

Spotlight on alternative health

NICOLA CORVIN (Bsc Hons) Osteopathy
Westbury Osteopathic & Sports Injury Clinic
Leighton Recreation Centre, Westbury. Tel: 07973 953634

**Do you know what Osteopaths can treat
??????**

- Back pain/ neck pain/ sciatica
- Headaches & Migraine
- Joint problems
- Arthritic & aging joints
- Tennis & Golfers Elbow
- Tendon Injuries / RSI
- Trapped nerves & neuralgia
- Sports & remedial massage
- Pregnancy problems
- Children & babies

• Acupuncture
Celebrating 8 years in Westbury
Tel: 07973 953634



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 unrushed, 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.



Hypnotherapy at Courtleigh House Westbury. BA13 3TA MBATH. MBHC. D.HYP

I can help you Stop Smoking. Help you lose Weight. Help you with your fears, anger, depression, anxiety, insomnia, panic attacks, phobias, childhood & emotional trauma. PTSD & More.

My success rate is above 90%.
Initial consultation is FREE!

.....just a brief note to keep you informed of my progress on giving up the weed. It has been over two months since I visited you and I am pleased to say that I have not smoked anything since.
Dave Cooper, Calne.

I came to see you on the 12th of June in just one month I have lost a stone I'm over the moon. Sue Gibbon, War.



**Home Visits
Available**

Please call in confidence:
TEL:01985 988 076

Overcome distress and difficulty with counselling

QUALIFIED counsellor Caroline Le Vine, who is based in Corsley, helps people in Westbury, Frome and Warminster who have an area of difficulty in their lives and are struggling in some way.

"Many people are still wary of counselling, even in these increasingly-enlightened times when mental health and wellbeing is talked about much more readily," says Caroline.

"Some believe that coming to therapy means you're weak or that you've failed in some way; that you should be able to sort things out yourself and that, really, you've nothing to complain about, but I see it completely differently, of course.

"We all face difficulties from time to time but a lot of people simply don't talk about what's troubling them. Sometimes, those problems are relatively easy to resolve and you feel better quickly. But, if a feeling of distress persists, counselling can be of enormous, often life-changing, benefit. I have cards and emails from many, many people telling me how much better they feel and cope after counselling. It's wonderful!"

Caroline is in her fifth year of practice, having qualified with a CPCAB diploma in therapeutic counselling in 2011. As well as private counselling, she works at a college for young adults with learning disabilities.

Having juggled a part-time office job with her counselling training and then practice, she took the plunge into becoming a full-time therapist last autumn and hasn't looked back.

Caroline continued, "I'm busy most weeks which is just how I like it. I'd urge anyone who thinks counselling might help them or someone they know, to find out more. To help people decide, I offer a free half-hour initial session so that we can get to know each other and so that a potential client can feel what it's like to have someone really listen to them without distractions.

"So much of the time, we look as



Caroline Le Vine

though we're listening when really other things are competing for our attention. When you're with a counsellor, this isn't the case; all of their attention is on you.

"I offer every person a compassionate, safe and non-judgemental space to talk about whatever they need to air. Crucially, counselling is confidential which helps people to feel that they can be really open and to talk about even terribly difficult feelings including anger, anxiety, jealousy, grief, shame and depression.

"I also offer the use of tools in the counselling room including drawing or working with objects. Focusing

on dreams, the imagination or the body can also help us all to find out more about our emotions and looking at these aspects of ourselves can be tremendously useful. We're not taught to take them seriously in day to day life, but I see frequently how much they reveal about normal and sometimes painful feelings.

"I'd like to add that there is room for joy and laughter in counselling, as well. It's an opportunity to express the full range of human emotion."

Contact Caroline on 07817 192008; enquiries@carolinelevine.co.uk; www.carolinelevine.co.uk or find her on www.counselling-directory.org.uk

07817 192008 • enquiries@carolinelevine.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.

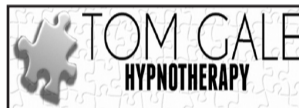
"It's a very relaxing process that draws people into a state of focused attention, where we can access their subconscious mind.

"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



Tom Gale



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."

Tom is fully insured and has a

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

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.

"Having a treatment room at home in Leigh Park offers many advantages - I can offer competitive prices, and there's no problem with parking!"

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