

Spotlight on alternative health

A White Horse News 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.

Westbury is lucky in having a wide range of therapies and treatments available and to start off your search, here is a selection of local practitioners in your area.

The Spirit Sanctuary: 'a centre for healing'

The Spirit Sanctuary in Westbury is a centre for healing in every sense of the word.

Managing Director Jennifer Hall said, "Our main aim is to heal the body from the inside out using a variety of different complementary therapies and meditation techniques."

"At some point in our lives we all encounter anxiety and this can be caused by stressful situations at work, in the family and emotionally traumatic events such as a death.

"When it hits it can feel overwhelming and hard to control; this can mean time off work, loss of earnings and on a more personal level, a 'break down'.

"The Spirit Sanctuary offers support to those suffering with stress and anxiety through the use of complementary therapies such as aromatherapy massage and reflexology and offers courses on meditation to use as a lifelong self-help technique.

"We have recently launched three 'Signature Bespoke Healing Packages' designed to re-balance the mind, body and spirit."

Jennifer, 'the woman behind the business' said, "When I'm not working I love to play with my daughter Ellie; acting silly and making each other laugh is definitely our favourite thing to do.

"Anyone who meets me will agree that I'm extremely friendly and approachable and will give you my most precious of things, my time and presence."

Jennifer, an ITEC qualified Complementary Therapist and qualified Meditation Teacher, recommends having regular treatments to give you the down time you need from everyday life to recharge your batteries and face life refreshed.

"Since starting the business in Westbury a year ago, I have found it to be a wonderful community with a 'people helping people' ethos and have met some wonderful people, some who I have been lucky enough to become great friends with."

Sharon Garrad, a client of The Spirit Sanctuary said, "Jennifer has to be one of the most calming, caring and understanding individuals that I have ever met. Her approach and knowledge to working with clients is second to none. She has the most nurturing of personalities and truly gets to the heart of your needs."

FOR MORE INFORMATION PLEASE CALL: 01373 823 992 OR VISIT: www.thespiritsanctuary.co.uk · www.facebook.com/thespiritsanctuarywestbury



WELLBEING & BETTER HEALTH THE EASY WAY WITH QIGONG

Andy Wright invites you to achieve better health the easy way by taking up qigong.

"Qigong is a Chinese health care system with roots in traditional Chinese medicine," he explains. "It works in a similar way to acupuncture, except without needles. If practised regularly qigong can help with most ailments. It has also been found to improve cardiovascular, respiratory, circulatory, lymphatic and digestive functions."

"Over the years many people have benefited from the positive effects of this gentle exercise system, which is unlike anything else.

"People do Qigong to maintain health, heal their bodies, calm their minds and reconnect with their spirit. The gentle, rhythmic movements reduce stress, build stamina, increase vitality and enhance the immune system. Qigong can be done by any individual, regardless of ability. Each move can be specially tailored to the individual so that they get the maximum benefit from the movement. It can be done in a standing or seated position."

Andy has been prolific in promoting qigong and has had personal experience of its benefits following failed back surgery and won a prestigious Wiltshire Council award in 2009. One year after the operation, he is back teaching even if on a part time basis. The outcome following the operation meant he had major difficulty walking with some doubt if he ever would. He decided to use the qigong to rehabilitate himself.

Andy runs regular weekly open classes all over Wiltshire. He also provides a range of sessions such as private one-to-one training via Skype, social groups (WV) and corporate fitness sessions for workers during lunchtime. Andy also has a professional teacher training programme for those looking for a new career in a rewarding job.



TO FIND OUT MORE ABOUT ANDY'S CLASSES VISIT: www.chikung4health.com

AA PHYSIO

- Neck pain • Back pain • Joint pain
- Sports injuries • Post operative rehabilitation

SETTING up her own business was a win-win situation for Westbury physiotherapist Angela Ashford, of AA Physio.

Both Angela and her clients benefit from the flexibility she can offer from her base in Leigh Park.

Angela is a highly qualified chartered physiotherapist registered with the HCPC (Health Care Professions Council). She has some 18 years of experience working for the NHS, but with her own business she can offer patients the chance to see a physiotherapist quickly, conveniently and locally.

Angela said, "I set up my own practice for the classic reasons - I wanted to offer a friendly, professional service tailored to individual needs, but also have the flexibility to fit my work in around my children and family. Working from home enables me to not only offer appointments during the day, but also in the evenings."

"I started the business three years ago and am now finding I have a lot of repeat clients and have built up a reputation in the area."

"I offer a physiotherapy service to treat a wide variety of musculoskeletal conditions and injuries, both for new and existing conditions. This can include back and neck pain, joint pain, arthritis, sports injuries, and post-operative rehabilitation."

"You can come with or without a GP referral and there is no waiting list. In the first appointment I give a full assessment, and then put together an individually tailored treatment programme based on each individual's requirements and goals."



CALL AA PHYSIO ON: 01373 859997 OR 07794 884627
EMAIL ON ANGELAJASHFORD@GMAIL.COM
OR VISIT HER WEBSITE: WWW.AA-PHYSIO.CO.UK

Improve your quality of life with Solution Focused Hypnotherapy

TOM Gale is a qualified full-time Solution Focused Hypnotherapist helping people across Westbury and the surrounding areas improve their quality of life.

Tom, who has clinics in Leigh Park and Bristol said, "People come to me for help with a wide range of issues including anxiety, weight loss, IBS, chronic pain, sleeping disorders, fears, anger management, and stress."

"However, hypnotherapy can also help in a huge number of other areas, such as enhancing sporting performance and improving confidence."

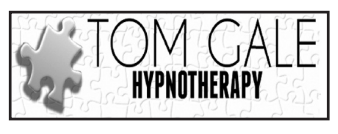
"My priorities are helping people achieve their goals and becoming the best hypnotherapist I can be. I set up my clinic in Westbury because I genuinely love helping people and wanted to be able to concentrate all my efforts on hypnotherapy."

"The therapy is great because it works quickly and focuses on the future, working towards a desired outcome. In some traditional therapies people are often asked to delve into the past or think about their childhood; there's none of that with my treatment - It's practical and forward thinking."

"It's a very relaxing process that draws people into a state of focused attention, where we can access their subconscious mind."

"The client always has complete control over what is happening - misconceptions of a controlling hypnotist with swirling eyes or a swaying watch have long gone. Solution Focused Hypnotherapy is based on modern neuroscience and has been proven to work for many physical and mental conditions."

"I get great feedback from my clients and I am proud that most of my business comes from word of mouth and recommendations. The business has grown very quickly in the past few years, which I'm very pleased about because I've lived in the area my whole life and am passionate about supporting local people."



Diploma of Hypnotherapy and Psychotherapy, and a Hypnotherapy Practitioner Diploma. He is also a member of the National Council for Hypnotherapy and the Association for Solution Focused Hypnotherapy, and abides by their strict guidelines of practice.

To see how Tom can help you, contact him on 07783 469800, tom@tomgalehypnotherapy.co.uk, or visit his website www.tomgalehypnotherapy.co.uk.

www.tomgalehypnotherapy.co.uk | [TomGaleHypnotherapy](https://www.facebook.com/TomGaleHypnotherapy)

East Wing counselling and meditation centre: A compassionate community

East Wing is a counselling and meditation centre situated in Westbury and was set up in October 2013 by Dr Jan Mojca, a local Westbury resident.

The centre, in Church Street, offers a space for the Westbury Counselling Service (WCS) as well as regular meditation and mindfulness sessions.

Jan herself is an experienced psychotherapist with almost 30 years of involvement in the field. She is also a Chaplain and member of the national Buddhist Healthcare Chaplaincy Group. As chaplaincy volunteer she is part of the chaplaincy team at Bath RUH.

East Wing developed as an idea during her chaplaincy training. Jan explains, "During my training as a Chaplain, I became aware, through the Trussell Trust of the huge increase in need of the Food Bank by members of our community."

"Instinctively, when I did my weekly shop, I tried to bear in mind those individuals and families who were going without meals. I made a point of adding a few extra items to my basket to give to the Food Bank, hopefully providing a couple of meals for a family."

"It heartens me to see others doing this too as I'm reminded of how we can really be there for each other at times of difficulty."

This led Jan wanting to do more in the community, to explore and network with others who wished to develop a more compassionate community.

Jan continued, "If I could donate food I figured I could also donate some professional time too. So, together with colleague, Jo Booth, a Bratton resident, the Westbury Counselling Service (WCS) was set up. This unique service is provided by a small group of therapists who believe in the benefits that counselling can bring to an individual particularly at times of distress."

Jo says, "WCS weekly sessions usually run for up to 12 weeks and this service is free of charge. We are able to do this because of the great support we receive from our local charity Crosspoint and because many of our counsellors volunteer their time to our service. All our practitioners are registered members of their professional organisation."

As well as at East Wing, WCS provides sessions at two other places - Crosspoint Welcome Centre in the Market Square and The White Horse Health Centre on Mane Way. Jo also facilitates a community support drop in group at Crosspoint. Appointments for WCS can be made by completing and returning one of the WCS leaflets which are available at the Health Centre, Crosspoint and the Children's Centre on Eden Vale Road.



TO FIND OUT MORE ABOUT EAST WING, VISIT THE WEBSITE www.eastwingpractice.co.uk

A personal, private counselling service

Local woman, Cathy Burton runs a counselling service in Westbury, hoping to meet the needs of adults in and around the town.

Cathy is a qualified counsellor from Westbury with a diploma in humanistic and integrative counselling, and has set up her own private business in the centre of town.

Her service is open to those aged 16 and over, and can help with a range of personal and mental health issues.

Cathy said, "Only too often do we consider how to maintain our physical fitness, but fail to recognise and take care of our mental health needs. I am encouraged that people are giving themselves space and time in their busy lifestyles to work on those difficulties, rather than avoiding them in the hope they will go away, or considering them to be insignificant."

"My belief is always that if something is causing my clients any level of distress then it is significant if they cannot live life to its full potential."

"I provide clients with a safe and confidential space to talk through the things that trouble them. Sessions are weekly, on either a short term or long term basis, depending upon individual needs. Together we explore the client's feelings about current circumstances, but also look at some of their past life experiences."

"Insight into how past events influence the present will enhance the client's understanding so they are able to make better informed decisions. The counselling is about me being supportive, walking the journey alongside my client whilst remaining objective. I will not make clients divulge things they are not ready to explore. My overall aim is to help clients experience a more satisfying life however they decide."

"I am really excited in how my business is progressing. Such was the growing need to meet the demand for therapy, I decided to move into providing full time counselling and haven't looked back. I see such a wide range of clients and they all bring something different."

"One area in which I've had an increasing number of requests is from those coming to terms with pet bereavement. This is a particular interest of mine and few counsellors advertise this as a specific service. As an animal lover myself I know that losing a pet is devastating, and can have a huge impact on someone's life. The grieving process is sadly often made worse when people fail to understand how important our pets are. I also find counselling survivors of trauma particularly rewarding. One area in which I've worked for a number of years is with survivors of domestic violence. As well as depression, anxiety, and low self esteem, counselling can help with a huge variety of issues."



Please contact: 07745 233055 or cathyburtoncounselling@outlook.com or visit: www.cathyburtoncounselling.com

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."



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.

