

Credit crunch keeps stress busters busy

THE CREDIT crunch is causing a big increase in people seeking treatments for stress and insomnia, according to a Camden alternative health clinic.

Research by medical organisations such as BUPA have revealed a large rise in medical conditions related to the economic crisis.

Not only are people worried about money but also they are working longer hours, spending less time and money on exercise and healthy eating as well as increasing alcohol consumption in an effort to forget the worries.

And at AcuMedic Chinese health clinic in Camden High Street, Camden Town, where doctors are qualified in both Western and Chinese medicine, there has been a more than 30 per cent increase in patients seeking treatment for insomnia, stress, anxiety and

by SARAH HARVEY
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stress-related depression since August 2008. Clinical director, Professor Man Fong Mei, said: "The negative news reports, low economic confidence, as well as actual monetary worries and job losses, have definitely increased public stress levels and we are seeing that by the patients that walk through our doors."

"Our doctors are reporting a very large jump in the percentage of new patients who are suffering from stress and related conditions with more people than ever using our anti-stress treatment programme".

Stress can contribute towards health conditions such as anxiety, depression, insomnia, heart disease and obesity.

Chinese medicine uses herbs in the form of capsules or a drink, as well as acupuncture. Practitioners also place small

balls on special points on the ear for the patient to stimulate by pushing during stressful times. These balls were famously photographed on Princess Diana, who used to be a regular patient at AcuMedic.

Professor Mei said: "We are glad that patients are deciding to do something about it. We feel that in these tough times it is easy to forget your most valuable asset – your health. Those who actively deal with their stress now have a much better chance of successfully getting through this recession both in terms of wealth and health."



■ PROFESSOR Man Fong Mei says his clinic is seeing a rise in the number of people suffering from stress

Free love a winner for 'newlywebs'

A NEW dating website – set up by newlyweds – already has 55,000 singles signed-up, and it is not even open yet.

Paul and Joanne Ramsey, who both live in Camden, met via a dating website and got hitched just a few weeks ago – setting up itsherefreedating.com in the process. And the company is expanding rapidly with 55,000 singles already registered on the site, which is set to open on March 1.

Mr Ramsey said: "Valentine's is an ideal time for people to register on the site, it is totally free and the only free dating website in the UK. There have already been 55,000 sign ups within the last two weeks and we anticipate for this figure to double – so when the site is launched officially on the March 1 there will be 100,000 people already registered and looking for love."



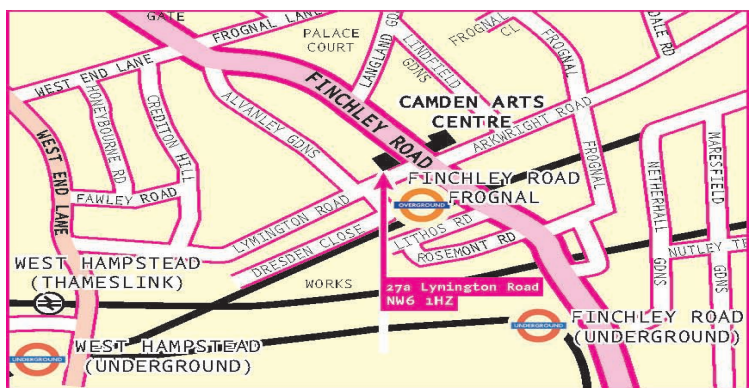
PUBLIC EXHIBITION

Sunday 1st March 12noon to 5pm
Monday 2nd March 1pm to 8pm
Tuesday 3rd March 1pm to 8pm
27A Lymington Road, NW6 1HZ

The JCC for London provides social, cultural and arts events for anyone interested in Jewish life and our programme. These currently take place at different venues across London, and we will bring many of them to our new purpose-built building on the Finchley Road (on the site marked below).

We would like to share our plans for the site with you.

For more information on who we are and what we're doing, please visit www.jcc1ondon.org.uk



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