WeaverHouse

PROFESSIONAL OSTEOPATHY AND HEALTH CARE

WeaverHouse Newsletter

Summer 2016

Well Summer is now officially upon us, but unfortunately the British weather is as typically unpredictable as ever!

As the practice continues to grow, we have seen some exciting changes to both our Reception Team and our practitioners. We were sorry to see Sally go and wish her well in her new ventures and Marie, although enjoying her retirement, hasn't yet taken up golf! Nicola has returned to the team from maternity leave and it is lovely to have her back with us on Reception, as it is to welcome two new faces, Rita and Tracey to the practice.

Thank you for your continued support.

Kind regards,

Andrew Antoniou, Practice Manager

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Don't be embarrassed about feet!

As part of its annual Feet for Life month in June, The College of Podiatry is looking to raise awareness of common foot complaints. Therefore Michael, our resident podiatrist, is encouraging people to become more foot aware and not be embarrassed about seeking help where needed.

Some of the most common foot problems that can cause embarrassment include foot odour, sweaty feet, verrucae, corns and callus, fungal infections, ingrowing toenails, bunions and cracked heels.

Michael says: "Our feet are one of the most neglected parts of our body, but it's important to keep an eye on them and to know what's normal for you so you can spot any problems. Feet are not supposed to hurt so if you do experience ongoing pain then you need to have this investigated. Don't be embarrassed about seeking professional help; it's a podiatrist's job to treat feet so there will be nothing we haven't seen before. Follow our tips to spot some of the symptoms of common foot problems so you don't have to suffer in silence or hide your feet away in the summer!"

Free Osteopathic Back and Health Assessment Check!

Please share this advert with friends and family who may wish to receive a free 15 minute Osteopathic back and health assessment check, with no obligation to book further treatments*

*New Clients to WeaverHouse only

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Level One Reiki Training Certificate Presentation

Look out for future training dates!

Congratulations to the lovely ladies who completed their Level One Reiki Training with Marie Easom at WeaverHouse. Well done!

Reiki is an ancient Japanese system. It is a simple yet profound system of natural hands-on healing that relaxes and de-stresses. Gentle but powerful it works on your internal energy system, healing on a physical, mental, emotional and spiritual level. Reiki can have a remarkable effect on health and well-being by rebalancing, cleansing and renewing your internal energy.

The method of receiving a Reiki treatment from a practitioner is a simple process. The recipient simply lies on a couch and relaxes. The practitioner gently places their hands non-intrusively in a sequence of positions which cover the whole body. The whole person is treated rather than specific symptoms.

Nicola Frijlink has joined us, offering a wealth of experience in Homeopathy

Homeopathy is a complete system of medicine that has been used for over 200 years and is based on the principles that 'like cures like.' It can be used to treat both acute (sudden onset – injuries, first aid, fevers, etc.) and chronic (longstanding, recurring) ailments.

Homeopathic remedies are non-toxic and non-addictive, they are prepared in laboratories licensed by the department of health to strict standards of quality. They are *not* tested on animals.

Kate Dewhurst
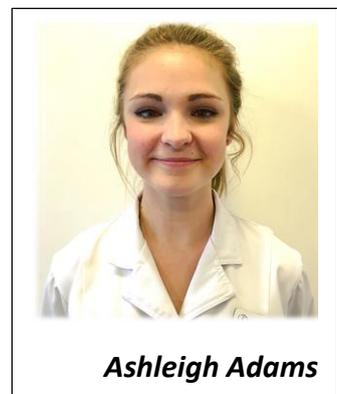
Ashleigh Adams

We are pleased to welcome two new osteopaths to the practice…

Both Kate and Ashleigh are joining us in July and to welcome them to the practice we are pleased to offer a 50% discount* on your first appointment with either of them. Availability is limited so to book please call our Reception Team on 01270 629933 or email info@weaverhouse.com.

*Terms and conditions apply