

Well-being

Healthy choices, naturally

from Millburn Complementary Therapy Centre

Spring/Summer
2015 edition



Make this your year

Let us inspire you to be the best you can.

If you want to make some changes to your life, really take care of yourself and feel empowered to approach your life with joy and excitement, then we may be able to help you.

All our Therapists are experts in their field and love the work they do. As a group of professionals we want to give you the best of our knowledge to help you on your journey to happiness and good health and well-being.

What we offer is different. Having so many therapies under one roof is a bonus as it gives us a great wealth of knowledge. If your therapist thinks you may benefit from another therapists approach, they will explain why and then you can choose if you want to be referred. Sometimes a joint approach is what can really make the difference.



Loyalty Cards

Our loyalty card really offers value for you. When you pay for a treatment at the centre, you get a stamp and when you have 10 stamps, your next treatment is free. (to the value of £35)

You may wish to choose a different therapy for your free session.

Millburn Complementary Therapy Centre, 65 Millburn Road, Coleraine. BT52 1QX

028 7032 1332

www.millburntherapy.org

Sports Therapy If you are interested in getting the most out of your sport, you may want to know exactly what you are getting when you come to see Jill, our Sports Therapist. Jill Topping is specifically concerned with the prevention of injury and rehabilitation to get you back to optimum levels of sports specific fitness, regardless of your age and ability.



What is a Sports Therapist?

Jill, a member of The Society of Sports Therapists is frequently asked "What is a sports therapist?" So here is a definitive answer.

**Using sports and exercise principles they will optimise your performance, preparation and injury prevention.*

**Provide the immediate care of injuries and first aid for anyone in a recreational, training & competitive environment*

**Assess, treat and, where appropriate, refer you on for specialist advice*

**Provide you with appropriate sport and remedial massage.*

**Plan and implement appropriate rehabilitation programmes for you.*

Sport and Exercise Therapy is not just about Sports Massage. However, Sports Therapists will possess massage skills that are an integral part of their practice. Testimonial. *"Best place in town for sports therapy/massage. Highly recommend it, friendly and excellent customer service. Worth every penny"* A.R.

Get your inner Doctor working with Reflexology



Reflexology is a non-invasive holistic therapy which encourages your body to return to its natural state of balance. It is the technique of applying pressure to reflex points on the feet that correlate to all the organs and glands and encourages your body's own natural healing process. Regular reflexology treatments will reduce tension, reverse the effects of stress, increase your circulation and encourage detoxification. Reflexology does not cure – only the body can do that, but it does facilitate healing of your body and mind by giving your inner doctor a nudge.

Emma Kane is in her third year as Resident Reflexologist at Millburn Complementary Therapy Centre. She is qualified and experienced in fertility and maternity reflexology. Emma offers a caring touch and a gentle approach putting clients immediately at ease. She will listen intently to you and your body to help you achieve better emotional and physical health.

"I found reflexology following a traumatic experience. I had feelings of anxiety and an inability to cope. Emma helped give me my life back, to get back in touch with my body and to feel well again."

Emma can facilitate morning, weekend or evening appointments on request.

07595462470 / 028 70321332

emmak31@mail.com/contact@millburntherapy. www.emma-kane.co.uk / www.millburntherapy.org

You don't have to be a worrier

Miriam Somerville

"I worry all the time" is something clients often say to me. I'd like some help because it's making my mood low as well as making me anxious and irritable".

The first thing we'll do is explore why my client feels a need to worry. She may believe that if she doesn't worry, something really bad will happen. Or that worrying about someone close to her means that she cares. She may be worrying to find an answer to a problem that doesn't have a ready solution. We often worry because we don't like uncertainty.

It's often helpful to think about *productive* and *unproductive* worry. Productive worry is useful – "I need to worry to make sure I have enough fuel in the car to get home". So my worry helps me to immediately do something about a problem. Unproductive worry would be, "What if I have an accident on the way home?" There's no easy answer to this but there's a danger that I'll get sidetracked into a worry cycle that will make me anxious but not help me to get home safely.

So if you find yourself worrying ask yourself – "Is there an action I can take to solve this problem?" If not, what's your worry achieving or can you let it go?

If you'd like to learn more about worry, I'll be happy to help.

"A pain in the neck?" Physiotherapy may be your answer

Imagine how easy your life would be without your neck pain. At Coleraine Physiotherapy Clinic we are very experienced in treating this very common complaint. The use of physiotherapy can really make a difference on the road to freedom from pain. The three most common causes that we see and treat are cervical spondylosis, whiplash and muscle tension. Cervical spondylosis is similar to osteoarthritis causing your joints to get worn due to everyday use over many years. Whiplash could be a result of a car accident and cause your ligaments to stretch and your neck muscles to spasm.



Most of us have felt some neck tension during times of heightened stress. Your neck muscles over tighten and you may even experience tension headaches.

What can be done to help?

As physiotherapists, we can help you to manage any neck problems. It is very important that you strengthen the muscles in your neck and improve your flexibility. One of our physio's can advise you on what is the best treatment for your particular condition. There are a number of treatments we can carry out to help you deal with this issue and we can also give you specific exercises to work on the neck muscles. We can also advise on which pain relief to take if you need it.

The Natural Facial Clinic at Millburn

Extending to offer a range of facials. Free consultations available. Come and have a consultation with Joanne who will advise you on the best facial for you.

Microdermabrasion is often referred to as the instant face lift. It is one of the easiest and most effective anti-aging treatments available today. The treatment will brighten your skin, smooth it out, giving you a fresher look and feel. Microdermabrasion, softens fine lines and wrinkles, helps to decrease the appearance of scarring, decreases pore size, and reduces superficial hyper-pigmentation, also known as age spots. Microdermabrasion. 30 mins £40



Aromatherapy Facial 1hr 15min £40. Designed to suit skin type. (Using Do Terra Oils.)

Acupressure Point (Zen) Facial 1hr 15min £40

Bridal packages are available. Ring Joanne on 02870321332

Kinesiology with Michelle Greer How can this help you?

"I have been studying kinesiology since 2011 and I am also a Hatha Yoga teacher. Kinesiology is a whole person approach to bring the systems of the body back into balance. Using muscle testing I work with the physical body to test for physical, emotional, nutritional or energetic imbalances.

"The most accurate diagnosing tool you can have is in your office—**YOUR PATIENT**" This is a very relevant quote from George J. Goodheart, Jr. founder of Applied Kinesiology.

A kinesiology session lasts approximately one hour and begins with a consultation. You are only asked to remove your shoes before lying on the treatment table while different muscles are tested. From the results of the muscles tested I can determine the best treatment for you. Here's a list of just some of the things kinesiology can help with; tiredness, back pain, stress, weight problems, food intolerances/allergies, irritable bowel syndrome, constipation, bloating, indigestion, sports injuries, sports performance, arthritis, mastalgia (breast pain), thyroid imbalances and neck pain.



Often by the time you feel physical pain it is your body's last line of defence to get you to slow down. Many physical aches, pains and ailments can often be brought on by emotional, energetic or nutritional imbalances - kinesiology helps bring you back into balance on every level. [For more information on kinesiology or yoga just give me a ring on 07902 88 60 69 or 028 70321332](http://www.millburntherapy.org)

Feel like you are walking on air. Podiatry for all.

Comfortable feet are something we take for granted until we have a problem. At the foot clinic we specialise in a range of services but one very common one is that of Ingrowing toe nails, Ingrowing toe nails can be extremely painful & can get infected easily These factors can be the cause of your ingrowing toenails.

*Poor fitting shoes

*Not cutting toe nails properly

*Hereditary from other family members

*Fungal infection of the nail which leaves it thickened & easier to grow into the nail bed.



Ingrowing toe nails are easily managed and at the Foot Clinic we can help. If you have trouble with Ingrowing toe nails please do not hesitate to get in contact with us today & help yourself on the journey to having pain free feet.

Treatment is usually pain free & takes no longer than 30 mins. You can even do it on your lunch hour.

We deal with all types of foot complaints, from corns, sore feet to general footcare advice. Give us a ring to find out more. We would be delighted to help. Call 028 70321332 for an appointment.

Womens' health Physiotherapy



Imagine how your well-being would improve if you were free to go where you wanted without having to check where the nearest loo is...

Janice Allen at Millburn specialises in treating women and men with pelvic floor dysfunction resulting in bladder & bowel control problems and/or pelvic pain.

If you have been diagnosed with or suspect that you may have a problem, then an appointment with Janice may help. There is no need for you to feel embarrassed as Janice is an expert working in this specialised field of physiotherapy.

Exercise, advice & other treatments will often improve bladder & bowel control problems. And good news (if you've had symptoms for a while) is that it is never too late to try to improve things as your pelvic floor is usually very forgiving!

Initial appointments take approximately an hour. Follow-up appointments, usually about a month later, last approximately 45 minutes. The appointment time for pelvic pain patients is often up to an hour and a half and more regular appointments may be required.

To make an appointment, please ring Janice

on 0759 6756514 or 028 7032 1332.

BRA BANK **AT MILLBURN**

We have had our Bra bank at the centre for several years now and have raised a lot of money for

Pretty "n "Pink
We need your old bras

They all get sent to women in third countries



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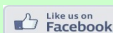
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Relax and feel the wonderful benefit of restoring your body with Acupuncture

"I just feel so relaxed" is a sentence that I very often hear when someone gets off the treatment couch. One of the effects of having an acupuncture treatment is the release of endorphins through your system. This gives you a *wonderful feeling of well-being* with the added benefit of reducing pain in your body. This is one of the reasons that some people find acupuncture is their choice of treatment for stress. Incredibly, a recent survey found that 42% of those questioned in Northern Ireland feel overwhelmed at times, with 40% experiencing anxiety. Although the research shows 1 in 10 of us think stress isn't serious enough to seek help, it's common to feel exhausted, overwhelmed and even depressed so finding the correct support is vital.

Susan Evans has been practising acupuncture for many years.



"A course of traditional acupuncture helps to target the root cause of your problem as treatment is unique for each individual.

Typically the cause could be a deficiency in the body exacerbated by overwork, working long hours, burning the candle at both ends or a lack of proper rest and nourishing food. This can lead to what is termed Burn-out.

Together with a specific treatment plan which addresses diet, exercise and lifestyle, many of my patients find traditional acupuncture to be a wonderfully relaxing experience, often falling asleep during treatment.

For more information ring Susan on 028 70321332

Millburn complementary therapy Centre

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Nutritional Therapy at Millburn

Good news everyone! Morna is now back practising Nutritional Therapy following maternity leave after having Baby Grace. If you who are unsure about what Nutritional Therapy entails, and if it could be applied to your lifestyle, please read on....

Morna specialises in developing bespoke, tailor made nutritional programmes to help you achieve 100% optimum health. She will take a fresh look at your diet and suggest simple, practical changes to help bring your health back into balance.

A one-to-one consultation with Morna starts with a little bit of form filling.

You will receive a questionnaire to fill in and bring along to your

consultation. This asks a bit about your current state of health, any medication or supplements you are taking, what you usually eat and your family history.

Morna will use this information to develop a programme of dietary advice and suggest a few supplements for you to take. She may also suggest some laboratory tests or further investigations to find out how your body is functioning. This will help her develop the best nutritional programme she can for your unique and individual needs.

For client testimonials please see

www.vital-nutrition.co.uk

Contact Morna directly on 07740

555464 or Millburn on 0287032 1332



Aromatherapy for you

Zoe can help smooth away all your tension with a relaxing aromatherapy massage, leaving you feeling calm and peaceful.

Feel the blend of oils chosen specially for you get to work as Zoe gently massages them into your body. Each oil will have a very different effect on you so Zoe will help choose a blend that will address any issues you may have at the time of your treatment. Did you know that eucalyptus oil can be used in a variety of ways? It is anti-inflammatory, antiseptic, deodorant, decongestant and a stimulant to name a few of its properties. This oil is great to improve feelings of sluggishness. Aromatherapy is well known to help improve both your physical and emotional well-being.

Maya massage ...A healing practice every woman should know.



I am incredibly passionate about being able to support and encourage you to take control

of your own health.

I'm very fortunate to have trained with and learnt from the best teachers around the world.

Maya tradition focuses on the connection between our emotional and physical illness. I will offer you a truly holistic approach and empower you to take control of your own wellbeing.

I will support you through all stages and challenges you encounter and will tailor each treatment to meet your individual needs.

Ring Sheila on 02870321332

Therapies now available at Millburn

ACUPUNCTURE Susan Evans has been practising acupuncture for over 28 years and loves the amazing changes that come about using this powerful system of medicine

AROMATHERAPY Zoe McClements has a wonderful healing touch and is now specialising in Aromatherapy for cancer.

COGNITIVE BEHAVIOURAL THERAPY (CBT) Miriam Somerville loves to create a warm and open relationship where problems can be talked about without judgement or embarrassment.

FOOD INTOLERANCE TESTING If you think that your problem is food related, Susan can carry out a simple but very effective finger-prick blood test to find your intolerances.

INDIAN HEAD MASSAGE Joanne Kennedy-Deering has hands that instantly relax you, causing all those worries to float away.

KINESIOLOGY Michelle Greer asks your body to give the answers to your health issues. Unblock your energy pathways to a revitalised you.

MAYA MASSAGE Sheila McCorkell is a master of massage and this treatment is very powerful for helping with fertility issues as well as other abdominal complaints

Natural Facial Clinic Joanne Kennedy-Deering has many years of experience in the field of Natural beauty and now offers Microdermabrasion, as well as her renowned Zen facials

NUTRITIONAL THERAPY Morna Nelson specialises in how the food we eat can affect our health and vitality. Jump out of bed every morning with a zest for life.

PHYSIOTHERAPY Kerry Marsh and Joanne McCracken are both interested in getting your physical health sorted, and your pain eased. Many problems can be sorted in a pair of very capable hands.

PODIATRY Sarah Jane McIntyre will help you to feel like you are walking on air. We all know how comfortable feet are so very important.

REFLEXOLOGY Emma Kane just loves the results that this therapy offers. Regain balance of body and mind and release blocks and tension.

SPORTS THERAPY AND MASSAGE Jillian Topping loves sport and specialises in the treatment of sports related issues. Jill is dedicated to help with preparation for and post sporting events.

WOMEN'S HEALTH PHYSIOTHERAPY Janice Allen specialises in all issues related to women's health. She has many years of expertise in this field.

Boosting your fertility, naturally.

We have several experts here working in the field of natural fertility and have put together a combination of treatments designed to boost your fertility.

The package consists of 2 acupuncture treatments, 2 nutritional consultations and 2 Maya massage treatments.

Call the centre for more details