

M&B

# Mind & Body

## Natural Health Centre & Studio

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Web site:

<http://www.mindandbodybury.com>



[Link](#)

# Acupuncture

Chris Nortley

## Acupuncture...an ancient path to health in a modern world.

Chris specialises in using acupuncture in the treatment of mental health and emotional problems; particularly depression, anxiety, and the results of stress and trauma.

He has pioneered this work in the NHS, and for the past ten years has operated a full time clinic at North Manchester General Hospital.

Chris is registered with the British Acupuncture Council and teaches acupuncture at Universities and Colleges throughout UK. In 2003 he was presented with an award by HRH the Prince of Wales, for his work in integrating acupuncture into the NHS. In 2004 he was featured in the Independent on Sunday as one of the ten leading acupuncturists in UK.

Treatments include...

Acupuncture  
Moxa  
Cupping  
Tuina (Traditional Chinese Massage)



# H

# omeopathy

## Dave Masters

I am a full-time Consulting Homeopath offering a professional, caring and confidential service. Homeopathy is one of the most widely used forms of medicine in the world today, because people are discovering the benefits of a system of medicine that is safe, effective and treats them as unique individuals. It can be successful in treating many of the conditions and problems that you may see your doctor for.



Dave Masters MARH, MNWCHom., MCThA, Registered Homeopath

Homeopathy can often be effective in treating conditions that may not be responding well (or indeed at all) to conventional medicine. Homeopathic remedies are drug-free and can be used safely and confidently alongside any medicines you may be taking from your doctor. They can even be used during pregnancy. As your condition improves you may, under the supervision of your doctor, be able to reduce your conventional medicine, thereby avoiding the unwanted effects that sometimes accompany the long-term use of drugs.

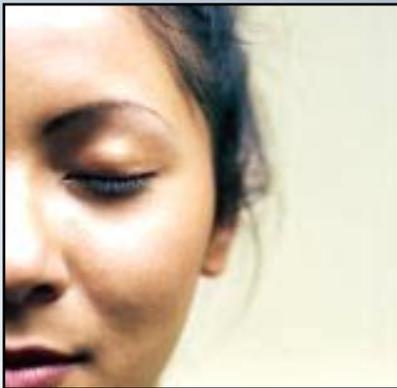
If you would like to make an appointment or to arrange to find out more just call my Practice Reception on 01872 262 519.



# Hypnotherapy, NLP & Coaching

Andrea Lowe

Assistance with problems where emotional or psychological forces are involved



Andrea has been practising since 1993 and is a clinical supervisor and trainer.

She has worked with several GP's within their surgery and was one of the core members of a 3 year project pioneering research into the benefits of Complementary medicine in the surgery.

She works with Social Services in Oldham and Bradford and with an independent fostering Agency in Co. Durham.

She provides ongoing corporate stress-management and motivational training within several local companies and is a trainer in Smoking Cessation.

She is one of the few hypnotherapists who practises pure hypno-analysis for deep routed anxieties.

If you feel that something within you, yet out of your control, is holding you back, then Hypnotherapy or Coaching can help.

Being hypnotised is simply allowing yourself to deeply relax. It does not involve being put into a 'trance' and giving up your control. You leave feeling relaxed, positive and clear thinking.

Whether you have a phobia, fear, anxiety or just want to improve your relationships or performance give Andrea a call and she will be happy to discuss your needs and let you know how she can help.

*Some comments by clients:'*

*'I've made so many long overdue life-changes since my therapy - yet the change feels subtle.'*

*8 years and neither of us have even wanted a cigarette, you've saved us a fortune.'*

*'My dentist asked for your number.'*

*'I can't believe some of the things I've been saying since my therapy - I've actually been sticking up for myself! People are treating me differently'*

# Nutritional Solutions

Barry Todd

You can achieve perfect results by choosing from a selection of foods that you love which will leave you feeling satisfied and save money too.

Foods and nutrients can be overlooked when tackling health concerns and yet foods are very powerful in getting you results in the health stakes.

You could get more satisfaction from your diet by feeding your body what it really needs. You uniquely metabolize your food and unless your body gets the nutrients it requires you will remain hungry. Save money by buying only the foods that will satisfy your unique metabolism.



Most people who choose nutrition are already eating what they think is a healthy diet but some changes over time can often make a big difference to their:

- ❖ Weight
- ❖ cravings
- ❖ energy,
- ❖ moods,
- ❖ recurring colds and viruses
- ❖ Food intolerance
- ❖ Your bodies ability to deal with chronic illness



# Sports and Remedial Massage

Bobby Feven

You do not have to be into sports to gain benefit from Sports and Remedial Massage. It can treat many different muscular or joint mobility problems caused by activity or your occupation.

A case history will be taken prior to therapy to identify individual needs and the session tailored to suit these. Whatever your age, gender or physical ability, massage can benefit you.

## Problems that can be improved include:

- Chronic Back pain
- Chronic headaches
- Tennis Elbow
- Frozen Shoulder
- Muscular Strains
- Golfers Elbow
- Sciatica
- Ligament Tears

The cause of these and many other problems can be found and treated. Advice will be then given to reduce the risk of the problem returning.

Massage is a great way to reduce stress and blood pressure. It can relax the mind as well as the body.



**A number of different techniques can be used to achieve results. These are:**

**Soft Tissue Release** - This stretches muscle fibres, increases flexibility, reduces tension in the treated area and can realign any repairing tissue after injury.

**Muscle Energy Technique** - This is a safe and effective form of stretching that can increase flexibility by up to 50%

**Neuromuscular Technique** - This is a form of deep tissue massage that works with the nervous system through acupressure points. Tension is noticeably reduce with this technique.

Bobby trained in 2003 at the London School of Sports Massage, which is renowned for its standard of training. He is used to working with professional sports people and Athletes as well as people with aches and strains brought on by the working environment, poor posture or accidents.

Therapy session last for an hour during which time a lot can be achieved and most ailments can be improved in up to three sessions. This may vary according to the severity of the problem and how long it has remained untreated.

# Yoga Classes

Yoga is a time tested way of maintaining your health and well-being in an increasingly fast-moving stressful society.



Yoga postures cater for most anatomies removing the physical discomfort and tensions accumulated throughout the day while you work or go about your routines. Yoga relaxation helps you maximise the effectiveness of your ever-diminishing 'time-off'. In an age of mobile phones. Bleepers and 24hr shopping Yoga makes greate personal and business sense.



Why not try Hatha Yoga - a traditional style of postures with breathing and relaxation.

Yin Yoga is taking off as a great therapeutic style - staying longer in posture to stretch the soft connective tissue releasing deep tissue stress and toning the nervous system.

Breathing is more concentrated and the outcome is one of greater calmness and boldily comfort.

Also ask about easy Yoga and chair Yoga' if you are desk bound, can't get to a class or find conventional Yoga classes a little challenging.

## Weekly Yoga Classes

	Style	Time
<b>Monday</b>	Hatha	1.30
<b>Wednesday</b>	Hatha	7.30
<b>Thursday</b>	Hatha	7.30
<b>Friday</b>	Yin	6.30

Please check for additional classes