

Shipston Natural Health Centre

....helping you regain your health and vitality, naturally.

Make time for your health

The run up to Christmas is often a hectic period and taking time to review your health is a good investment. Holistic therapies work to bring your entire system back into a more balanced state and this is often reflected in increased vitality, better sleep and an improved immune system. In this way, your overall health is addressed rather than just a symptom on its own.

We offer a free 15 minute consultation to discuss your individual health needs.
Contact reception for details.

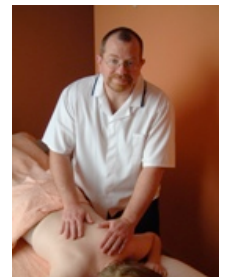
NICE for Back Pain sufferers.

National Institute for Clinical Excellence (NICE) recommends Acupuncture, Manual Therapy (such as Massage) and Manipulation as valid treatments for back pain. *Source:* www.nice.org.uk

The findings by NICE confirm what many of our clients experience when they have a treatment with one of our experienced therapists.

Research shows **Acupuncture** helps relieve back pain and osteoarthritis of the knee. However, pain relief is not the only benefit and treatment can also bring welcome relief from emotional or mental tension as well as a wide variety of other complaints including anxiety, headaches, low energy, poor digestion and asthma. Acupuncturists June Powell and Martin Grasby have many years experience of treating numerous conditions.

Massage therapist Nick Hall treats many different **sports** injuries. He aims to get the athlete back to their sport as quickly as possible and to improve their fitness levels with maintenance treatment. This also applies to anyone with back pain, neck tension or indeed anyone who would like relief from muscle pain.



Joanna Ames selects **Aromatherapy** oils specific to your individual needs. This preparation together with light massage releases the stress and tension of the day. The result, is the relief and relaxation you deserve.

Shipston Natural Health Centre, 14 Market Place, Shipston-on-Stour CV36 4AG
01608 664664 www.shipstonnaturalhealth.co.uk

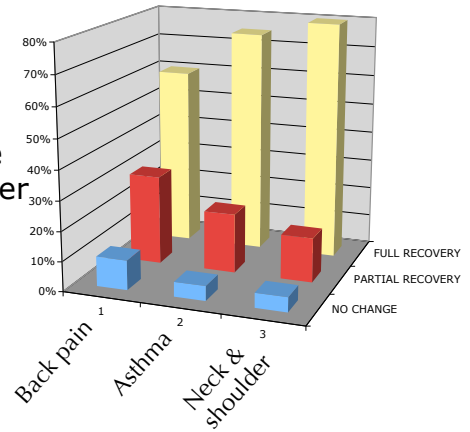
Look after your body. If you don't, where will you live?

Every body is better with Bowen....

Bowen Technique 2 for 1 promotion: On Thursdays during November and December Martin Grasby and Claire Pickin will be offering a reduction when 2 people come for a treatment at the same time. This is a great opportunity for you and a friend or family member to experience this gentle yet remarkably effective technique.

Many musculoskeletal problems respond well to Bowen and symptom specific projects demonstrate its far-reaching benefits.

Contact reception for details of the offer.



McTimoney Chiropractic continues to be a mainstay treatment here. Bronwen Hurley and Emma Bexson use their skills for a critical, experienced assessment before making any necessary adjustments to establish structural alignment and relieve symptoms.

Congratulations to Bronwen for receiving a McTimoney Chiropractic Association 15 year Long Service Award.

Feet first

Uncomfortable feet cause considerable disruption to your normal activities. **Foothealth** practitioner Lynne Bunker uses her experience to get you back on the right path.



Always popular are **Reflexology** and **Indian Head Massage** with Angela Way. Clients often feel very relaxed during a treatment and get the additional health benefits too.

Homeopathic pharmacies are always busy at this time of year with questions about coughs, colds and flu.

Homeopathy has a long tradition of prescribing for both prevention and treatment of these symptoms as well as many other conditions including eczema, PMT, poor sleep and digestive complaints

Book a consultation with homeopath Sheryl Conran-Brown.

Hypnotherapy has a wide scope for helping anyone who, for example, suffers with anxiety, phobias or an addiction. Nick, Val and Simon are available for appointments.



Counselling provides a safe, confidential place to explore your concerns and find a way forward for you. Some counsellors also have particular areas of experience. Jane Watts is a Cruse-trained bereavement counsellor, Karen Lloyd & Karin Blak trained with Relate.

GIFT VOUCHERS -
can be exchanged for any of our therapies - make a great Christmas present.

Contact reception or see our website for details of other treatments available at our centre.

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