

## Derrick Trent, DAC, LAc, an Acupuncturist with Mind Body Shen Integrative Wellness

Get to know Acupuncturist Dr. Derrick Trent, who serves patients throughout the State of New York.



**New York City, New York Oct 20, 2023 ([Issuewire.com](https://www.issuewire.com))** - Dr. Trent is a licensed acupuncturist, Tai Chi instructor, Qigong therapist, and recreational consultant with a well-established track record in the health, wellness, and fitness sector. His extensive experience dates back to January 1982 when he assumed the role of owner at Mind Body Shen Integrative Wellness, showcasing his strong

entrepreneurial acumen.

At Mind Body Shen, the Yang style is practiced under the guidance of Grandmaster Dr. Trent, a distinguished figure with a remarkable 9th level duan/degree black belt rank and over four decades of experience. The art of Tai Chi, which emphasizes physical and mental well-being, is accessible to individuals of all physical conditions, regardless of age or strength.

Within the Mind Body Shen school, students delve into a comprehensive curriculum, including short forms, weapons forms, qigong, and push hands. Here, they gain insights into the circulation of qi (or “chi”)—the life force and energy—through the body’s meridians and explore the martial applications of the form movements. Moreover, students have the opportunity to engage with the broader Tai Chi and martial arts community through participation in events such as World Tai Chi Day and the Wong People Kung Fu Tournament.

With an equally impressive educational background, Dr. Trent holds a Doctor of Acupuncture in Traditional Chinese Medicine from the esteemed Pacific College of Oriental Medicine.

Furthermore, he has garnered certifications from reputable organizations including the NYC International Federation Division of Training, the Tai Chi International Federation, and the United Warrior Association, which underline his commitment to continuous professional development and mastery in his field.

Acupuncture is a form of alternative medicine and a key component of Traditional Chinese Medicine. It is a technique in which thin needles are inserted into the body and in some cases, electro-stimulation is applied to gently stimulate particular regions of the body. Acupuncture is also used to maintain general health and well-being. Acupuncturists treat a variety of physical and psychological issues, such as anxiety, depression, insomnia, pain, digestive disorders, and infertility.

### **Learn More about Dr. Derrick Trent:**

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/81244234-Derrick-Trent-Acupuncturist> or through Mind Body Shen Integrative Wellness, <https://www.mindbodyshen.org/about-us>

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Source : Derrick Trent, DAC, LAc

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