

You may remember that last month we met Elmbridge Complimentary Therapists and I chatted to the group founders Lindre and Susan about their organisation and its members. This month we take a closer look at four of the group's therapists and their specialisations.

Shiatsu

Shiatsu is an ancient oriental healing art, performed with the patient fully clothed, on a futon on the floor. It involves stretches, massage and acupressure to specific points on the meridians (channels carrying vital life force known as 'chi') around the body.



In Shiatsu it is believed that the flow of chi can be disrupted or blocked by tension, poor posture, various lifestyle factors, diet or by emotions such as stress. The chi, when blocked, can cause pain or discomfort in the limbs or organs that they flow through and, over time, can result in impaired functioning of these organs or limbs.

Tense muscles, high blood pressure, headaches, digestive upsets, IBS, and insomnia can all be caused by stress and may eventually lead to serious illness. Shiatsu unblocks the chi, soothes the nervous system, rebalances the body's natural healing mechanism and restores harmony to the mind, body and spirit.

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Remedial Massage

- a physical and mental stress-buster!

Remedial massage is one of the most readily available ways to prevent and

treat muscle injuries, pain and soreness brought on by both the physical and mental stress of everyday life.

Massage is a system of manipulation of the soft tissues of the body with the hands. For thousands of years it was the principal method of treating musculoskeletal problems. The energy that flows through the hands can refresh, regenerate and revitalise. It produces both physical and physiological benefits. It can be used as an injury prevention technique as well as a treatment for injury.

It's based on the fact that soft tissue (muscles, tendons, ligaments and fascia) respond to touch. Most pain is myofascial (soft tissue) in origin. Trigger points (sensitive points in the muscles, which radiate or refer pain to various parts of the body) can mimic many conditions. Muscles not only move our joints, they stabilise them, and provide armour for the internal organs. Minor problems with these functions cause more pain than people realise.

Although many clients who consult a remedial (& sports) massage therapist have pain as a result of specific injuries (whiplash, falls, sports injuries, RSI and other work related problems), the vast majority however may originate in postural alignment problems that sometimes go back to child hood or adolescence.

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Nutritional Therapy

Nutritional therapy is a holistic discipline that uses food to improve and maintain good health. It aims to find and treat the root cause of health problems rather than just treating symptoms.

A nutrition consultation includes a detailed review of your current health, diet and lifestyle; an explanation of how various factors may be impacting upon your health and an agreed Nutritional Programme. Dietary changes include practical food ideas that complement your lifestyle as well as your likes and dislikes.

Nutrition is very effective at combating the effects of stress which can have a wide ranging effect on our bodies from fatigue, depression and



digestive problems to weight gain, PMS and other hormone imbalances. Stress also depletes essential nutrients such as magnesium and vitamins B and C. Simple tests can be performed to identify if the body is stressed and a personalized nutrition programme agreed to re-balance the body.

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Reflexology

Reflexology is a Complementary Therapy that works on the feet or hands enabling the body to heal itself. Following illness, stress, injury or disease, it is in a state of "imbalance", and vital energy pathways are blocked, preventing the body from functioning effectively. Reflexology can be used to restore and maintain the body's natural equilibrium and encourage healing.

A Reflexologist uses hands only to apply pressure to the feet. For each person the application and the effect of the therapy is unique. Sensitive, trained hands can detect tiny deposits and imbalances in the feet, and by working on these points the Reflexologist can release blockages and restore the free flow of energy to the whole body. Tensions are eased, and circulation and elimination is improved. This gentle therapy encourages the body to heal itself, often counteracting a lifetime of misuse.

Michelle has had superb results with reflexology in treating clients with conditions that are stressful such as high



blood pressure, diabetes, depression, gynaecological issues, and a vast experience of infertility, pre-conceptual, ante-natal and post-natal care.

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