

a centre for
health & wellbeing

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Welcome

The Westoe Practice is a multidisciplinary centre for Health and Wellbeing, providing an array of professional and complementary therapies. Established in 1995, we offer a fully integrated and holistic approach to healing and the attainment of optimum health.

At the Westoe Practice we are very proud of our therapists who have been hand picked from the very best in the region. Our aim is to assist you with your **physical, mental, and emotional well-being**. Be it a bad back or painful feet and legs, digestive problems or unresolved fears and emotional issues we can help you!

At the Westoe Practice we look at the whole person and **understand symptoms as the body alerting us to imbalances**.

The practice integrates a variety of diagnostic techniques and assessments with treatment procedures that enable us to help our clients with a wide range of conditions.

If you are looking for pure relaxation then **our centre is a tranquil haven for those seeking to escape the stresses of modern living**. Our treatment rooms and facilities are of the highest standard to complement the therapy which best suits your individual needs.

Are you looking for an answer to your health concerns?

“Our team of highly skilled therapists are here to support and guide you on your journey towards optimum health, fitness and wellbeing.”



Total Health Programme and Intergrating Therapies

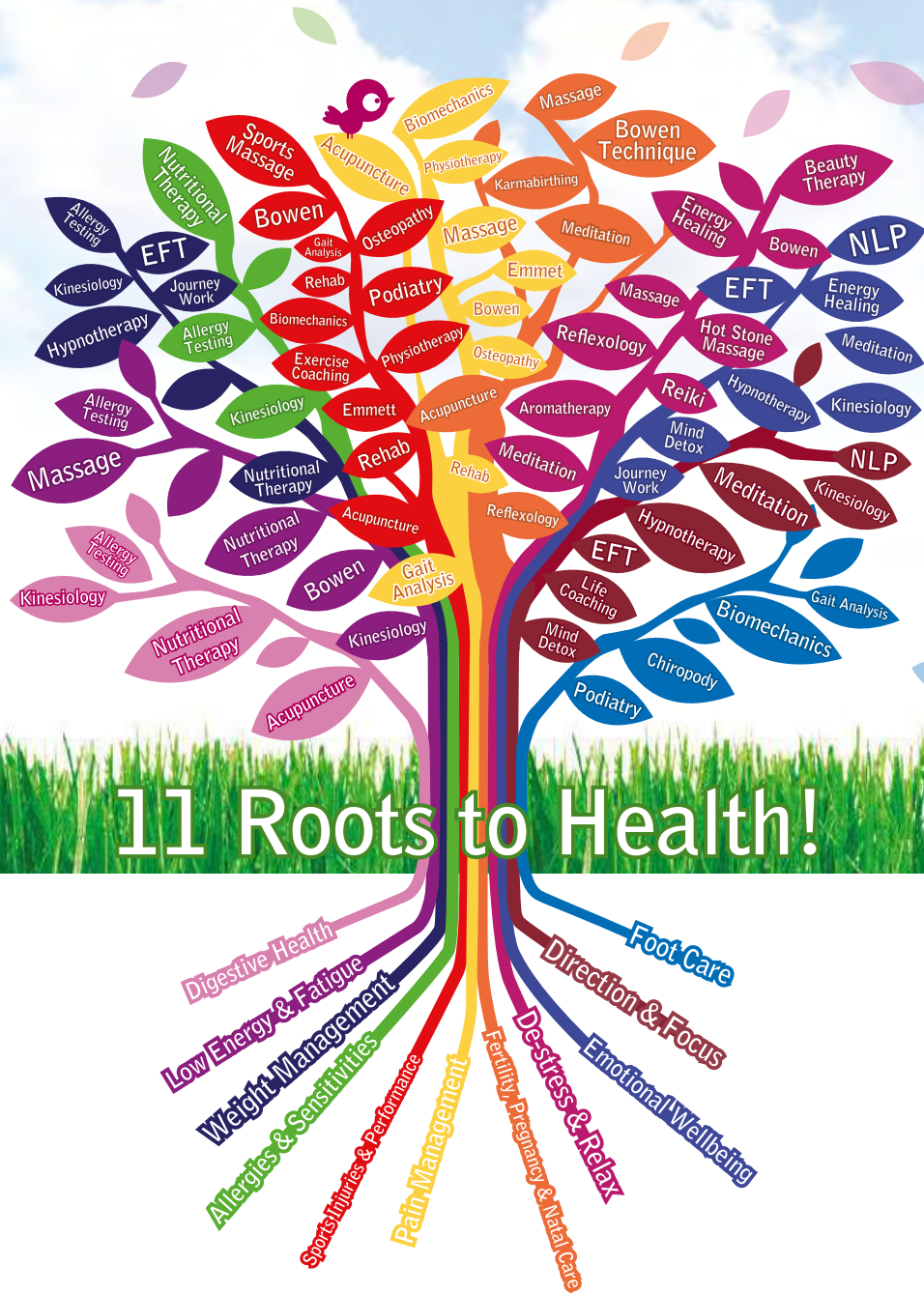
Allow us to guide you on your path towards optimum health... Our **Free Total Health Programme** consultation is designed to help you identify the therapies and treatments best suited to your individual health needs.

The food we eat, our body alignment and posture, chronic pain, our stress levels, the toxins in our bodies and any emotional blocks in our lives all contribute towards our overall health and well being and can constitute the underlying causes of ill health and disease.

Our Total Health Programme has been developed so we can offer a fully integrated approach to health issues. Simply fill in and submit the Total Health Questionnaire online at www.westoepractice.com or collect a copy from our reception. This form will be reviewed by members of our team and we will contact you to arrange your free telephone consultation

To book your free telephone consultation call: **0191 4250101** or speak to our receptionist who can answer any queries.

Our Free Total Health Programme will help you decide!



11 Roots to Health!

Digestive Health

Do you have the **guts** to be healthy?

A healthy digestive system lies at the heart of good health. Many apparently unconnected symptoms such as fatigue, skin problems and back pain are often linked to problems in the gut. Problems such as bloating, wind and constipation are all tell-tale signs that your digestive system may not be working as it should be.



At The Westoe Practice we can guide and assist you with lifestyle changes and natural solutions for a healthy digestive system.

Low Energy and Fatigue

Do you have the **energy** to fuel your life?

Let us help you put the bounce back into your life and rediscover your vital energy.



At the Westoe Practice our team can help you optimise your daily energy needs. We offer effective natural, holistic solutions to fatigue based issues that are designed to address the underlying causes.

Weight Management

Is your **weight** pulling you **down**? Are you tired of yo-yo dieting? Do you eat very little and still find it hard to lose weight? Difficulty losing weight can be caused by a range of underlying conditions. For example food intolerances can affect the ability to lose weight, as can eating to comfort unresolved emotional issues such as anger, sadness or anxiety. Imbalances in our digestive system such as a yeast overgrowth could also lead us to crave those foods most likely to add weight such as carbohydrates and sugars.



At the Westoe Practice we can help you identify and address the hidden causes underlying your weight problem.

Allergies and Sensitivities

Could **allergies and Sensitivities** lie at the root of your health problems?

Many people suffering from chronic ill health are suffering from undiagnosed allergies and sensitivities. The physical symptoms can vary greatly from digestive and skin problems to behavioural problems, mood swings and memory issues.



At the Westoe Practice we offer a specialised service aimed at identifying whether allergies or sensitivities could be an underlying aspect of your health issues. We then work with you to support the elimination of these substances where possible, and help you regain a strong immune system which is necessary to reduce and eliminate reactive health issues.

Sports injuries and Performance

Is Injury preventing Peak performance?

For those who take fitness seriously, place your body in safe professional hands. We provide an integrated team approach to injury management and prevention. We offer comprehensive biomechanical assessments, movement screens and gait analysis, providing state of the art facilities, including the world renowned computerised foot scanning technology and video gait analysis with high speed video cameras that record at 1200 frames per second.



Our team of specialists are renowned throughout the North East as being experts within their chosen field. We offer Osteopathy, Physiotherapy, Biomechanics, Podiatry, Acupuncture, Bowen, Emmett, Massage, Exercise Therapy and Rehab.

Pain Management

Is Pain holding you back?

Pain takes many forms. Whatever the form, pain can prevent us from getting the most out of life. Whether the pain is from acute injuries where pain quickly becomes debilitating or chronic long term pain, you don't always have to live with it.



At the Westoe Practice you can be assured you will be in safe hands. We believe our team of physical therapists to be the best in the region and experts in the area of pain relief and restoring optimal movement and function. We provide Acupuncture, Osteopathy, Physiotherapy, Biomechanics, Podiatry, Bowen, Emmett, Massage, Exercise Therapy and Rehab. We take care of your pain, allowing you to enjoy your life.

Fertility, Pregnancy and Natal Care

Is your reproductive health a cause for concern?

Planning for and conceiving a baby can be one of the most exciting experiences in a couple's life and anticipating parenthood can be an emotional and fulfilling time. At the Westoe practice our team can help you achieve balanced health, so your body can work to the best of its ability.



We offer an array of therapies from Reflexology and Acupuncture to Meditation and Karmabirthing, guiding and supporting you throughout your journey.

De-stress and Relax

Can you find calm amidst the chaos?

Sometimes we need to press pause...and let go...just for a moment. At The Westoe Practice choose from an array of natural therapies and connect with inner peace right now...nurture yourself so you can feel good from the inside out.



Emotional Wellbeing

Do you have the emotions to be balanced?

The mind and body are intimately connected. Due to that connection, if you carry around a lifetime of unresolved emotional issues, you can experience dis-ease within your body and mind. At the Westoe Practice we can help you to effectively and permanently remove negative beliefs and quickly and effectively deal with unresolved emotional issues.



By detoxifying your mind blocks you can more easily experience the levels of peace, happiness, health, wealth and vitality that are not only your most natural way of being; but also your birthright as a human being.

Direction and Focus

Do you have direction, focus and drive?

In order to keep your life on track it's essential to have clear goals and well defined strategies to achieve those goals. Recognising what you do want enables you to let go of what you don't want, so you can move forward with purpose and confidence.



Our team of experts in Life Coaching, NLP, Hypnotherapy, EFT, Kinesiology, Mind Detox and Meditation can support you to identify your goals and develop your strategy for achieving them by helping you to build and maintain dynamic levels of motivation and performance.

Foot Care

Are your feet fit for walking?

The feet are the foundations of the body and carry you around an average of 2,000 footsteps every day. Their condition and alignment affects your overall comfort and posture, which is why we believe it is important to take care of them. Our team of HPC reg Chiropodists and Podiatrists are specialists in feet and undergo extensive training in the diagnosis, treatment and prevention of foot and ankle disorders.



We are reputed for the outstanding foot care service we provide. Why not let us take care of yours...

For further advice call us on: **0191 4250101** or visit our website www.westoepractice.com

“ Pain is the bodies way of letting you know something is wrong. Listen to your body and act on it. ”

Therapies we offer include:

Podiatry and Chiropody ○○

Podiatry and Chiropody involves the prevention, diagnosis and treatment of a wide range of foot and lower limb disorders, providing specialist foot care whether you are an adult or child. Our Podiatry team also address pain in the legs, knees, hips and back and look into the way your feet function during standing and walking. At the Westoe Practice all of our Chiropodists and Podiatrists are HPC registered and can assist you with the necessary treatment and advice required to put a bounce back in your step.



Podiatry and Chiropody can help with:

- Corns
- Calluses
- Heel pain
- Nail conditions
- Verrucae
- Arch pain
- Bunions
- Ankle pain
- Hammer toes
- Achilles Tendonitis
- Knee & Hip pain
- Back pain
- Metatarsalgia
- Nail surgery
- Routine foot care
- Shin splints
- Orthotics
- Specialised insoles

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Acupuncture ○○○

Acupuncture is a form of traditional Chinese medicine that has been used for thousands of years in order to stimulate healing and restore the body's natural balance.

Acupuncture involves inserting very fine needles into key points situated along specific energy pathways (meridians) all over the body. It is a complete system of medicine, which relies on a thorough diagnostic process and precise clinical skills. Understanding and treating the cause of a condition, rather than just the symptoms, acupuncture can give long-lasting relief and a profound feeling of health and vitality.

Acupuncture can help with:

- Arthritic pain
- Back pain
- Sciatic nerve pain
- Digestive health
- Hayfever
- Anxiety
- Stress
- Menopausal Symptoms
- Fertility issues



Biomechanical Assessment and Gait Analysis ooo

Sometimes injury and pain occurs for no known reason and just wont go away. Or you recover and then along comes another niggle! This is where a Biomechanical Assessment and gait analysis fits in, aiming to find the exact cause of foot, ankle, knee, hip or back pain.

The Biomechanics Centre at the Westoe Practice is run by **Dean Glozier** who has over 18 years' experience in Biomechanics, movement, Gait analysis and musculoskeletal Podiatry. Dean and his team will carry out a comprehensive assessment of the structure, alignment and function of your body paying particular attention to the feet, ankles, legs, thighs, hips and lower back. Using video gait analysis, slow motion movements are captured and a digital foot scanner records foot pressure data and body function during standing, walking and running.

Your feet provide the foundations for your entire body. Standing, walking or running on hard, flat unnatural surfaces creates low grade repetitive movement and displacement within the feet creating a series of compensations in the complex body structure above them. Eventually these imbalances can take their toll, as muscles and joints are strained, leading to injury and pain.

Treatment may include joint mobilisation and manipulation, muscle corrections, footwear guidance, corrective exercise and foot Orthotics if required. We provide a wide range of Orthotics and are very proud of our 3D optical foot laser scanner which captures precise models of your feet and transmits the data directly to the lab where Orthotics are manufactured using CAD CAM technology.

A Biomechanical Assessment can help with:

Orthotics are designed to be worn inside everyday footwear, improving foot and leg function likewise improving posture, walking and running. This can be likened to having the tyres balanced on a car.

- Heel pain
- Ankle pain
- Back pain
- Foot pain
- Metatarsal pain
- Arch pain
- Achilles Tendonitis
- Knee pain
- Shin splints
- Hip pain
- Poor posture
- Sports Injuries

www.thebiomechanicscentre.com

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Osteopathy ○○

Osteopathy is a form of manual medicine that focuses on total body health by treating and strengthening the musculoskeletal framework, which includes the joints, muscles and spine. Its aim is to positively affect the body's nervous, circulatory and lymphatic systems.

Treatment is different for every patient but may include techniques such as soft tissue massage, mobilisation and manipulation to release tension, stretch muscles and relieve pain.

Osteopaths must study for four years fulltime for an undergraduate degree. This permits an in depth study of the anatomy and the treatment of a range of injuries and conditions.

Osteopathy can help with:

- Back pain
- Whiplash
- Sports injuries
- Sciatic pain
- Muscle spasms
- Neck pain with headaches
- Arthritic pain
- Neck pain
- Frozen shoulder

Cranial Osteopathy ○○○

Cranial Osteopathy is a gentle form of treatment utilising gentle touch. The skull subtly expands and contracts at a rhythm that coincides with fluctuations in blood pressure (THM oscillations). By feeling where movement is tight or restricted Cranial Osteopathy uses gentle pressure or certain holds to facilitate relaxation of these tight areas in the head.

Birth trauma or just day to day tension can create areas of restriction amenable to Cranial Osteopathic treatment.

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Physiotherapy ○○

Whether you are looking to overcome injuries, abolish pain, recover from surgery or attain optimum health, physiotherapy will move you closer to your potential and the highest possible level of function and performance you can attain.

Physiotherapy helps restore movement and function to as near normal as possible when someone is affected by injury, illness or by developmental or other disability.

Physiotherapy can help with:

- Low back pain
- Muscle Imbalance Management
- Post Op Management
- Tennis Elbow
- Osteoarthritis Management
- Frozen shoulder
- Neck pain
- Shoulder Impingement
- Fracture Management

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Bowen Therapy & NST ○○○○

Bowen Technique and NST (Neuro Structural integration Technique) are remarkable and skillful bodywork therapies which alert the body's innate healing mechanism. Using specific cross fiber rolling moves over muscles, tendons, fascia, ligaments and nerves, neurological impulses are sent to the brain, encouraging the body to resume its natural healing process, rebalancing, realigning and correcting any dysfunctions.

Bowen and NST can stimulate a rapid and profound reduction in pain while quickly increasing energy levels and stimulating better health. Bowen Technique and NST work with all the body systems and are highly regarded for their effectiveness in resolving structural conditions.

Bowen & NST can help with:

- Sports Injuries
- Back pain
- Neck pain
- Frozen Shoulder
- Elbow & Wrist Problems
- Body Balancing
- Jaw Pain & TMJ Dysfunction
- Hip & Knee Pain
- Infant Colic
- Postural Problems
- Pain Management
- Stress



Emmett Technique ○○

Emmett Technique is a unique body therapy which addresses muscle imbalances, aiming to reduce pain and discomfort and restore musculoskeletal function.

Emmett Technique uses a combination of direct pressure and moves over soft tissues to release specific muscle groups and allow the body to return to a state of balance. The results are often dramatic, and can be instantaneous, with most clients recognising the improvements in pain levels and range of movement before leaving the clinic. Emmett practitioners are trained in assessment skills and how to use the best combination of moves to effect change. Emmett works well alongside any bodywork therapy and greatly enhances the results.



Emmett Technique can help with:

- Sports Injuries
- Back pain
- Neck pain
- Frozen Shoulder
- Elbow & Wrist Problems
- Body Balancing
- Jaw Pain & TMJ Dysfunction
- Hip & Knee Pain
- Infant Colic
- Postural Problems
- Pain Management
- Stress

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Corrective Exercise/Rehabilitation ○○

Corrective Exercise is paramount for getting back to function following pain or injury and in preventing further problems. There are many health and sports performance reasons why corrective exercise is important for you. Your goal may be anything from eliminating pain to enhancing your athletic ability and you can achieve this through therapeutic exercise.

Following an in depth functional movement screen, a corrective exercise programme is carefully designed. Emphasis is placed on postural alignment, muscle strength and flexibility imbalances, movement patterns, core function and body composition. Exercise Therapy helps to determine which exercises are required to create balance in the body, bringing back functional and pain free movement, preventing and resolving injury and pain.

Corrective Exercise can help with:

- Lower back pain
- Frozen shoulder
- Body balancing
- Disc problems
- Knee pain
- Neck problems
- Hip problems
- Shin splints
- Sciatica
- Aches and pains



Massage Therapy: ○○○○○○ Holistic Massage

Holistic Massage is a deeply relaxing way to experience massage. Depending on whether you want to feel invigorated or relaxed, your therapist will use a pre-blended oil that suits your needs. The massage itself involves the oil being applied to the body in long, soothing strokes, with your therapist working with your body in order to promote that deep sense of relaxation and oneness.

Holistic Massage is a wonderful way to look after your own wellbeing, relieving pain, boosting the immune system improving circulation, digestion, muscle and skin tone.



Hot Stone Massage

Hot Stone Massage is the ultimate in relaxation. During the treatment, oil is applied to the body prior to heated volcanic stones being used to give a deep massage. The stones are also applied to certain points of the body during the treatment to promote the intensity of the heat permeating through. This is a deeply relaxing and comforting treatment and the hot stones aid the release of tension and knots.



Aromatherapy Massage

Aromatherapy Massage uses essential oils which are the pure essence of a plant and have been found to provide both psychological and physical benefits, with every essential oil having its own individual therapeutic characteristics and actions. The Aromatherapist carefully selects and blends oils to suit your individual needs, assessed in an initial consultation. Through massage the blend is applied, soothing and rejuvenating the body and mind. After the massage, the therapist may suggest a blend of oils for home use.



Indian Head Massage

This is the perfect way to release stored up physical and emotional tension and stress. Indian Head Massage focuses on the upper back, shoulders, neck and scalp. The massage works deeply with the muscles and incorporates effleurage and pressure points to relieve tension knots, leaving you relaxed, revitalized and re-energized.

Sports Massage

Sports Massage uses techniques for the specific benefit of all sports and exercise participants and for those with work and posture related restrictions. It uses more pressure than most forms of massage, releasing muscle tension, breaking up adhesions and scar tissue and restoring balance to the musculoskeletal system, encouraging the body to heal and repair.



Deep Tissue Massage

Deep Tissue Massage aims to stretch and loosen muscles which need attention or which have sustained injury. Deep Tissue Massage focuses on the deeper layers of muscle tissue. It helps to break up and eliminate adhesions and scar tissue, releasing deeply-held patterns of tension, removing toxins, while relaxing and soothing the muscle. It is both corrective and therapeutic.

Myofascial Release

Myofascial Release works on releasing holding patterns within the connective tissue or fascia of the body. Fascia not only surrounds the muscle, but also binds the individual fibres. Often shortened fascia will hold our muscles in a shortened position or bind them to other muscles and structures causing pain and dysfunction. Releasing parts of the fascial network can bring about rapid improvement to function, releasing injury and pain.

Massage can help with:

- Sore muscles
- Sports injuries
- Back pain
- Aches and pains
- Arthritic pain
- Tendonitis
- Stress
- Strains and sprains
- Improve circulation
- Chronic pain



Reflexology ○○

Reflexology is an ancient healing technique that works on the principal that all of the major organs, systems and glands of the body correspond to reflex areas of the feet. In stimulating these points, the whole body is assisted to come back into balance and release toxins. Reflexology is a deeply relaxing complementary therapy.



Maternity Reflexology ○

Maternity Reflexology is used to nurture the woman on a physical, emotional and spiritual level - pre conceptually, throughout pregnancy, the birth itself and during the postnatal period by balancing all the body systems and gently assisting the body to work to the best of its ability.



For further advice call us on: **0191 4250101** or visit our website www.westoepractice.com

Karmabirthing ○

Karmabirthing is a complete birth education program, that teaches simple but specific self hypnosis, relaxation, massage, EFT and breathing techniques for a better birth. Taught by a qualified working midwife, with Karmabirthing you'll discover that severe pain does not have to be an accompaniment of labour. You'll learn how to release the fears and anxieties you may currently have about giving birth, and how to overcome previous traumatic births. Karmabirthing lets you discover and experience the joy and magic of birth and helps to prepare you for every eventuality.



Natural Beauty Therapy ○

We pride ourselves on using the finest natural products wherever possible, carefully selected to soothe body and mind.

- Eyebrow and eyelash tint and shape
- Waxing: eyebrow, facial hair, underarm, bikini, leg, back and chest
- Holistic Facials
- Manicure
- Pedicure



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“Natural forces within us are the true healers of disease.”
-Hippocrates

Allergy testing ○○○○

Allergies, intolerances and sensitivities are very common and affect our overall health and wellbeing. We are able to test for any negative effects that many different substances including food types, pollens, additives, chemicals, perfumes and metals have on your body. Kinesiology is our preferred method, although we can order a simple blood test.

Allergy testing can help with:

- Digestive problems
- Anxiety
- Asthma
- Headaches
- Skin conditions

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Kinesiology ○○○○○

Kinesiology is a holistic natural health care system that uses muscle testing procedures to identify and correct imbalances which often result in symptoms and disease. Wellbeing resides upon the balanced harmony of our body's chemistry, structure, emotional and subtle energy state, ill health results from underlying imbalances which then result in symptoms and disease. By balancing the body holistically, Kinesiology enhances health and wellbeing, rather than suppressing the symptoms.



Kinesiology uses a range of techniques and these include allergy and sensitivity screening, massage, nutrition, herbal remedies, energy reflexes including acupuncture, neuro muscular release techniques, Bach flower remedies, Neuro Linguistic Programming and Magnet Therapy. Kinesiology does not claim to cure any condition, but works to restore balance and has been shown to benefit many conditions.

Nutritional Therapy ○○○○

A Consultation with our Nutritional therapist can help you discover the root cause of your ailments and assist you in achieving Optimum Health and newfound energy. Nutritional Therapy aims to change your biochemistry from an unbalanced state which may be causing minor or distressing symptoms and ultimately disease - to a state of balance. Optimum Nutrition is very simply giving yourself the best possible intake of nutrients to allow your body to be as healthy as possible.

Nutritional Therapy can help with:

- Tiredness
- Arthritis/Rheumatism
- Low mood
- Digestive complaints
- Frequent infections
- Chronic Fatigue/ME
- Weight gain or loss
- Menstrual symptoms
- Skin problems
- Headaches
- Asthma
- Candida
- Allergies
- Blood pressure



Life Coaching and NLP ○○

Life Coaching is the practice of supporting and enabling you to focus on the present and future to identify, clarify and then set a plan to achieve goals. You may have arrived at a point in your life when you feel you need some assistance in determining exactly where you are professionally and personally; how you have arrived where you are; and then determine where you want to be in the future.

NLP- Neuro Linguistic Programming is used for personal development and for success in business. NLP is the practice of understanding and improving how people organise their thinking, feeling, language and behaviour to produce the results they want. Using NLP strategies and techniques it is possible to improve how you think, behave and feel. NLP is extremely useful to deal with a lot of different issues including stress, emotional problems, anxiety, anger management, negative thinking, phobias, panic attacks and goal achievement. It gives a flexible approach which brings positive, fast change in individuals and organisations improving your performance and assisting you to achieve excellence in all areas of your life.

Life Coaching can help with:

- Finding your new direction
- Creating and managing change
- Raising your confidence and self esteem
- Increasing motivation
- Maximizing your lifes potential

NLP can help with:

- Relationships and communication
- Setting and achieving your goals
- Managing changes
- Public speaking
- Being and staying confident

Emotional Freedom Technique (EFT) ○○○

EFT is a powerful and invaluable tool adopted in the management of mental and emotional issues. EFT uses a precise and defined sequence of gentle tapping on specific points on the body, whilst holding problematic thoughts and transforming these into positive affirmations. EFT can be likened to resetting the body's circuit board, changing the way you respond to problems in your life.

Journey Work ○○

The Journey is cutting-edge transformation and healing work pioneered by internationally acclaimed, best-selling author, speaker and mind-body-healing expert Brandon Bays. This work is a way of reaching those deeply hidden emotional traumas that we experience, often in childhood and at other times, and which we have been unable to express or articulate at the time. Whenever we experience emotional trauma or shock, some memory of it is stored on a cellular level. The Journey is a simple but effective process to uncover whatever issues have become self-limiting or unhealthy in some way.

Mind Detox Method™ ○○

The Mind Detox Method™ is a highly effective technique to help find the root cause reasons to many of life's limiting beliefs and emotional, physical and behavioural problems. It is an amazing tool to improve your quality of life in a permanent way. Mind Detox can help you to reduce stress, improve health, attract what you want and enjoy more inner peace and happiness. It helps you to 'change your mind' and, more importantly and effectively for the long term, 'change your relationship with your mind'.

The Mind Detox Method™ can help you to once and for all discover and resolve the hidden causes of your life stresses and physical health conditions. Resolving and healing each issue with the Mind Detox Method™ will allow you to move forward in your life in a much more positive and empowered way.

To book your free telephone consultation call:

0191 4250101 or speak to our receptionist who can answer any queries.



Hypnotherapy ○○○

Hypnotherapy uses the power of the mind to assist healing of physical and emotional problems. Hypnosis is a state of profound relaxation where you remain completely in control and utilises various deep relaxation techniques and positive suggestions intended to change behaviours and alleviate symptoms.

Hypnotherapy allows you to connect to your inner self, promoting psychological and physical healing. It can give you the guidance, the understanding and the tools you need to move forward into the life you want.



Hypnotherapy can help with:

- Stress and anxiety
- Crisis management
- Lack of confidence
- Smoking cessation
- Gastric band
- Fears and phobias
- Emotional concerns
- Relaxation
- Obsessions
- Insomnia
- Grief and loss
- Habits
- Negative memories
- Pain management

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Reiki and Energy Healing ○○

Reiki and Energy Healing are designed to promote health and wellbeing, by influencing and improving the body's flow of energy ('Ki' or 'Chi'). This flow may sometimes be blocked by mental, emotional and spiritual issues; manifested as anger, unhappiness, fear, stress or pain. Healing can remove these blockages enabling the individual to feel a sense of harmony and balance.

During the session the practitioner acts as a channel for healing energy, placing hands on or above the body to areas where healing is required. Healing is extremely comforting and deeply relaxing.

We also offer Reiki Attunements.



Corporate wellbeing

As a business it makes sense to invest in your most important asset, your staff. Optimum health after all leads to optimum performance. The Westoe Practice provide tailored corporate wellbeing programmes, which are designed to support businesses in creating a long-term wellbeing strategy, focusing on mind and body wellbeing. Our aim is to assist integration of wellbeing practices into everyday business activities.

Contact us for further information on how we can help your business to smile and grow.

Holistic therapies don't claim to diagnose or cure. Research into their application is still in its infancy and as of yet, they are not scientifically proven to be evidence based. As a result current legislation prohibits us from listing symptoms and conditions that are known to respond well when we follow the well-established principle of naturopathic medicine: **'That the body be treated as a whole, without referral to named disease'.**

Note; At the Westoe Practice our vision is to assist you on your path towards optimum health and wellbeing. The treatments available at The Westoe Practice compliment, but should not replace conventional medicine. Always seek the advice of your GP.

If you would like advice about which therapy would best suit your health needs please contact the practice to request our **free Total Health Programme Questionnaire** which can also be downloaded from our website www.westoepractice.com. We will then offer you a free telephone consultation.

- All therapists at The Westoe Practice are full members of their appropriate professional bodies
- Gift vouchers are available
- Open 6 days a week
- Evening appointments are available
- Monthly special offers and prize draws

The Westoe practice also offers **Meditation classes** and **Workshops**. For more information on these workshops and detailed explanations of all the therapies we offer please see our website www.westoepractice.com

About us

The Westoe Practice was founded in 1995 by Podiatrist and integrated therapist **Dean Glozier**. Dean is reputed for his unique approach to optimum health and wellbeing and has undergone extensive training in many disciplines. His vision is to change the way people view health and provide integrated health services which complement the conventional medical route.



The Westoe Practice follows the principles of Integrated Medicine, coupling the latest scientific advances with the most profound insights of ancient healing systems, giving you the best ways to preserve health, increase longevity and speed recovery from illness. The wellbeing team Dean has brought together beneath one roof is unrivalled in the North of England and assists clients by gaining an acute understanding of their individual needs for achieving balance and harmony in their lives.

Directions

The Westoe Practice is located just off Westoe Road, which is the main road leaving South Shields town centre, only 5 mins walk from the town hall. If arriving by Metro use either Chichester or South Shields stations. It is a 10 mins walk from either station.



If arriving by car, driving out of South Shields Town centre with the Town Hall on the left, drive up Westoe Road and take the second turning on the right, just before the pedestrian crossing and onto Derby Terrace. Turn 1st left then drive approx 200 metres and the Westoe Practice is located on the left hand side. Parking is available directly outside the practice or in the near vicinity.

0191 425 0101

www.westoepractice.com