



Dr Xiaoling Chen

Traditional Chinese
Medicine Practitioner

What Dr Chen can do for you...

Dr Xiaoling Chen specialises in Traditional Chinese Medicine which embraces prescribed Chinese Medicinal Herbs, Acupuncture and Tongue and Pulse Analysis. Her methods have many applications including general health and fitness, maintenance and prevention, remedial and recovery as well as chronic diseases.

Specifically Traditional Chinese Medicine can be used in the treatment of many problems including:

- Dermatological: acne, eczema, psoriasis
- Muscular, Neurological, Skeletal and Vascular: arthritis, sports injury and body pain, neck and shoulder pain, tennis elbow, back ache, sciatica
- Mental & Emotional: anxiety, depression, insomnia, stress, panic attacks
- Reproductive System: endometriosis, infertility, period problems, PMT, menopause
- Internal: asthma, diabetes, flu, blood pressure, IBS, indigestion, fatigue
- Addictions: smoking, drinking, sugar cravings, appetite reduction
- Weight loss & obesity
- Hay fever, sinusitis, sore throat
- Immune System: ME, reduction of radio/ chemotherapy side effects
- Cosmetic and Beauty: wrinkles, fine lines, dark circles and puffiness (facial acupuncture)

How does acupuncture work and how is it carried out?

Very fine needles are inserted at individually selected acupuncture points on the face or body to stimulate and regulate meridians, Chi energy, balance Yin-Yang and improve blood circulation. The procedure is painless and the patient may experience a pleasant warm tingling sensation which is a sign that it is having an effect.

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About Dr Xiaoling Chen...

Dr Chen is a qualified doctor in her native China in both Western and Traditional Chinese Medicine and has worked in both disciplines in hospitals in Beijing, Shanghai and Jiujiang since 1985. She attained the post of Assistant Professor in 1999 and has published several academic papers in her native country. She has studied in particular asthma and allergies and the stages of women – hormonal problems, fertility, the menopause, breast cancer and ageing. Dr Chen has many years of clinical experience in the treatment of various health problems. She came to London in 2003 to continue practising Traditional Chinese Medicine and has built an excellent reputation and a long list of regular patients. She is happy to be consulted on all aspects of health and healing.

Key qualifications, training and experience

- Member of ATCM (the Association of Traditional Chinese Medicine)
- Acupuncturist and Doctor of Chinese Medicine, London UK (2003 - present)
- Acupuncturist and Doctor of Chinese Medicine, The No 1 People's Hospital Jiujiang China (1985 - 2003)
- Doctor of Western Medicine, the Changhai Hospital, Shanghai China (2000 - 2001)
- Assistant Professor of TCM, The No 1 People's Hospital Jiujiang China (1999)
- Acupuncturist and Doctor of Chinese Medicine, the Dongzhimen Affiliated Hospital Beijing TCM University, Beijing China (1992-1993)
- Studying under renowned senior TCM Doctor Wu Dexin (1989 -1991)
- M.D. Medicine, the Jiangxi University of Chinese Medicine China (1980 -1985)

Philosophy...

"I am passionate about my work and am dedicated to helping people stay healthy and happy with an improved quality of life. I am dedicated to spreading pure Traditional Chinese Medicine to the world."

To find out more or to book an appointment with Dr Xiaoling Chen please ask at reception or call +44 (0)20 7487 5456.

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