



# Sticking the pins in insomnia

*How acupuncture helped one local resident 'wake up' to her problems*

Claire Matthews, 35, Marketing Director for two leading healthy lifestyle magazines lives in East Sheen and recently turned to the ancient art of acupuncture when her GP was unable to help with a severe bout of insomnia and depression.

"Earlier this year I began to feel unusually depressed. Work had become particularly pressured and the finality of my divorce proceedings began to hit home. Despite feeling completely exhausted I was unable to sleep and at one point went five days without sleep. I completely lost my appetite and my weight began to plummet. My GP prescribed anti-depressants and sleeping tablets but I was reluctant to take them.

"In the absence of an alternative I began to take the drugs prescribed by my GP but I wasn't feeling any benefit and was becoming increasingly anxious. It was whilst at Hair Disciples, home to one of Serenity Medica's three clinics that I met founder, Sasha Young-Dumont, qualified

practitioner of acupuncture. I had a brief chat with Sasha and immediately felt at ease and able to divulge very personal information about myself. I'd read about alternative medicine in the past and tried out some of the disciplines. I'd even had acupuncture for the relief of back pain but hadn't really considered the benefits for other conditions"

"I signed up for a two hour consultation and felt such an immediate benefit after one session that I signed up for a further six. By the second session I was beginning to experience serious improvements in both my sleep patterns and also my general health and well-being. I stopped taking the conventional drugs and put my complete trust in the acupuncture. After the course finished I made a commitment to myself to have a session every four to six weeks to maintain my newly found equilibrium and also as a preventative health measure. I've since tried out a programme of facial rejuvenation too to give myself that final boost. I'm feeling and looking the best I have in a long time. What's even better is

that I achieved all of this in a relatively short time frame and the treatments themselves were an integral and relaxing part of the healing process."

To find out how acupuncture can help you visit: [www.serenitymedica.com](http://www.serenitymedica.com)  
or call now on 07757 991511  
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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.

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