

InStyle

YOUR OWN PERSONAL STYLIST

volume 7, number 1, january 2007

body&soul



THE CHINESE MEDICINE EXPERT

Professor Man Fong Mei

Director of The AcuMedic Clinic in north London, which specialises in Chinese medicine.

EAR ACUPUNCTURE: the benefits

Auricular (ear) acupuncture, the treatment **Kate Moss** and **Sadie Frost** are turning to, is ideal for dealing with alcohol, weight or smoking issues.

The treatment

"The ear serves as an anatomical map of the body," say professor Mei. As with the foot, each part of the ear relates to another part of the body. "So when an acupressure point of the ear is stimulated, it has a direct effect on another part of the body." A range of procedures is used, from Chinese herbal seeds secured to the ear with a plaster to the placement of fine acupuncture needles.

THE LOWDOWN: The AcuMedic Clinic, 101-105 Camden High Street, London NW1 (020 7388 6704). Visit acumedic.com for your nearest clinic. A programme of three sessions, including ear acupuncture and herbal supplements, starts at £150.

The DIY approach

Professor Mei recommends gently massaging different parts of the ear. For example, if you feel stressed when trying to quit an addiction, massage the top part of the ear below the rim. He also suggests taking the calming Chinese herb *chai hu*. It can be found in E Tonic Emotional Balance Drink, *above*, £9.95 for a ten-day supply, by chinalifeweb.com ▶