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AcuMedic- A healing haven in the heart of Camden



★★★★★
 By: MyVillage

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Written by Clare Hudson

AcuMedic is the oldest and largest Chinese medical organisation in Europe specialising in Chinese medicine, acupuncture and traditional herbal treatments. Also part of the organisation is The Chinlife Bodyclinic which offers customers a range of services to relieve the stresses of modern urban living using a variety of massage techniques. (Chinese Soft Tissue Meridian Massage, Remedial/Sports Massage, Chinese Reflexology and Facial Massage.)

With its calming woody aroma and 'Spiritual Flute music' when you walk through the doors, AcuMedic is a healing haven in the heart of Camden. On arrival I was offered a herbal tea and had time for a bit of a browse around the book shop and café. Adorning the walls are interesting and informative Chinese health sheets designed to help make you look and feel better in your busy life. The overall vibe is one of peace and tranquility- a soothing contrast to the street outside.

I had booked in for an acupuncture treatment with Dr Chen Dan to learn more about AcuMedic. Dr Chen explained that acupuncture can be used to treat all sorts of problems and illnesses. The idea of Chinese medicine is that when qi is balanced and free flowing, it results in health, while stagnant or imbalanced qi leads to disease. The acupuncturists job is to diagnose energetic imbalances within the body and re- balance this flow.

It is important to note that acupuncture treats the whole person and not just the symptoms and it is a practice that has become widely recognised throughout the world. Problems commonly treated include: Addiction, obesity, migraines, arthritis, impotence, depression, anxiety, psoriasis and many more.

Before my treatment, my energy/ stress levels, sleep, digestion and lifestyle were taken into consideration and my tongue and pulse examined. Interestingly, to the trained eye, the tongue can be used as a map to assess the condition of your internal organs as well as your mental and emotional health. Dr Chen showed me a, 'Which Tongue Are You?' leaflet with pictures of different coloured tongues. Two were circled suggesting a qi deficiency and damp retention, which could have been due to lack of sleep.

The acupuncture treatment involved the insertion of very fine needles into various points throughout my body to unblock the flow of qi (chi) and relieve tension in my upper back and shoulders. I was surprised by how painless the experience was and soon drifted into a deep state of relaxation. Acupuncture was incredibly soothing- not painful at all. I felt calm and less tense afterwards, however patients are advised to undergo several treatments for it to take effect properly, especially when treating more serious illnesses.

This was my first experience of Acumedic but I will be returning again, perhaps for Chinese reflexology or a facial massage. The staff here were kind, welcoming and Dr Chen who treated me was highly professional, experienced and put me at ease. If you do suffer from migraines, depression, addiction or any of the problems listed above, it's definitely worth giving acupuncture a go. With 30 years of experience and a record of positive results, AcuMedic know what they're talking about.

<http://www.acumedic.com/>

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