

Shipston Natural Health



Summer 2010 Newsletter

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The screenshot shows the website's header with the title 'Shipston Natural Health' and a navigation menu: home, about us, treatments, practitioners, prices, news, contact us, and the phone number 01608 664664. The main content area features a large image of a lake under a blue sky. To the right of the image is the heading 'Make time for your health' followed by a quote from Albert Schweitzer: 'Each patient carries his own doctor inside him. We are best when we give the doctor who resides within each patient a chance to get to work.' Below this is a paragraph about visionaries and another about the clinic's therapies. At the bottom of the image area is a quote from Rabindranath Tagore: 'Our responsibility is no longer to acquire, but to be'. The footer of the page shows the address: 14 Market Place Shipston on Stour CV36 4AG. A large, diagonal watermark on the right side of the screenshot reads 'See our new website www.shipstonnaturalhealth.co.uk'.

In line with our philosophy of keeping things simple, we aimed to make our new website straightforward. We do hope you find it informative and welcome your comments on your experience of using it: www.shipstonnaturalhealth.co.uk

The principle of simplicity can also be applied to health which can seem so complicated at times. Many of the treatments available at Shipston Natural Health work on the premise of addressing the cause of symptoms and consequently improving health on many levels, not just the physical. Therefore, any benefit is likely to be longer lasting than a purely symptomatic approach.

We will be at the Transition Shipston Midsummer Festival which aligns with our belief that natural and minimal are best. Wherever possible we endeavor to use local, organic goods and recycled and Fairtrade products. We get our electricity from **Good Energy** the UK's only dedicated, genuinely 100% renewable electricity supplier.

And of course we can all do with more 'Good Energy' and this is what you will often experience as a positive side effect from a visit to one of our practitioners.



Super Kids

was launched here by Homeopaths Carol Bowler and Chris Hytch.

Homeopathy has been used extensively for over 200 years and is shown to be effective in treating many different conditions. The beauty of homeopathy is that it can be used safely with babies and children and, if necessary, in conjunction with prescribed medication.

The Saturday clinic is proving popular with parents who prefer to use a natural approach to health and well-being for their children and is open for 0 to 16 yr olds.

Super Kids Summer Offer - first appointment just £20 (usually £30) with this newsletter

Summer is the time of year when nature comes into full bloom; it is vibrant with life, colour and vitality. Plants mature and ripen.

According to Chinese medicine, people show many of the same characteristics that we see in nature and consequently will be influenced by the changing of the seasons.

With longer, warmer days people are more naturally open to each other and to everything around them.

It is a time for joy, communication, socialising and an openness of the heart.

However, you may feel that certain times of the year are more difficult than others for you to cope with and particularly relevant at the moment is

hayfever and its associated runny nose, itchy eyes, difficult breathing.

5 Element Acupuncture works with you, and the season, and can often be helpful to bring natural relief from this miserable condition. Homeopathy and nutrition can also have a powerful part to play in alleviating symptoms.

And of course for many people this time of year means gardening has become more regular and sometimes brings aches and pains with the increased activity. Massage, McTimoney Chiropractic, Acupuncture, Reflexology, Lymphatic Drainage and Bowen Technique are some of the treatments which can help to bring relief.

We are fortunate to have Effie Jones, a very skilled Chiroprapist working here and she continues to build her practice with appreciative clients.



The Complementary and Natural Healthcare Council (CNHC)

was created by the Department of Health's wish to reassure the public who use complementary healthcare. It is the only voluntary regulatory body of this type which has government backing.

Entry to the register demands high standards and, having met the strict criteria, Massage therapist Nick Hall and Bowen practitioners Martin Grasby and Claire Pickin are registered with CNHC. www.cnhc.org

Summer Offer

for the effective Bowen Technique:
£30 off a series of three treatments
with this newsletter.

