

The Circle

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Circle of Health Natural Health Centre Newsletter

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WELCOME

We are pleased to announce the start of our new monthly newsletter.

The Purpose is to provide our patients with information about our centre, services and staff.. We would like to keep you keep you informed about developments at Circle of Health.

We appreciate your suggestions and advice.

Everyone at Circle of Health would like to thank our customer's & local residents for their support over the last 3 years

Thank You

Effective & Affordable Health Care For All



AN INTRODUCTION TO CIRCLE OF HEALTH

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It doesn't seem possible that it was over 3 years ago when a plan was hatched to open a natural health centre.

Initially the main problem was location and suitable premises, once this was found we had battle with the council over change the use, but after nearly 6 months discussions we opened.

The original plan was to offer 10 therapies with 4 therapists; even we are surprised how fast it has grown.

Now team of over 20 fully qualified professional therapists offer over 50 therapies ranging from Acupuncture to Zero Balancing.

Circle of Health provides a fresh approach to health by offering a central point for natural therapies to the community in Rustington, East Preston, Angmering, Littlehampton and beyond.

The centre has five fully equipped treatment rooms providing a relaxed, supportive environment with flexible appointment times



CIRCLE OF HEALTH ONLINE

Information on Circle of Health can be found at:-

www.circleofhealth.co.uk

The site gives you details of Therapies available, Therapists and their profile on Offer Profiles of the therapist and the latest offers

Circle of Health has a blog its aim is to show what is happening and any local items of interest the blog that can be found via our website or direct at the following address www.circleofhealth.co.uk/blog



VALENTINES DAY: THE HISTORY

Valentine's Day or **Saint Valentine's Day** is a holiday celebrated on February 14 by many people throughout the world. In the West, it is the traditional day on which lovers express their love for each other by sending Valentine's cards, presenting flowers, or offering confectionery.



The holiday is named after two Christian martyrs named Valentine. The day became associated with romantic love in the circle of Geoffrey Chaucer in the High Middle Ages, when the tradition of courtly love flourished.

An alternative theory from Belarus states that the holiday originates from the story of Saint Valentine, who upon rejection by his mistress was so heartbroken that he took a knife to his chest and sent her his still-beating heart as a token of his

undying love for her. Hence, heart-shaped cards are now sent as a tribute to his overwhelming passion and suffering.

The day is most closely associated with the mutual exchange of love notes in the form of "valentines." Modern Valentine symbols include the heart-shaped outline, doves, and the figure of the winged Cupid.

Since the 19th century, handwritten notes have largely given way to mass-produced greeting cards.

Greeting Card Associations estimates that approximately one billion valentines are sent each year worldwide, making the day the second largest card-sending holiday of the year behind Christmas.



*WHY NOT TREAT YOUR LOVED ONE
WITH A COH GIFT VOUCHER*

IN FOCUS 1 - HOMEOPATHY FOR TODAY

Homeopathy has been used successfully for over 200 years, treating the whole person.

Homeopathic remedies are natural safe, gentle, non addictive, & suitable for all ages, they are effective for acute or chronic conditions on a physical, mental and emotional level.

During a consultation a picture is built up of where your health is now and what has happened along the way. All aspects of your lifestyle are taken into account and remedies are prescribed to match the presenting symptoms.

Anytime of the year can be stressful, for some the pressures are family for some it just finance for others it may be just the change of diet or extreme changes weather.

Whatever the individual of family stress may be, homeopathy is able to support you and your family over this period.

Helpful for:- Childhood ailments, in Pregnancy and behavioural problems, Stress, Eczema, Asthma, Coughs, Migraines, Anxiety, ME, Menstrual & Menopausal problems, Injuries, Digestive problems, IBS, Grief, Bereavement and many more conditions.

For more information or to talk to a homeopath give Christine a call on 01903 856 801

SPECIAL OFFER
£10 OFF

First Consultation
Offer closes 15th March 2009



IN FOCUS 2 - UNDERSTANDING BACK PAIN

Four in five adults experience back pain at some point, but the back is so complex every person needs individual treatment options.

Your spine comprises 24 bone blocks called vertebrae, stacked on top of each other, resting on the pelvis and topped by the skull. Between each vertebra are spongy but tough cushions called discs, which act as shock absorbers and give the spine its flexibility.

People injure their backs in all manner of ways, and often the pain is a result of a strain rather than a dramatic accident.

So why do we experience so much pain and what can we do to reduce our risk of injury?

The spine wasn't designed for sitting in front of a computer or behind the wheel of a car for long periods.

The consequences of such actions are often all too uncomfortably, and painfully, apparent.



TREATMENTS AVAILABLE FOR BACK PAIN.

Acupuncture
Alexander technique
Bowen Technique
Breuss Massage
Dorn Method
Hydrotherm
Osteopathy
Qi Gong
Reflexology
Remedial Massage
Scenar
Shiatsu
Sports Massage



IN FOCUS 3 - HYDROTHERM MAGIC....

Imagine you are floating on a bed of warm water. You are about to experience a complete body massage – but you aren't going to turn over even once!



Lying on two warm water cushions, kept at a pleasurable 37 degrees, you remain face up throughout the entire treatment. Your whole body is supported in perfect spinal alignment. The usual disruption of turning over halfway through your treatment is avoided. The sensation of floating and the feeling of warmth envelop you...

Whatever type of treatment you are about to experience - a full body or back massage, a beauty treatment or facial, or a remedial or physiotherapy treatment - you will be more comfortable and relaxed than with any conventional type of treatment.

The relaxing warmth of the Hydrotherm System promotes an immediate sensation of well being, enhancing the therapeutic effect of the massage.

The gentle heat of the water helps to soothe painful areas allowing the Therapist to work more deeply with less discomfort for the client.

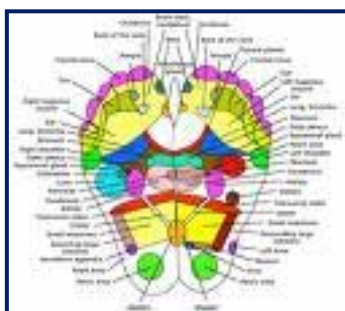
Through water displacement rather than through physically lifting the client, Hydrotherm permits the therapist to work using the client's body weight as the source of pressure, facilitating a deeper, more holistic massage technique.

To experience a Hydrotherm treatment for yourself give us a call



IN FOCUS 4 - REFLEXOLOGY

Reflexology works on the feet or hands enabling the body to heal itself.



Whilst the art of reflexology dates back to Ancient Egypt, India and China, it wasn't until 1913 that Dr William Fitzgerald introduced this therapy to the West as 'zone therapy'. He noted that reflex areas on the feet and hands were linked to other areas and organs of the body within the same zone. In the 1930's Eunice Ingham further developed this zone theory into what is now known as reflexology.

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.

Reflexology has been shown to be effective for

- Back Pain
- Migraine
- Fertility
- Arthritis
- Sleep disorders
- Sports Injuries
- Hormonal Imbalances
- Digestive disorders
- Stress-related condition

If you would like to try Reflexology or talk to a reflexologist give us a call

FEBRUARY - SPECIAL OFFERS

FREE 30 MINUTE SPINAL CHECK WITH JACQUI BLACK

quote JB

£10 OFF FIRST HOMEOPATHIC CONSULTATION WITH CHRISTINE MOSS

quote CM

FREE NUTRITION AND VITAMIN CHECK

quote SH

TASTER SESSION THROUGHOUT THE MONTH

Call for details

A RANGE OF JEWELRY IDEAS & GIFT VOUCHERS

Call in to view

10 % DISCOUNT ON BOWEN APPOINTMENTS DURING FEB 2009

Quote KB

DURING THE MONTH OF FEBRUARY WE ARE OFFERING A RANGE OF FREE TASTERS THROUGHOUT THE MONTH.

THESE INCLUDE

REMEDIAL MASSAGE

SPORTS MASSAGE

REFLEXOLOGY

SHIATSU

INDIAN HEAD MASSAGE

REIKI

HOMEOPATHY

CALL FOR 01903 856 801

FOR AVAILABILITY AND TO BOOK

Quote FT



COMMUNITY:

3 FAMOUS RUSTINGTON RESIDENTS

Over the years many Famous people have lived in Rustington below are three of the best Known.



JM Barrie, author Best known for writing *Peter Pan*

Sir Charles Hubert Hastings Parry, 1st Baronet composer,
He was best known for the choral song Jerusalem,

Brian (H.B.) White cartoonist

He created 'The Nipper' for the Daily Mail between 1933 and 1947.



RUSTINGTON & THE TWO WORLD AIR SPEED RECORDS

Two world air speed records were set on the date 7th September over Rustington sea front.



Record 1 - set on 7th September 1946, by Group Captain Teddy Donaldson, flying a Gloster Meteor Star. Donaldson also became the first man to break the 1,000 km/h barrier.



Record 2 - set on 7th September 1953, by Squadron Leader Neville Duke, flying Hawker Hunter WB188, at a speed of 1170.9 km/h.

To celebrate, on 7th September 1996, Neville Duke returned to Rustington to unveil a plaque, marking the event. He was joined by a Gloster Meteor and a Hawker Hunter, which flew over Rustington sea front.



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AND FINALLY

This is a section for your comments items and thoughts, if you have anything to say or ideas. If you would like us to include an item in the next issue please email us.....

And finally the thoughts for the Month.....

I would rather fail in a cause that will ultimately succeed than succeed in a cause that will ultimately fail. -Woodrow Wilson

"Obstacles are what you see when you take your eyes off your goal" - Anon