



City Health Partnership *news update*

January 2005

020 8789 0607

HAPPY NEW YEAR 2005



A very auspicious dragon sent from all of us here to YOU to bring you Health, Wealth and Wisdom in 2005.

And here's a little re-enforcing message of wisdom:

'What is it that heals a cut finger?

Is it the bandage or whatever ointment is applied to the wound?

Of course not; it's the body.

The human body is self-repairing, self-healing, and self-maintaining'.

Clinic News...Homoeopathy...Bio-Resonance/Allergy Testing

Our big achievement this year is the updated website and if you haven't visited it yet the web address is www.cityhealth.biz

The Osteopaths have been increasingly busy with newborns this year as 'the word' seems to be finally out that babies need 'Cranial' after birth and there is ultimate confidence in it's safety! Elizabeth's MBT shoes have arrived and seem to be fantastically popular not just according to all the newspaper reports but also with our valued patients.

Dr Aitkins, love him or hate him, agree or disagree has triggered debate and awareness in diet/nutrition which has seen the upsurge of the GI principle which is endorsed by Nicola.

Our masseur, Luke has headed off, once again, in search of blue skies, sunshine, warm seas...and yes, he has survived the tsunami!

Fears and concern about childhood vaccination, feature especially high in homoeopathic consultations with all parents. The 5-in-1 jab is being given routinely now to 6 week old babies. Are we sure this is safe? We owe it to our children to find out. What research has or hasn't taken place and for how long? Please, please, keep asking the questions. We are sourcing all the valuable websites which have *reliable* information for you and we will put them on to our website. We are arranging another of the popular talks with Trevor Gunn, Homoeopath, Bio-chemist, Author, as soon as we can persuade him to come back. Again, news will follow on the website.

The principles of Homoeopathy demand from all Homoeopathic practitioners that *without exception*, our highest aim *must always be that which is best for the patient*. And my personal aim here at City Health is to endorse this philosophy in all practices and with all the brilliant practitioners here. This brings about the highest possible achievement of personal potential, awareness and ability in you.

So, let me personally recommend all the therapies here to you, pamper yourself a little more this year, breathe a little more, stimulate the Vital Energies within, release your potential, make a new investment in You.

Alison Hamilton-Baily, Homoeopath, Clinic Director

Relaxing, Remedial or Sports Massage

Greg joined us before Christmas and has instantly become one of the team. His enthusiasm, skill and expertise is a real benefit to existing patients and to new ones alike. Personal trainer and rowing coach, he also has access to gym facilities for further physical fitness and development programmes. Please feel free to ring him to discuss injuries, strategies etc., or just come along for a therapeutic massage. His patients range from elite athletes to musicians to over-worked businessmen.

Greg Edelston

**Available on Monday, Tuesday & Friday
or by appointment.**

Quantum Bio-Resonance Testing

I continue to use this fine programme in the clinic. The results prove accurate and beneficial over and over again. Clear results showing reactions to all the foods, toxins, drugs etc that affect our health in everyday life.

Call soon for advice and an appointment. You deserve it.

Alison

How many of us are told that our illness is due to "age"

part of being a "woman", the reality of today's world, or "incurable". It is rewarding to see patients, who refuse to accept that they must put up with debilitating symptoms, people who look beyond the conventional arena for an alternative...and make progress. Re-gaining health is about empowering oneself and discarding self-limiting notions about our potential.

I continue to have an interest in the area of women's health, pregnancy and post-natal care but also treat a vast array of conditions in men, women and children of all ages. These are of a physical, mental or emotional nature and range from minor conditions to more serious health problems. I also offer support with de-tox, hay fever, injuries and vaccination. Homoeopathy helps maintain health and restore it in times of illness. It doesn't involve prescribing high doses of medicines that manipulate a curative effect. Instead remedies contain diluted substances, which stimulate the self-healing capacity existing in us all. The beauty of dilute materials is that they express themselves gently, and do not cause the body to become dependent, sensitive or over stimulated which means they are safe for infants, pregnant women, infants and those who are very weak or on medication. Please don't hesitate to contact me if you would like to chat about treatment.

Rebecca Douglas

Podiatry and Chiropody

Podiatrists are specialists in the diagnosis and treatment of foot disorders and problems arising from poor functional alignment of the lower limbs. They undergo 3 years medical training leading to an honours degree. A **Podiatrist's** scope of practice includes routine **Chiropody** i.e. removal of corns, calluses and verrucae; treatment of foot infections; minor surgery including ingrown toenail correction. In addition, as a **Specilaist Podiatrist** I also treat disorders of alignment of the lower limb and symptoms arising from these such as painful feet, ankles, knees, lower back, which can be sports or non sports related. Free foot health checks throughout February 2005.

Sas Ahmadi