



AcuMedic[®]
Clinical Excellence Since 1972

Chinese Medical Clinic



AcuMedic is a world renowned Chinese Medical clinical organisation founded by Prof. Man Fong Mei, a pioneer in the integration of Chinese Medicine with Western medicine. Established in 1972, AcuMedic has been at the forefront of modern Chinese Medicine in the UK for over 4 decades and its specialists have treated over 50,000 patients. AcuMedic has unrivalled clinical expertise and a team of doctors with the highest level of qualifications and experience.

AcuMedic has over 40 years experience in:

- Acupuncture (authentic syndrome acupuncture)
- Chinese Herbal Medicine
- Chinese Cosmetic Acupuncture and Facials
- Massage therapy (Tuina, Thai, Sports, Deep Tissue, Swedish)
- Cupping and Guasha

How can Chinese Medicine and acupuncture help? Just ask AcuMedic. **Free health advice** with one of our doctors is available as a walk in service, alternatively fill out a health advice form online at www.acumedic.com

FLAGSHIP CENTRE FOR HEALTH

Rather than opening many small branches, our goal is to create the comprehensive flagship for Chinese Medicine in Europe with the finest expertise and clinical experience in one Centre. We are thankful that our patients continue to travel and fly in from all over the globe to visit us. We are conveniently located within central London with easy access by underground, bus or car.



- Large private medical clinic with 18 treatment rooms
- Professional herbal dispensary
- Comprehensive health and medical bookshop
- Herbal health shop
- Premium Mei Leaf teahouse
- Sinensis herbal skincare sales department
- Professional medical sales department supplying doctors and hospitals
- Lecture facilities for teaching Chinese Medicine to conventional Doctors

UNRIVALLED TEAM

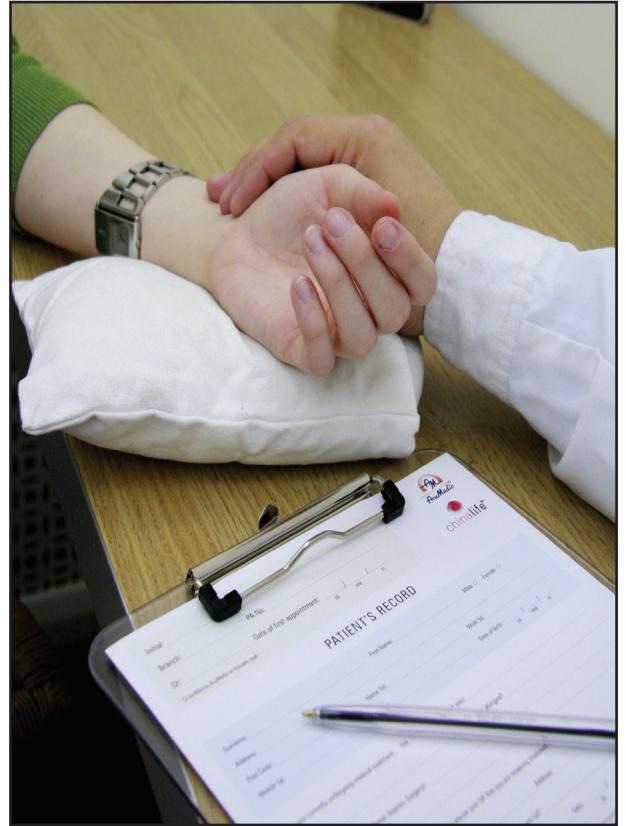
The AcuMedic medical team is cherry-picked from prestigious clinical and academic institutions to provide the most comprehensive and effective treatment possible.



All AcuMedic doctors are registered and follow the codes of conduct of the Chinese Medical Institute & Register (CMIR) - a member of the Chinese Medicine Council (CMC).

Our doctors are fully qualified experts in both Chinese and Western medicine. Their level of expertise is so advanced that they teach Chinese Medicine and acupuncture to Western medical doctors, healthcare professionals and medical students.

The AcuMedic team includes specialists in Dermatology, Pain Management, Gynaecology, Fertility, Men's Health (Andrology), Anti-Ageing, Children's Health (Paediatrics), Weight Loss, Metabolic syndromes (e.g. high blood pressure) and Autoimmune disorders.



WIDE CLINICAL SCOPE

In the West, Chinese herbal medicine and acupuncture has rapidly gained recognition for being safe, natural and effective. The World Health Organisation has approved acupuncture for the treatment of a variety of conditions.

AcuMedic Centre offers Chinese herbal medicine, acupuncture and massage treatment for a wide range of physical, mental and emotional ailments. AcuMedic's clinical experience is well respected internationally.

AcuMedic runs specialist clinics where experienced doctors with a track record of success offer treatment for specific conditions. Comprehensive treatment programmes are also offered for common health complaints.

We commonly see patients with the following conditions:

- Fertility
- Andrology (Men's Problems)
- Gynaecology
- Dermatology
- Emotional & Psychological disorders
- Stress & Hypertension
- Musculoskeletal Pain & Injury
- Pain Conditions
- Digestive Disorders
- Autoimmune Disorders
- Metabolic Syndromes
- Paediatrics
- Skin Rejuvenation
- Weight Loss

Can AcuMedic help you? Free health advice with one of our doctors is available as a walk in service, alternatively fill out a health advice form online at www.acumedic.com

SAFETY IS OUR FIRST PRIORITY

Chinese Medicine is extremely safe but at AcuMedic we are fanatical about patient safety.

Treatment at AcuMedic is carried out by fully qualified CMIR registered practitioners governed by the CMC (Chinese Medicine Council) and supervised by a GMC registered doctor. All doctors follow strict codes of conduct to ensure patient safety.

AcuMedic **invented the disposable acupuncture needle**. Only AcuMedic branded double sterilised, disposable acupuncture needles are used.

Only AcuMedic sourced herbs and extracts are prescribed. With over 30 years of experience in selling Chinese herbs, AcuMedic has established strong partnerships with herb growers all over China. All of the AcuMedic herbs are of premium-quality and cultivated for efficacy. AcuMedic works closely with the MHRA and CITES to ensure that our dispensary does not import any banned herbs or anything containing Aristolochia. AcuMedic herbal medicines have absolutely no pharmaceutical additives or heavy metals.

UNIQUELY INTEGRATIVE MEDICINE

AcuMedic is committed to East-West medical integration. Our doctors are all trained in conventional medicine and can advise patients accordingly. Our clinic is supervised by a conventional GMC registered GP who is fully trained in Chinese Medicine. Patients can always take advantage of free consultations with our resident GP to ask any questions about any treatment that they are receiving. This is a first for any Chinese Medicine clinic.

All AcuMedic services and herbal medicines are complementary with Western treatments. This means that you don't have to choose between AcuMedic and Western medicine, but instead combine both to give yourself the most comprehensive healthcare possible and speed up recovery.

A COMPLETE ENVIRONMENT

Since prevention is better than cure, AcuMedic is dedicated to offer healthy solutions to modern living.

The AcuMedic bookshop has been an institution for decades as a treasure trove of health related books, DVD's and music.



MEI·LEAF

The Mei Leaf teahouse is a worldwide destination for tea lovers and was voted the 'Most Loved Shop in London' by Time Out readers.

Mei Leaf has the world's most popular tea YouTube channel and a pinnacle selection of the best teas on Earth. Visit www.meileaf.com and learn about tea on Mei Leaf's YouTube channel.



 **Sinensis**
chinese herb wisdom + skin science
LONDON

Sinensis combines Chinese Medical wisdom with the latest innovations in skin science to create effective skincare products free from any harmful chemicals. The range has been formulated according to the expertise of AcuMedic cosmetology professors.



ABOUT CHINESE MEDICINE

Chinese Herbal Medicine and Acupuncture has rapidly gained recognition in the West as a safe, natural and effective way of treating a variety of conditions.



Chinese Medicine works on the basis that your body's natural state is one of healthiness and that internal/external factors, diet and lifestyle can cause imbalances that lead to illness. Addressing and reversing these imbalances allows the body to return back to good health naturally.

Acupuncture uses ultra fine needles inserted into specific acupuncture points along meridians along your body which have been mapped out over thousands of years. Stimulating these acupuncture points helps to unblock the flow of Qi energy along these meridians to help your body to heal itself.

Chinese Herbs provide essential nutrition in order for your body to overcome any physical, mental or emotional imbalances. These can be taken as capsules, alternatively, raw herbs may be individually prescribed for you to infuse at home.

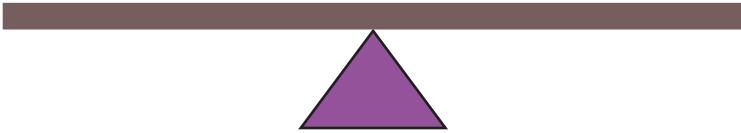
HOLISTIC NOT SYMPTOMATIC

There is no such thing as a panacea. Medicine works best when tailored to the individual person and according to a comprehensive diagnosis that takes into account their environment and psychological and emotional state.

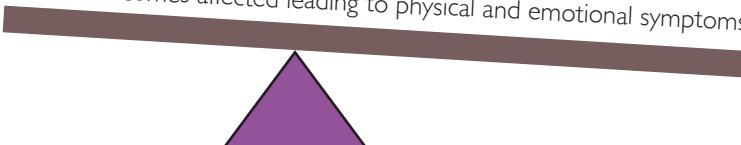
From acne to motion sickness, from depression to diarrhoea, AcuMedic doctors can provide expert Chinese Medical treatment tailored to our client's personal health needs and compatible with their usual medications.

The power of Chinese Medicine is its ability to address all physical, mental and emotional symptoms during the same treatment by treating the body as a whole and reversing the root causes of these varied symptoms. This is holistic healthcare.

A simple way to imagine the effect of Chinese Medicine is to picture a see-saw. When you are perfectly healthy the pivot is perfectly centred.



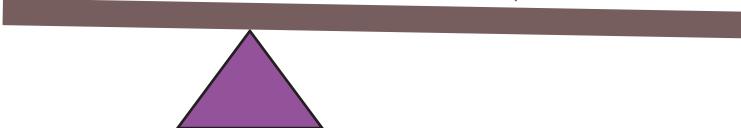
As the external world impacts your life the pivot may move and the balance becomes affected leading to physical and emotional symptoms.



If left long enough these imbalances may cause the pivot to move further off centre leading to more dangerous and chronic issues which become harder to reverse with age.



Much of conventional medicine resolves symptoms by artificially correcting the imbalance. This may have an immediate impact but often does not address the main cause of the imbalance and may cause the body to become reliant on continuous pharmaceutical prescriptions to try to maintain balance.



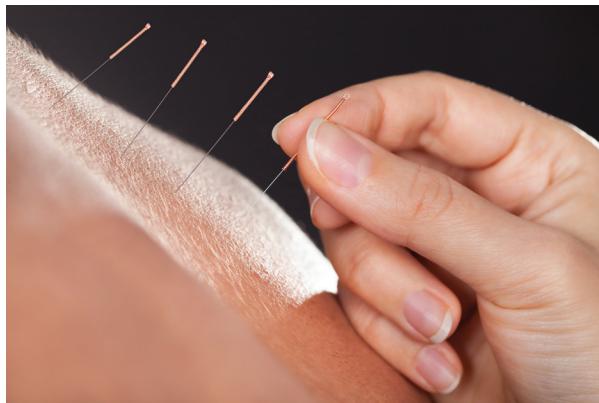
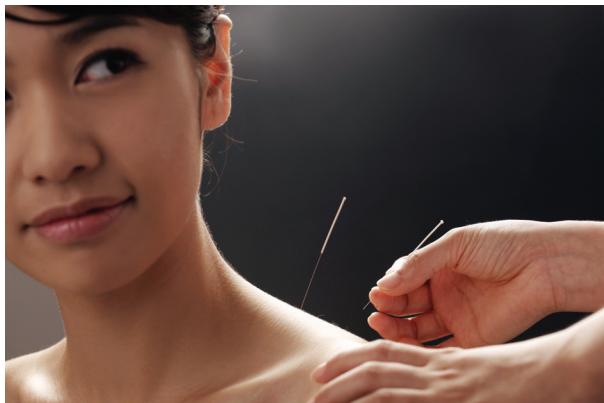
Chinese Medicine adjusts the pivot to bring it back to centre so that you can regain balance and heal. The result is that multiple emotional, physical and mental conditions are healed with the same treatment. The process may take longer but is natural and usually long lasting.



AUTHENTIC ACUPUNCTURE

Acupuncture treatment is available all over the world but not all acupuncturists are the same. Authentic acupuncture is part of a comprehensive system of Chinese Medicine that is hard to find in the West.

There are many acupuncturists who have only trained in a specialist area of acupuncture (usually 'trigger point acupuncture') which means that they are much more limited in what they can offer their patients. The acupuncture at AcuMedic incorporates the entire system of Chinese Medicine and is holistic rather than symptomatic. This means that the whole person is treated, and not just their symptoms. This is called Syndrome Acupuncture and is authentic acupuncture as practised in China.



FOR THOSE NERVOUS ABOUT ACUPUNCTURE

Most people find acupuncture a pleasant and deeply relaxing experience. There is usually very little pain by a fully trained and experienced AcuMedic doctor. Some people may feel a short prick on insertion and a pulling sensation if there is an intense blockage of Qi. Please talk to your doctor if you are feeling any discomfort.

For people who are afraid of needles AcuMedic offers various alternative techniques, based on the principles of acupuncture, such as Electro-Acupuncture and TENS therapy.

POWERFUL HERBAL MEDICINE

Chinese Herbal Medicine has evolved over 4000 years as a powerful and accurate tool for regulating the body's functions in order to treat and prevent illness. Chinese herbs provide the essential nutrition to overcome physical, mental or emotional imbalances. At AcuMedic, Chinese herbs can be taken as capsules or raw to make a medicinal tea.

All the ingredients used by proper Chinese herbalists are natural and unlike most Western drugs have little side-effects. Over 1000 herbs are used in Chinese Medicine and all the ingredients used at AcuMedic come from the natural flora of China.

At AcuMedic we do not use any endangered species or animal products. All of our herbs are pure, without any pharmaceutical additions or heavy metals.

As part of its pioneering approach to modernising Chinese Medicine, AcuMedic invented the Phytoform System to create GMP quality herbal extract capsules to make Chinese Herbal Medicine more convenient.



NATURAL SKINCARE & ANTI-AGEING

AcuMedic has been pioneering the Eastern approach to cosmetic therapy in the UK by using its expertise in Chinese Medicine. This is a holistic, bespoke, and natural therapy, based on 2,000 years of history, used to delay the external signs of ageing and treat skin conditions. Patients also benefit from an improvement in general health and wellbeing.

Using only acupuncture (with or without needles), Chinese herbs (for internal use and as skincare) and massage, AcuMedic cosmetologists work on the patient's internal, external and emotional conditions to rejuvenate skin without any invasive treatments.

Your skin is a reflection of your inner health. Conventional cosmetic therapies only treat the outer surface of skin, without addressing the root cause of the concern. AcuMedic cosmetology works directly on the skin while also addressing any internal conditions that may be affecting the skin's appearance.

Chinese cosmetology has rapidly gained popularity in the West as a natural and safe way to improve skin and delay ageing. Superstars including Madonna, Gwyneth Paltrow and Elle Macpherson have been reportedly using the secrets of Chinese cosmetology to keep themselves looking beautiful naturally.

We offer a free skin assessment by one of our cosmetologists as a walk in service.



MASSAGE THERAPIES

AcuMedic offers an all encompassing range of services for a healthier and more positive life. The AcuMedic massage extends our range of services to include highest quality massage therapies. Massage is not a luxury but a vital part of physical, emotional and mental wellbeing. Services include Tui Na massage, Thai massage, Sports massage, Swedish massage, Aromatherapy massage, Head massage and Foot massage.

AcuMedic clinical directors carefully selects therapist with proven expertise. All therapists work closely with the doctors to ensure a coherent and complete treatment package tailored to each patient.



WHAT TO EXPECT



All appointments* will begin with a consultation. The doctor will take time to listen and understand your concerns. You will be asked many questions, some of which may seem unrelated to your symptoms but will give the doctor a good understanding of underlying causes. Please feel free to bring along any information from your conventional doctor if it is relevant.

The doctor will look at your tongue and observe the colour, coating, shape and patterns. The doctor will feel your pulse. An experienced doctor can distinguish between hundreds of different pulse and tongue types. These methods may seem strange but are effective ways to get a clear insight into your internal, mental and emotional health. After the consultation, treatment will be explained and will begin.

If you are having acupuncture then micro-fine needles will be inserted and you will be left alone to relax for about 20-40 minutes. Please be aware that this is crucial treatment time for the acupuncture to have a therapeutic effect and you have not been forgotten. After acupuncture it is normal for you to feel very relaxed and a little sleepy so try not to organise anything too strenuous immediately after your session.

If the doctor feels that you should take some herbal medicines then a prescription will be written for you. This is charged separately to your treatment (unless you have booked an inclusive program). The prescription may be in the form of raw herbs or herbal extract capsules which are assembled and dispensed by our expert dispensary on our premises.

* Cosmetic, musculoskeletal and massage appointments follow different procedures, please ask us if you have any questions.

LEARN AND GROW

AcuMedic regularly organise cultural events and health workshops for patients and customers. From tea workshops and tastings to Tai Chi classes and Chinese New Year celebrations, AcuMedic is always looking for ways to excite and inspire our clients.

Follow us on social networks or sign up to our email newsletters to keep informed.



SOCIAL RESPONSIBILITY

AcuMedic is dedicated to being a responsible and positive influence. We have proudly participated in national health campaigns to raise money and awareness for charities and vital research, while frequently donating medical equipment to clinics in some of the world's poorest and most isolated places with high levels of TB and HIV.

Dear AcuMedic

I wanted to drop you a line and thank you for your support for Shela Dispensary. Your donation was incredibly generous and helpful. This trip was a great success, among other things we were able to expand our outreach programmes and provide care to more people, particularly those isolated geographically and socio-economically from any form of medical attention.

Attached are some photos of our clinic, as promised, so you can see how far your needles have travelled.

*Many thanks,
Clara*



AcuMedic donated medical equipment to clinics in Kenya.

CALL ENQUIRIES: **020 7388 6704**

EMAIL ENQUIRIES: **clinic@acumedic.com**

For FREE HEALTH ADVICE please walk in or fill out form on website



101-105 Camden High Street
London
NW1 7JN



Parking: Pay & Display parking available on Arlington Road

Nearest tube: Camden Town or Mornington Crescent

Buses: Many service Camden Town (24, 27, 29, 31, 88, 168, 214, 253, 274)

Opening hours: Mon-Sat 9am-8pm, Sun 9am-6pm (last appointment 1 hour before closing)

www.acumedic.com



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