

BUSINESSCORNER

Malibu Acupuncture & Herbs

"Integrative medicine for the mind, body and soul," Malibu Acupuncture & Herbs has been serving the Malibu community since 2009, offering holistic medicine to patients of all ages.

By Homaira Shifa Hamid
Special to The Malibu Times

The passion in her voice when she speaks about her job has helped get Lauren Freiman where she is today. She is the proud and sole owner of Malibu Acupuncture & Herbs and also a health and wellness expert, acupuncturist, herbalist and yoga teacher.

Initially heading down a very different path, Freiman obtained an undergraduate degree in marketing: international business. But it was her own life experience that led her to acupuncture and changed everything.

"I discovered acupuncture after dealing with chronic respiratory and sinus infection for many years during college," Freiman said. "I went to all the best doctors and they couldn't find a reason why I was chronically ill.

"Finally, after so many years, I discovered acupuncture," Freiman added. "That was my first time trying it, and I felt better immediately. I also followed their dietary recommendations and it worked for me. From that point on, I was so inspired by my own experience that I felt I had to share it with others."

Freiman went to graduate school and obtained a master's degree in Chinese medicine. After practicing for many years in Santa Monica and Beverly Hills, she moved to Malibu in 2009 and took over Malibu Acupuncture & Herbs from a previous owner.

Malibu Acupuncture & Herbs offers holistic medicine through acupuncture, nutritional coaching, herbal medicine, nutritional supplements, stress management exercises and supportive lifestyle changes. Since taking over the practice, Freiman has helped treat hundreds of patients suffering from stress, insomnia, anxiety and depression, chronic pain, digestive issues, hormonal issues and infertility.

"Some of my patients also work with me using functional medicine, which is a science-based model of finding and treating the root cause of the illness," Freiman said. "There are many people in Malibu who are interested in natural medicine and living a healthy life."

Freiman does not disregard conventional medicine, but instead believes it works well with holistic medicine.

"For many people, both are necessary," Freiman said. "Some people are dissatisfied with conventional medicine because they are not getting complete treatment or finding an explanation for their illness, like in my case. Other people use natural medicine their whole life and don't feel compelled to use conventional medicine."

Malibu Acupuncture & Herbs treats patients of all ages. Freiman has patients ranging from nine months old to 97 years old.

"Acupuncture is very effective for pediatrics," Freiman said. "I have treated colic, night



Lauren Freiman

terrors and low appetite. I use pediatric tui na for children and babies. It is acupuncture without needles. At around 10 years old, we can use needles, but that is also different, where the needles are quickly inserted and taken out."

Low energy, stress-related symptoms, various kinds of pain and menopausal symptoms are most common in patients. Of all the services that Freiman offers, she says acupuncture is the most popular.

"I design a holistic health program for my patients that has many aspects," Freiman said. "What I enjoy most about my job is seeing people get well and feel great in their lives. That's the best part."

Freiman is working with a patient who has Meniere's disease, which results in loss of hearing. Ever since beginning treatment four months ago, the patient has experienced improved hearing. He couldn't hear music through headphones or talk on the phone, and now he can do both.

"One man from England was visiting and came in for just one treatment," Freiman said. "He was suffering from lower back pain for more than 30 years. He emailed me from England saying he didn't have any pain anymore. I did acupuncture on him and taught him therapeutic exercises that he could do on his own."

Freiman's message to the Malibu community is that everyone has the innate ability to heal and transform their health and their lives.

"In 2003, the World Health Organization and the National Institute of Health declared a list of over 60 conditions that has been proven to be effectively treated by acupuncture," Freiman said.

Malibu Acupuncture & Herbs is located at 23410 Civic Center Way.

To learn more about Malibu Acupuncture & Herbs, visit malibuacupuncture.com.