacchi (tel 020 7928 8333). For others contact the British Acupuncture Council (tel 020 8735 0400, [www.acupuncture.org.uk](http://www.acupuncture.org.uk)).

DRINK



## On the rack JANCIS ROBINSON nominates an Australian red for keeping and a Greek white for drinking now

**For the cellar**  
Margan Shiraz 2000,  
Hunter Valley, £9.75,  
Tanners of Shrewsbury,  
[www.tanners-wines.co.uk](http://www.tanners-wines.co.uk)

It can be difficult to track down Australia's more interesting wines, so devoted are our mass-market retailers to a handful of large companies. James Tanner, however, has been more diligent than most about seeking out some worthy new producers.

The Margan family of Hunter Valley, Sydney's vinous backyard, has been growing grapes for 30 years but has only recently begun to make wine, the scion Andrew having done time as a flying winemaker in Europe.

This is the sort of Shiraz I like. Not too ridiculously acid, tannic or alcoholic, but gentle, with hidden depths reminiscent of dark chocolate and that vaguely leathery, almost mineral twang that characterises the

best wines of the Hunter. It could be drunk now but should acquire many an appetising extra layer over the next three or four years.

Bear in mind that Hunter Hermitage (as the Shiraz/Syrah grape used to be known in Australia) is one of Australia's longest-living classics. Margan make a delicious white Verdelho, which Tanners is also listing at £8.95.

**For the table**  
Chateau Julia Chardonnay 2000, Domaine Constantin Lazaridi, Greece, £7.99, Oddbins, [www.oddbins.com](http://www.oddbins.com)  
Here is a most unusual wine to erase forever memories of paint-stripper retsina.

Greece has been quietly and effectively undergoing a wine revolution in the past decade or so – and Oddbins has been admirably quick off the mark to realise this. All manner of well-heeled and/or curious young people

have travelled to wine regions all over the world, studied viticulture and oenology and emerged as able wine producers determined to make the most of Greece's vineyards.

There is no shortage of exciting native Greek grape varieties (Assyrtiko from the island of Santorini bottled under the Thalassitis label is a great dry white on any basis), but this Greek Chardonnay would serve as an ideal introduction to modern Greek wine. This oaked wine is tense and nervy in the way that a fine white burgundy is – and yet its price will induce none of the tension and nerves that white burgundy prices tend to. Drink over the next year.

Jancis Robinson MW is a wine author and broadcaster. She writes a weekly column for her own website at [www.jancisrobinson.com](http://www.jancisrobinson.com)