

Alternative medicine

Therapy adverts

<p style="text-align: center;">Acupuncture Aches and pains? Stress? Headaches? Back pain? Arthritis?</p> <p>Try acupuncture and you will immediately feel the benefits. Acupuncture balances the body's natural energy.</p> <p>To book a free trial appointment phone 0207 6412973 or e-mail freetrial@acupuncture.co.uk</p>	<p style="text-align: center;">Aromatherapy for Life</p> <p>Discover the healing powers of natural plant oils. A relaxing aromatherapy massage is just what you need to relieve the stress and aches and pains of a busy week at work.</p> <p>For more information look at our website: www.aromatherapyforlife.com or phone Rose on 02028 7769654 for a free trial session.</p>	<p style="text-align: center;">Rainbow Colour Therapy Centre</p> <p>Cure your physical, mental, emotional or spiritual problems with colour therapy. Colour energy is a fantastic healer and encourages normal and healthy workings of the body. Most people don't appreciate the importance of colour in their lives until they discover Colour Therapy. So, book a consultation with one of our qualified therapists by calling Isabel on 0208 9765432 or have a look at our website for more information: www.rainbowcolour.co.uk</p>
<p style="text-align: center;">Hypnotherapy Centre</p> <ul style="list-style-type: none"> • Overcome a phobia, fear or addiction. • Reduce stress and anxiety. • Lose weight or cure sleep disorders. <p>For more information e-mail: jwarren@hypnotherapy.com</p> <p>Or phone: 0208 7979654</p>	<p style="text-align: center;">Happy Feet Reflexology Centre</p> <p>Discover the ancient Chinese art of foot massage to really connect with your body. We can help you to cure back pain, migraines, infertility, sleep disorders, digestive problems and all stress-related conditions.</p> <p>For more information visit our website: www.happyfeet.co.uk Or phone 0207 2247853</p>	<p style="text-align: center;">The London Tai-Chi Centre</p> <p>Practising the martial art of Tai-Chi will help you to relax your mind and body. It will relieve stress, improve your co-ordination and posture. After just two sessions you will become revitalized, more tolerant, more self-confident, stronger and healthier. For a free trial class call Barry Yeung on 0208 8769894 or e-mail: taichicentre@taichi.com</p>

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Patient cards

A - You've been suffering from insomnia for months. You regularly spend three or four hours awake every night. You're exhausted and your work is beginning to suffer.

B - You are recovering from a sports accident and you've had your leg in plaster for a month. You've put on weight and you feel like you need to get back in shape. Your leg isn't as strong as it used to be.

C - You really want to give up smoking. You've tried several times but haven't managed to kick the habit.

D - You are really stressed out. You're working fourteen-hour days and you just don't have time to see your friends or relax. You have a pain in your wrist that you believe is caused by working all day on the computer. You have also recently started getting headaches and backache.

E - You have been on a diet for a year but don't seem to be able to lose much weight. You really want to reach your ideal weight before the summer as you're getting married and want to look really good on your wedding day.

F - You have just moved to a new house in a new area and are feeling quite depressed. Following the move you have terrible backache from moving boxes. You work from home and your new house needs to be completely redecorated.

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