

Spotlight on alternative health

A Frome Times advertising feature

ALTERNATIVE or complementary therapy and treatment was in the past considered with some ridicule by those who had not tried its treatments, but in the last decade this view has turned around.

Today, alternative therapies are often seen as part of mainstream healthcare, used to treat or help a wide range of ailments and conditions.

Alternative therapists even play a key part in the backroom staff of sports teams - they were used, for instance, in the GB team for the Olympics and top football clubs often have them as part of their rehabilitation teams.

With GPs' waiting times for appointments getting longer, many people are turning to other treatments and therapies either to work alongside prescribed medication or simply or as an alternative to traditional treatments.

And many people also use therapies to simply maintain good health, flexibility or peace of mind to keep themselves fighting fit for the busy, stressful lives that many of us lead today,

using practitioners trained to understand when the body is out of kilter and how to aid its recovery. Sometimes it is as simple as looking for something for just a good night's sleep.

There are therapies for a wide range of ailments and conditions and for all ages, from babies to the most senior of our population, who may feel happier in un rushed, calm surroundings of a therapist's treatment room.

With many different therapies around, and new ones coming aboard each year, it's often difficult to decide which is best for you and what you want out of the therapy.

The best place to start is by giving them a call or visit their premises or website and find out what they offer, and what they can do for you.

Often it is finding a place that suits you, where you feel comfortable with the person who will be treating you and where you feel calm and reassured in their surroundings. What suits one person will not necessarily be best for another who has different needs, so don't be afraid to look around and check out what is out there.

Manage your emotional and behavioural wellbeing with Cognitive Behaviour Therapy

Beverly Harper works with you to help manage emotional, behavioural and symptomatic issues, which might be causing a problem in your life.

She treats a variety of conditions including anxiety, depression, low self-esteem, phobias, relationship or fertility issues, problems with weight, insomnia and exam stress.

Beverly uses Cognitive Behavioural Techniques (CBT) which will help you to understand how you are thinking; the beliefs you hold about events or situations, she says, play a large part in emotional or behavioural upset. Where appropriate, she combines CBT with hypnosis, in many cases this combination helps accelerate the desired change.

Beverly explains, "For most people a short course of regular sessions helps to take back control of their lives and allows them to manage challenges and difficulties in a resourceful way. "Often people have complex problems or sometimes just feel stuck, that their life is not where they want it to be and I can help. "Having an experienced, trained and non-judgemental individual to help guide you through seemingly overwhelming issues can be the key to helping you get your life back on track."

She believes that everyone is an individual and no two people's experiences are alike, although there may be similarities. The aim of Beverly's approach to therapy is to help her clients learn CBT problem solving skills



Beverly Harper
MSC RECBT, Dip Hyp, PCBH, MBSCH

so that they can become their own therapist. "Everyone has the inherent ability to become their own therapist and that my role, whatever the issues are, is to help facilitate long term change and growth through understanding, questioning, direction and encouragement within the CBT framework." If you would like Beverly to help you, please call 0780 890 1177 or 01373 453270 or email info@beverleyharper.co.uk. You can also visit her website: www.beverleyharper.co.uk.



Treatment with Beverly available from



Osteopathy: relieve pain and discomfort; improve your health and wellbeing

Local osteopath Philip Hull works at Pure Moves in Frome, Somerset, and also in Winchester and Wiltshire.

After graduating from the European School of Osteopathy in 1997, Philip worked in New Zealand for two years and then settled back in the UK in Wiltshire and relocated to Frome in 2012 with his wife and three children.

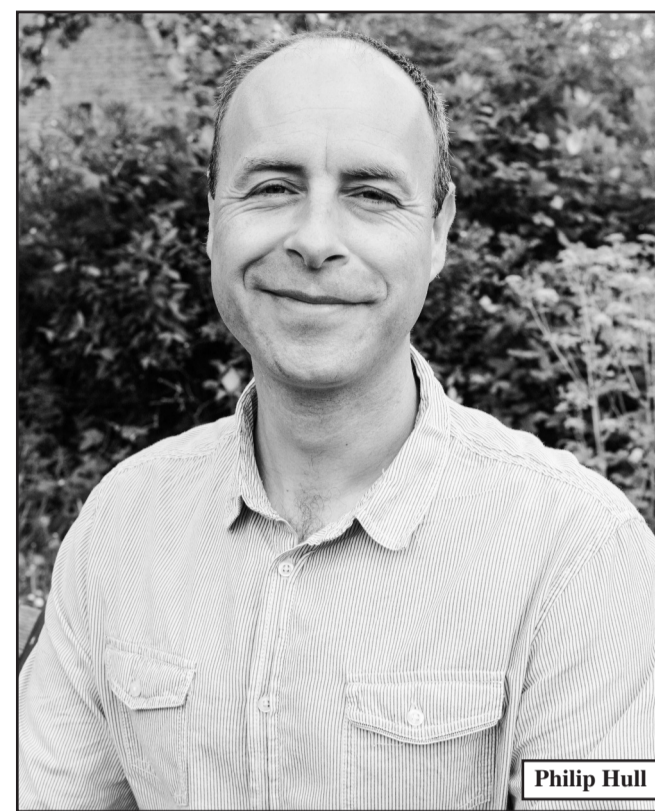
"People are often surprised at the wide range of conditions osteopathy can help with," he said. "Many believe that osteopathy is just about back and neck pain but it can help to alleviate many other conditions and symptoms too, such as colic and breastfeeding problems with babies, migraines and headaches, nerve pain, sciatica, sports injuries etc."

"The benefits of osteopathy are the general improvement in mobility and structural stability of the body. In turn, other systems of the body such as the circulatory, nervous and lymphatic systems function more effectively and for a number of general conditions, minimal treatment is required."

"Osteopaths use a broad range of gentle hands-on techniques including soft tissue stretching, deep tissue massage, craniosacral, and mobilisation or manipulation of joints."

"Osteopaths do not simply concentrate on treating the problem area, but use manual techniques to balance all the systems of the body, to provide overall good health and wellbeing."

"Using all these various techniques osteopathy is therefore suitable for people of all ages



Philip Hull

from babies to the elderly.

"A key indicator of pain or discomfort is lack of sleep or restless nights. An effective osteopathic treatment outcome often reflects the first signs of recovery with a good night's sleep."

Offering both manipulative and cranial techniques, Philip is able to assist in all these areas. For more information visit www.fromeosteopath.co.uk or call Philip for a chat on 07443 473357.

Treatment with Philip at



Improve your mental & physical wellbeing with BodyTalk

QUALIFIED BodyTalk practitioner and kundalini yoga teacher, Kat (Jotipal Kaur), is spreading the word about a new therapy, saying it has helped her own life.

She explained, "I came across BodyTalk in 2007 and I was suffering from postnatal depression and chronic pain. These days I suffer virtually no pain and I feel so much more joyful and free and the effects of the sessions have been permanent."

"BodyTalk works deeply and provides profound shifts in your physical, mental and emotional wellbeing. It works by getting to the root cause of the problem, which stems from the way that we think and what is programmed in our subconscious and how that is then reflected in the body."

"Most issues we encounter in our lives, whether physical pain, relationship issues, money problems, mental or emotional problems, can be traced back to our state of consciousness."

"When we begin to shift our consciousness, our deeply held belief systems and old patterns and emotional states, we begin to notice changes in our life. We can begin to experience less pain, we react differently, relationships change and we start to experience better health as we release a lot of old patterns from the body and mind."

"BodyTalk works on finding the root of the problem through bio-muscular feedback and creates shifts using tapping."

"There is a lot of scientific evidence now that shows that tapping creates changes in the body's blueprint and affects the neural pathways in the brain, releasing old patterns from the subconscious and thus freeing the body and the mind."

"Because the body's blueprint is electromagnetic, the tapping shifts both the structure and functioning of the body and mind."

"It is an excellent form of therapy



for those with physical, mental and emotional issues and is now supported by discoveries in science."

Jenny Ireland from Frome fondly described her session with Kat: "Being in a BodyTalk session with Kat (Jotipal) is being in a calm, safe place with a warm-hearted, supportive and very gifted woman who skilfully works the wonder of the truly extraordinary technique and therapy

that is BodyTalk."

For information or to book a session contact Jotipal Kaur through her website: www.thegoldenlight.co.uk or www.puremoves.com

Buy the book 'The Science and Philosophy of BodyTalk.' Jotipal also teaches kids yoga at pure moves and kundalini yoga for adults in Frome and Salisbury.

BodyTalk sessions with Kat at



A huge range of alternative therapies at the Natural Health Clinic

Frome's Natural Health Clinic offers a huge range of alternative therapies able to treat anything from back and joint pain to allergies and exam stress.

The Natural Health Clinic has a 18-strong team of practitioners offering sessions in kinesiology, osteopathy, aromatherapy, reflexology, chiropractic, homeopathy, hypnotherapy, acupuncture, chiropody, counselling, and more.

Clinic owner Kathrine Read said, "I'm very happy with how the practice is running. I took over the clinic a very busy 18 months ago, and we are moving from strength to strength."

"I have worked here for 15 years as an osteopath and Frome has changed a lot in that time. The demand for complementary and alternative therapies has risen steadily due to clients' increasing knowledge of the field, awareness of their bodies and health and their interest in a more Eastern philosophy of staying well, rather than just treating illness when it arises."

"I believe our clients are very happy. I justify this comment by their returning business and the fact that our main source of work comes by word of mouth; the best kind of advertising."

Complementary therapy works by stimulating the body's own self-healing ability, bringing natural relief, balance and restoration to the body's systems. It can be a valuable means of delivering longer term medical and psychological benefits.

Kathrine continued, "The Natural Health Clinic prides itself on being a centre of experience and excellence in complementary healthcare. All therapists are hand picked for experience in their fields."

"We have a large friendly recep-



tion team who all have a background in medicine or complementary therapies, who are well placed to offer advice and point you in the right direction if the number of therapies on offer is a bit confusing."



Clinic owner, Kathrine Read

"All the therapists at the clinic are very happy to call prospective clients to discuss their problem prior to consultation. We work as a team, and if we feel that someone in that team would work better for you, then we will refer you to them."

The Natural Health Clinic can treat a huge number of conditions and symptoms both physical and psychological, including depression, sports injuries, infertility and many more.

All Natural Health Clinic practitioners are qualified and experienced. They include: Nasima Mowat (Systemic Kinesiology and nutritional advisor), Kathrine Read (osteopath), Emma Yeo (aromatherapist and masseuse), Nick Shipton (McTimoney Chiropractic), Lisbet Michelsen (hypnotherapist), Valerie Williams (chiropodist) and many more in various disciplines.

RELAX AND ENERGISE YOURSELF WITH REIKI TREATMENT SESSIONS

Marie Moxey is offering Reiki treatments at Pure Moves Centre in Frome.

She offers Reiki therapy one to one treatment sessions and also teaches Reiki attunement workshops for those wishing to learn Reiki for themselves.

Whilst living in Australia in 2000, Marie found Reiki therapy to have many benefits, including those which helped her recover from tropical fever.

"I was so amazed by the results of the Reiki therapy for my own health-care, for the physical benefits and the relaxed emotional state and enhanced clarity of mind I experienced, I trained in Reiki in 2003."

"Reiki is a wonderful healing modality. Dr Mikao Usui originally developed Reiki, in the early 20th Century in Japan. Reiki means 'Universal Energy' in Japanese."

"This 'Universal Energy' traditionally indicated by the Chakra system, flows through the human body, in and around the physical body. This is the same flow of energy that is worked upon during an Acupuncture treatment or Qigong session."

Marie said, "Reiki can assist the body, mind and emotions to maintain and develop healthy patterns. It can also be useful during periods of pressure, change or simply as a preventative tool."

"I have trained with several exceptional teachers over the years. I have experience and knowledge within many therapeutic disciplines and healing techniques, such as Energy-psychology and Energy-physiology, Naturopathic nutrition and detox techniques."

"I have been working with Reiki for over 10 years and I also work as a health consultant for natural health-care and detox."



techniques to help with a variety of imbalances. One of her clients said, "Marie has a professional and relaxed manner and is known for her calming presence. Her Reiki healing sessions are deep relaxation, with energising after effects."

Marie added, "A single session of Reiki can be effective; however, a course of therapy sessions will have cumulative effects. A treatment plan can be tailored to your specific requirements and reviewed at any time."

Marie is running her next Reiki 1 work shop on 13th June 2015 at Pure Moves. Please contact Marie on 07 595 752 704 or email marie@mariemoxey.co.uk for further details of Reiki workshops or 1-1 healing sessions.

Treatment with Marie available from



Stay flexible and reduce your aches with gentle Qigong exercises

The art of Qigong, which has been taught by Eva Warman in Frome for 20 years, helps reduce stress, aches and pains, and mobility problems by stretching, holding postures and breathing exercises, leading to increased flexibility and vitality.

Qigong (pronounced Chi Gong) can be translated as 'regular exercise which cultivates your life energy (Qi)'. "

Eva said, "People of all ages and levels of fitness have enjoyed the classes, which are always friendly and uplifting. Older people especially can benefit, the movements aren't very difficult to do, but help you to move more freely and become pain-free."

"The gentle stretches and flowing movements help to maintain flexibility and general wellbeing. Many aches and pains can be soothed and worked out - and often disappear with regular Qigong practice."

"The surprising discovery is that you begin to feel your energy between your hands and around your body like a magnetic, warm field. That is a beautiful, deeply energizing and nurturing experience. Just being in this calm, meditative state is powerful and healing. It can be very supportive if people are going through a difficult time."

Eva's classes are now run twice a week at Pure Moves on Christchurch Street West, and once at Oakfield School.

Eva continued, "It feels good to have that regular slot every week to tune in to yourself and find out how you really are - and then gently move back to a state of feeling right; full of calm, clear energy and feeling well-balanced and peaceful."

The gentle, rhythmic movements of Qigong reduce stress, build stamina, increase vitality, and enhance the immune system. It has also been found to improve cardiovascular, respiratory, circulatory, lymphatic



Eva Warman

and digestive functions. Eva runs a class on a Monday from 11.30am -12.45pm and Friday from 9.30am -10.45pm at Pure Moves on Christchurch Street West. She also takes a Thursday evening

class from 7.30pm - 9pm at Oakfield Academy.

For more information contact Eva Warman on 01373 464520, eva_warman@hotmail.co.uk, or visit www.puremoves.com.

Qigong with Eva from



Ease pain and stress with remedial massage from The Firm Touch

The Firm Touch offers professional, experienced remedial and deep tissue massage and lymphatic drainage for people from all walks of life.

Bekah Firman has over seven years' experience as a masseuse, and has helped a wide range of people from athletes, runners and cyclists, to office workers and cancer patients.

Bekah says, "Remedial Massage uses manual soft tissue techniques to release tension, fatigue, aches and pains, as well as to prevent injury, aid recovery, promote flexibility and restore bio-mechanical movement."

"I encourage people to visit me by offering a 30 minute consultation at our first session, where I can accurately assess the needs of each client."

"This allows me to provide a unique service just for the individual; it's worlds away from the generic experience you might get at a spa."

Bekah is moving to Frome following her return from maternity leave. She said, "We're moving to settle our new family in Frome; it's a lovely town and I'm excited to work here."

"Remedial massage and other alternative therapies are definitely becoming more popular as people are less reliant on the NHS. A lot more people are exploring different treatments and are becoming aware of new ways to keep themselves healthy."

Bekah's services are not limited to athletes or injured people. Remedial massage can also help those with chronic conditions, stress, or those at risk of repetitive strain injury."

She offers a child-friendly facility so parents can bring children to a safe environment with toys and



colouring books, giving the grown-ups peace of mind and time to enjoy a massage!

The Firm Touch also offers aromatherapy to aid stress reduction, which uses more gentle, flowing techniques to soothe away stress from the body and mind, allowing total relaxation with a wide choice of blended aromatherapy oils.

Gift vouchers can be bought, and discounts are also available should a group wish to take advantage of Bekah's mobile service, providing treatments within your own home!

For more information about The Firm Touch call Bekah on 07432 077200, email bekah@thefirmtouch.co.uk, or visit www.thefirmtouch.co.uk

To find out if the team can help you call 01373 454595, or visit their website www.naturalhealthfrome.co.uk.

£10 OFF ALL TREATMENTS IN JUNE with this advert