



Juxian Lu-Hesselmann, Medical Doctor and former MD in the Federal Armed Forces of Germany, was born in China, studied Western medicine as well as Traditional Chinese Medicine (TCM), received MD degrees in China as well as Germany and has worked in the medical profession for more than 20 years.

In her private practice, Dr Lu-Hesselmann has specialized in Acupuncture, Traditional Chinese Medicine as well as Medical Nutritional Counseling. She combines an intensive knowledge of advanced Western medicine with the wisdom and insights of traditional Chinese Medicine.

She puts the individual needs of her patients at the center of her work. A thorough, holistic diagnosis forms the best basis for a personalized, lasting, as well as successful treatment. The aim of Dr Lu-Hesselmann and her team is to achieve optimal results for each and every of her patients.

Costs

Services are invoiced and calculated according to the German medical fee schedule ("Gebührenordnung für Ärzte"/GOÄ) and must be individually paid.

Patients with private health insurance generally receive a full refund of these costs from their private insurance company.

Patients with German statutory health insurance coverage ("Gesetzliche Krankenversicherung"/GKV) must pay the costs individually according to the mutually agreed fee schedule. In specific cases (e.g. chronic low-back pain or knee joint arthritis), the GKV may take over all or parts of the costs.

How to get to our practice:

Public transport:

Bus line 186,

Bus stop either "Binger Straße" or "Sodener Straße", walking distance about 100 meters

Parking:

On the roadside, close to REWE supermarket

Entrance to practice:

Wiesbadener Straße 50 B (close to REWE supermarket and a pharmacy), 2nd floor (=1. OG), please follow signs at the entrance

**MEDICAL PRACTICE
FOR ACADEMIC TRAINING
OF THE CHARITÉ - MEDICAL UNIVERSITY
BERLIN**

DR. JUXIAN LU-HESSELMANN



**Acupuncture
Traditional Chinese Medicine
Medical Nutritional Counseling**

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Indications for TCM /Acupuncture treatments

Respiratory system

Hay fever (allergic rhinitis), bronchial asthma, chronic sinusitis, runny nose (vasomotor rhinitis)

Functional Gastro-Intestinal disorders

Irritable colon (Irritable Bowel Syndrom), dysfunctions of liver and gallbladder, nonspecific diarrhea, obstipation, gastroesophageal reflux disease (GERD), esophageal spasms and cardiospasm, acute and chronic gastritis, Morbus Crohn /colitis

Cardiovascular diseases

High blood pressure (hypertension), low blood pressure (hypotension), functional cardiac disorders

Skin

Atopic dermatitis (eczema), chronic hives (urticaria), acne vulgaris, acute psoriasis, shingles (herpes zoster)

Nervous system disorders

Phantom limb pain, Bell's palsy (facial paralysis), Ménière's disease (attacks of rotational vertigo), post-stroke paralysis, neuropathic pain, trigeminal neuralgia, hearing loss, tinnitus

Pregnancy

Infertility (ovulation disorders), morning sickness and nausea, childbirth preparation

Urinal tract and genital diseases

Urinary incontinence, irritable bladder, chronic inflammations, impotence, prostatitis, menstrual cramps, menopausal syndrome

Disorders of the musculoskeletal system

Low back pain (lumbago), slipped disk (discopathy), soft-tissue rheumatism, tendinopathies, tennis elbow, golfer's elbow, neck pain (cervical syndrome) hip pain, knee pain, heel pain, peri-arthritis, shoulder polyarthritis distortions (muscles, joints), lumboschialgia

Functional headache and pain in the limbs

Migraine, vasomotor headache, cervicogenic headache, joint pain (arthritis/arthrosis), musculoskeletal pain

Psychological and stress-related disorders

Irritability, nervousness, exhaustion, vegetative disorders, sleep disturbances, meteoropathy, restless leg syndrome, psychosomatic disorders, depression, anxiety disorders, chronic fatigue syndrome (CFS)

Other

Smoking and alcohol cessation, weight control and obesity treatment, strengthening of immune system, preventive health care

Medical nutrition counseling

Nutrition and your health

A healthy diet plays an important role in an active lifestyle. A non-balanced diet can lead to chronic disorders or health problems, like lipometabolic disorders (dyslipidemia), obesity, diabetes, high blood pressure (hypertension), cardiovascular disorders (arteriosclerosis, heart diseases and strokes), gastrointestinal disorders (food allergy and intolerance) or psychosocial disorders (depression, anxiety, sleep apnoea).

Apart from the degree of overweight, the distribution pattern of body fat determines the metabolic and cardiovascular health risk. Visceral body fat correlates closely with cardiovascular risk factors.

Our service for you

We offer you professional medical nutrition counseling including specific individual recommendations for dietary adjustments under the guidelines of the German Society for Nutrition.

Benefiting from recent scientific advances, our practice implements the INSUMED nutrition concept under professional medical supervision. Via Bioelectrical Impedance Analysis (BIA), your body composition (cell mass, total body water and fat) and your nutritional as well as hydration status will be analyzed and evaluated. An individual and evidence-based dietary plan for weight loss can be suggested for your optimal health.