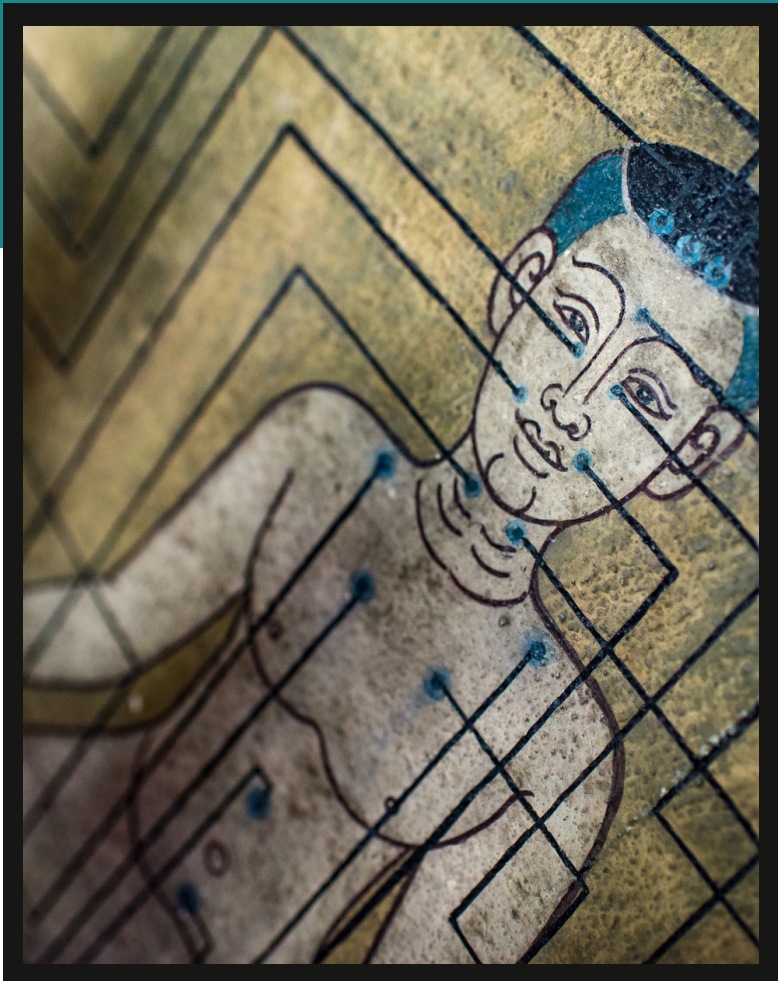


Acupuncture & Chinese Medicine Patient Information



DUDLEY KENT MBAcC MRCHM
Acupuncture & Chinese Medicine

ABOUT ME

I am Dudley Kent, MBAcC MRCHM, a registered acupuncturist and Chinese medicine practitioner. I have over 30 years of experience in acupuncture and Chinese herbal medicine.



I have extensive experience in:

- Fertility and reproductive health
- Male fertility support
- Pain management and musculoskeletal conditions
- Headaches/migraines
- Stress, sleep, and energy support
- Member of the British Acupuncture Council, The Register of Chinese Herbal Medicine and the British Medical Acupuncture Society
- Joint founder of the Acupuncture Fertility Network and current membership secretary

[LEARN MORE](#)

“Fantastically experienced and knowledgeable practitioner. Every treatment was engaged, professional and relaxing. Dudley supported me with cycle regulation and fertility and I am delighted to have a healthy and happy baby as a result.”

HANNAH L

MY APPROACH

I combine Traditional Chinese Medicine with modern understanding to create a personalised treatment plan for each patient. This can include acupuncture, lifestyle guidance, and, where appropriate, Chinese herbal medicine. Herbs are selected based on your individual pattern and treatment goals.

I also created the **Fatherhood Foundations programme**, a structured approach combining acupuncture, herbs, lifestyle guidance, and education to help men maximise their fertility potential.



*Went to see Dudley for a long term issue.
Resolved within 2 months. Very very pleased
with how effective treatment was. Easy to make
appointment. Friendly helpful service thank you
so much*

SUE J

Weekly Schedule:

- Monday-Salisbury
- 14:00-19:00
- Tuesday- Salisbury
- 08:00-19:00
- Wednesday- London
- 08:00-19:00
- Thursday-Salisbury
- 14:00-19:00
- Friday-London
- 12:00-19:00

Clinic Locations & Contact Details

London – The Broadgate Clinics

- Address: 65 London Wall, London EC2M 5TU
- Phone: **0203 951 2602**

Salisbury – The Therapy Centre

- Address: 57 Winchester Street, Salisbury, SP1 1HL
- Phone: **01722 632 866**

Websites

- city-acupuncture.com
- fertility-acupuncture.org

Email

- dudleykent@cityacupuncture.com

BOOK ONLINE

YOUR FIRST VISIT

During your initial consultation with me:

- **Health History & Lifestyle Review:** I will discuss your medical history, lifestyle, and treatment goals.
- **TCM Diagnosis:** Assessment may include pulse diagnosis, tongue examination, and other observations.
- **Treatment Plan:** I will outline a personalised acupuncture plan, including recommended frequency, lifestyle guidance, and, if suitable, herbal prescriptions.

Duration

- 1 hour

What to Wear

- Comfortable clothing to allow access to arms, legs, and back.



FOLLOW UP VISITS

Subsequent visits

- These sessions focus on continuing acupuncture treatment
- Adjusting your plan as needed
- Monitoring progress with herbs if prescribed
- Supporting overall health and fertility goals.

3 Phases Of Care

- Relief from symptoms
- Treatment of underlying disharmony
- Maintenance of improvement

Duration

- 40 mins to 1 hour

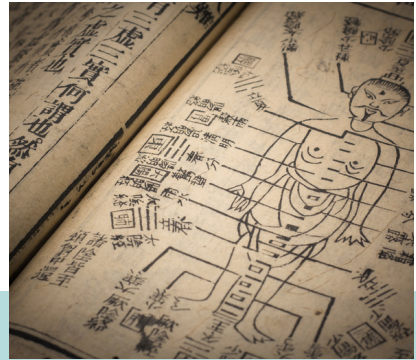
What to Wear

- Comfortable clothing to allow access to arms, legs, and back.



Fantastic service, very knowledgeable and would recommend highly to anyone looking for a acupuncturist

BARRY D.



Acupuncture Treatments

Acupuncture involves the insertion of fine needles into specific points on the body to support your body's natural healing processes. Typical treatment times are 30–60 minutes.

Expectations:

- Some patients feel immediate relaxation or pain relief.
- Benefits often build over several sessions.
- Minor temporary effects like mild bruising or tingling can occur.

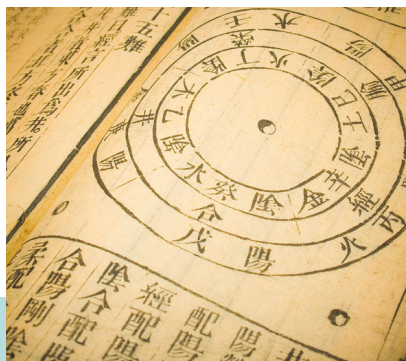
Chinese Herbal Medicine

Chinese herbal medicine consists of many hundreds of commonly used ingredients.

- These may be roots, stems, flowers, leaves and barks etc.
- Herbs can be taken in many forms, traditionally as teas, in which raw herbs are boiled and the strained liquid drunk. This is often time consuming and patients often dislike the taste.
- 90% of prescriptions in my practice are given in concentrated powder form, or in capsules for those who find the herbs taste unpleasant.

“Dudley is a skilled & knowledgeable Practitioner. He shows kindness & is professional at all times. I highly recommend him.”

GILL C.



Before Your Appointment

- Eat a light meal; avoid arriving hungry.
- Wear loose, comfortable clothing.
- Bring a list of current medications and supplements.
- If herbs are prescribed, I may review them with you during your visit.

After Your Appointment

- Rest if possible and hydrate well.
- Note any changes in symptoms or wellbeing.
- Avoid strenuous exercise or alcohol for a few hours if possible.
- Follow any lifestyle or herbal guidance I provide.

Cancellation Policy

- Please provide at least 24 hours' notice for cancellations.
- Late cancellations or missed appointments may incur a fee.

THANK YOU

I am committed to providing you with the highest standard of care in acupuncture and Chinese medicine. My aim is to support your health goals in a professional, thoughtful, and effective way, whether you are undertaking treatment for fertility, pain management, stress, or general wellbeing.

If you have any questions regarding your treatment plan, the use of Chinese herbal medicine, or the Fatherhood Foundations programme, please do not hesitate to contact me. Clear communication is an important part of effective care, and I am always available to provide clarification, guidance, or reassurance as needed.

Treatment with acupuncture and herbal medicine is most effective when it is approached as a collaborative process. I take time to understand each patient individually and to tailor treatment plans accordingly. Your feedback and observations between sessions are valued and can help me to refine your care.

I look forward to working with you and supporting your health journey with professionalism and dedication.

