



# Giving insomnia and anxiety the needle!

*Sasha Young-Dumont, qualified practitioner of acupuncture in Richmond, introduces another local client, Charlie Webb, keen to propagate the benefits of the ancient Chinese art form.*

Some weeks ago I found myself lying horizontally in a soothing treatment room in South West London with my raw emotions completely exposed to a person I had just met that day. Admittedly, Sasha, as a highly skilled and professional practitioner, probably witnesses this type of disclosure on a daily basis. It's clearly something she is adept at dealing with and no doubt a prerequisite for a career in the healing industry. Within minutes of meeting I had completely 'given myself over' to her.

The revelation did not stop there. With the insertion of the first of a series of delicate needles into my ankle and various other places on my body I felt confident that I had finally discovered a treatment powerful enough to threaten a cessation to my debilitating insomnia and unnerving anxiety.

The final wake up call came from my GP when he casually referenced ME on one of my visits to see him. I knew something fundamental

had to change and that a simple yoga holiday or an attempt to 'slow down' was not enough. I've desperately clung to the hope that each new article about insomnia or anxiety offers but I've come to realise that warm baths, good quality cotton sheets, exercise and warm milk just do not cut the mustard when it comes to long term relief from my insomnia and anxiety. Enter acupuncture: In short it was a moment of epiphany, my first session delivering a result that I simply had not anticipated

For me, acupuncture is not a quick fix, nor is it a miracle cure. However, the effect was almost certainly immediate with a welcome six weeks of no insomnia and anxiety whatsoever. The change in my sleeping patterns was seismic and the relief it brought was unimaginable.

As is often the case with long-term conditions it did rear its ugly head again briefly and Sasha promptly manipulated some new points and concocted a bespoke herbal formula that has kicked it into touch again, rendering life

calmer once again. Sure, I still have days when I feel dizzy or jetlagged, but they are a world away from the prolonged spells of yonder.

I'm now half way through my second course and I have no intention of stopping what, for me, has become a lifestyle choice and frankly a life-saver! I only wish that I had found this natural solution years ago. 20 years ago actually.

*To find out how Traditional Chinese Medicine can help you visit:*  
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*Sasha Young-Dumont MAcS MPCHM offers acupuncture, Chinese herbal medicine, treatments for stress, infertility, insomnia and facial rejuvenation at her clinic in St. Margarets.*