

## Health & Beauty

FOLLOW US ON TWITTER

@chiherald



# Take good care of yourself...

AT THE VERY END of last year I was aware that my life, like most of us, was a little too hectic! I try to listen to my body and feel that I am quite in tune with myself. So when I feel a bit exhausted I know I need to do something about it. I had read in this paper, the Chichester Herald, several weeks before about a new Acupuncture Clinic in Chichester, so I thought I would go and check it out! I like to research what is on offer with other therapies locally because it can always come in handy for my own clients when they have health challenges and need to be balanced in other ways.

When I arrived, I was greeted by the most warm and friendly lady called Yan Wang. She used to teach nursing back in China and you can immediately get that caring feeling from her. Then I met the lovely Dr Wang who took me through for my treatment. I felt immediately confident in him and the treatment I was about to receive was wonderful, but not entirely what I was expecting.

He put the acupuncture needles in which was totally fine, and then wired me up to a device that stimulates the needles increasing them to work on a deeper level. This is all standard treatment as far as I am aware in



Denise Kelly

acupuncture. After about 20 minutes he removed the needles and I thought it was the end. What I didn't realize was that the best was yet to come!

He then told me he was going to do an acupressure massage to accelerate the function of the acupuncture needles. This was amazing! He used oils that smelt wonderful, warm towels to keep the body cozy and gave me the most incredible massage, which he believes, is a very important part of the treatment and helps to further increase the body's healing process.

When I have had acupuncture treatment in the past it normally ends when the needles are removed. This half an hour massage adds something very special to the treatment that I haven't experienced before and I just felt like I was walking on air when I left, and the next day I felt wonderfully energized. It is inspiring

to know that practices like this exist on our very doorsteps. I have referred several friends/clients to him since, all with brilliant results.

For example, my husband has had a problem with his elbow for 18 months. He broke it playing sport and it has never fully recovered. My husband is a keen golfer and was getting quite depressed last year as he was unable to play because it aggravated his arm so much. He had been given lots of separate advice from professionals, including working out harder at the gym to strengthen the muscles surrounding the elbow. Apparently, this is the worst thing he could have done. So, Dr Wang took a look and told him very confidently that it was damaged ligaments. It needed several treatments in close succession and rest. This is what he did, and the arm is pain free for the first time in 18 months! Incredible, when you think some people live with that kind of pain all their lives. He is expected to be back at Golf playing normally within a month.

I think if you have any pain, fatigue, stress, illness or disease you would benefit 100% from Dr Wang's knowledge and understanding of the human body. He specializes in stroke patients, can treat and reduce symptoms of serious disease such as cancer. He has worked

in hospices in the past, and has worked with addictions such as Alcoholics. He can work with all organs of the body creating harmony, including heart conditions, liver, lungs and kidneys as well nervous and behavioral disorders, sleep problems, anxiety, fertility, menopausal and pain relief and injury rehabilitation. The list is endless! What's important to remember is acupuncture is safe, wonderfully effective and able to help so many ailments that we suffer from. I think all G.P's should have access to the likes of Dr Wang, as it would save the NHS a fortune. He's brilliant, kind and talented at his profession.

There is free parking for all clients and it is in Chichester town center. His clinic number is 01243 537806 and is called the Harmony Acupuncture Clinic. It's a beautiful experience and you will feel balanced and revived afterwards I guarantee!

**Denise Kelly is a BANT (British association of Nutritional therapists) registered Naturopathic Nutritional Therapist. She writes Nutrition Programs for a variety of organisations and has a private practise in Chichester, West Sussex and is the founder of K4 Fit Kidz. Tel: 01243 528040 www.denisekelly.co.uk**