

The MBT Shoe Revolution

City Health Partnership is very excited to be able to tell you that, in conjunction with Tools for Change Ltd, we are now official distributors of the new revolutionary MBT shoe range.

MBT shoes have been receiving a lot of press coverage lately describing how their unique design has the potential to relieve back and joint pain by changing the way you stand and walk. They also tone your legs, buttocks and core stability muscles at the same time. Anecdotal evidence has also suggested that while shaping you up they also help reduce the dreaded cellulite! *They say that one hour's exercise in MBTs is the equivalent of 3 hours in ordinary trainers.* To discuss their suitability and to see the range of shoes call into City Health. Or look at the MBT website: www.mbt-uk.com

Osteopathy

This year we welcome 2 new associates to the clinic; Diluka Perera and Ruth Levitan, both highly qualified Osteopaths. Between the three of us we offer an holistic family practice treating young babies with colic, disrupted sleeping and feeding patterns; birth trauma as well as problems related to forceps and ventouse deliveries. We also treat Glue Ear and recurrent ear and sinus infections. We attend to adolescent musculo-skeletal joint problems such as ankle, knee, neck and back pain. Treatment is also offered to adults and the elderly for acute and chronic problems such as sciatica, osteo-arthritis, rheumatoid-arthritis to name but a few. We also specialise in treating pregnant mothers for symphysis pubis dysfunction and low back related conditions to ensure alignment of the pelvis is maintained to aid delivery. Should you find yourself needing any such care the osteopathic team are available for telephone advice or treatment.

Happy New Year to all our patients.

Viraj Gopaul and Associates

Bowen Technique

The technique consists of a sequence of very precise and gentle moves over muscles and soft tissues along the whole body, using thumb and fingers. The aim of Bowen is to induce a state of deep relaxation and to allow the body time to realign, heal and balance.

Bowen treats back and neck pain, sports injuries as well as more general, stress related conditions. Media interest surrounding Bowen has tended to focus on the success that the technique has had with realignment during pregnancy, and it is advocated by Dr. Gowri Motha, founder of the Gentle Birth Method.

Reflexology/Facial Reflexology Lymphatic Drainage/Shiatsu

Etsuko has established a thriving practice here over the past year and is clearly a brilliant practitioner. Whether your need is for MLD, relaxing massage or the gentle art of facial reflexology – Etsuko is one of only 8 practitioners in the UK – she is here with late evening appointments Mondays and Thursdays and is threatening to extend her hours to daytime this year too!

Etsuko

NLP Counselling

NLP is a brilliantly effective technique that encourages healthy, positive ways of thinking and feeling.

It is a fresh approach to counselling and analysis that is fast and dynamic as opposed to traumatic and stressful, which makes it especially appropriate for young people and difficult teenagers who respond to NLP without having to resort to antidepressants and long courses of therapy. Treatment allows the patient to recognise and change ineffective, detrimental behavioural patterns, and to take responsibility for their own transformations.

Gemma Kingsley

Nutrition

Thank you Gillian McKeith.

Thank you for showing so graphically the benefits of good nutrition.

Nutrition has so much to offer, from weight loss to arthritis, to IBS & hormone imbalances & infertility.

And the tools at our fingertips are so much better than ever before. While Ms McKeith uses stool & blood samples to help her diagnosis she is scratching the surface of what is now available. The accuracy of hair or stool tests today enable a speedy pinpoint of the issues and a very specific response which can in turn avoid long, punitive diet plans. This is probably most accurately highlighted by blood glucose testing; not only is it a good indicator of future diabetes but it pinpoints an underlying problem behind issues such as weight gain.

The recognition of the importance of the blood sugar balancing or The GI Plan is probably the biggest breakthrough in 2004 and is one I see the most of in the clinic. Poor blood sugar levels lead to energy slumps, hormone imbalances, adrenal distress and weight gain to name but a few. Balancing blood sugar demands a rethink in most peoples eating regimes but once achieved the energy increases & health benefits are astounding.

For a full individualised GI plan & mini consultation for 2005 speak to reception.

Nicola Lloyd

The McTimoney Chiropractic Sensation

In the four years since I took over the McTimoney Chiropractic clinic based here at City Health, it has gone from strength to strength....largely due to word of mouth. So I would like to say a huge thanks to all my patients who have spread the McTimoney word to their families, friends and colleagues.

For those of you who have not come across McTimoney chiropractic before, it's a holistic, gentle and 'undramatic' method of treating joint, spine and muscle problems such as sciatica, back and neck pain, pins and needles, headaches and a host of others. For more information about the treatment please just phone the clinic, or there are leaflets available in reception if you would like to drop in and collect one.

Here's hoping you all have a healthy, happy and prosperous 2005.

Elizabeth Daly

Clinical Hypnotherapy

Hypnosis is a state of mind all of us experience whether we are driving, daydreaming, or dropping off to sleep. Hypnotherapy is the process of using hypnosis to unlock the capacity of the unconscious mind to bring about a therapeutic change.

This change happens by relaxing your conscious mind and by giving your unconscious mind a series of 'suggestions' that are absorbed by your unconscious mind and enable you to take action to do something that you would like to do, or to stop something that is no longer appropriate.

Can hypnotherapy help you?

Hypnotherapy can be used to deal with weight control problems, anxiety, stress, low self-esteem, nail biting, the smoking habit. It can help you overcome test/exam nerves, phobias, fear of flying improve your goal setting/decision making, build your confidence and more.

Hypnotherapy gives you the tools you need to help you move forward with the life you want and deserve, I look forward to welcoming you on the first step of the road to a different you.

Claire Kelly

Infertility and Traditional Chinese Medicine/Acupuncture

Traditional Chinese Medicine..TCM can increase fertility by reducing stress, increasing blood flow to the reproductive organs and balancing the endocrine system, according to several studies and medical research. While 40 percent of infertility is caused by problems in the female, such as anovulation and endometriosis, another 40 percent is caused by problems in the male, such as low sperm counts or motility. The remaining 20 percent is caused by unknown factors. TCM can help both partners. Just one of the ways TCM increases fertility is by reducing stress, which is often a key factor in the fertility of both men and women. When people are under stress, the hormone cortisol is released in the brain. This alters the brain's neurochemical balance, thus changing hormone levels and disrupting the pituitary balance that is key to the reproductive cycle. Acupuncture counters the effects of stress and cortisol by releasing endorphins in the brain, which exert a calming effect. Other studies show that when used in conjunction with IVF, acupuncture is even more successful at increasing fertility. Acupuncture is used before egg harvest to encourage follicle growth, then after harvest to assist with implantation.

Mark Leopold

Beauty

Pamper yourself or a loved one in 2005! We are pleased to introduce **Claire Durand** our new beauty therapist. With several years experience, Claire offers a wide range of relaxing and uplifting treatments including Dermalogica facials, therapeutic massage, waxing, manicure, pedicure, eye treatments. In a quiet haven, you will be able to ease away life's stresses and strains and have a wonderful experience.

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