

Turning Point

The phrase **Turning point** is often used when change occurs for the better.

It is also the title of a book by Fritjof Capra— a scientist who believes that we are in a time of change in which our world view is becoming more **holistic**.

The practitioners at **Turning Point** believe that, in order to get the best from their therapies, they must treat the patient **holistically**. This means that not only must they understand the problem which their patient brings to them, but also how that problem came about, and how it may relate to other aspects of that person's health.

All the practitioners are qualified and insured, and follow the code of conduct of their respective professions. They meet regularly to discuss all aspects of the running of **Turning Point Clinic**. They are required to keep up to date with the requirements of their professions, and attend courses to update and further their training.

Some of the fees that are charged are redeemable through some insurance schemes. Contact the clinic for further information.

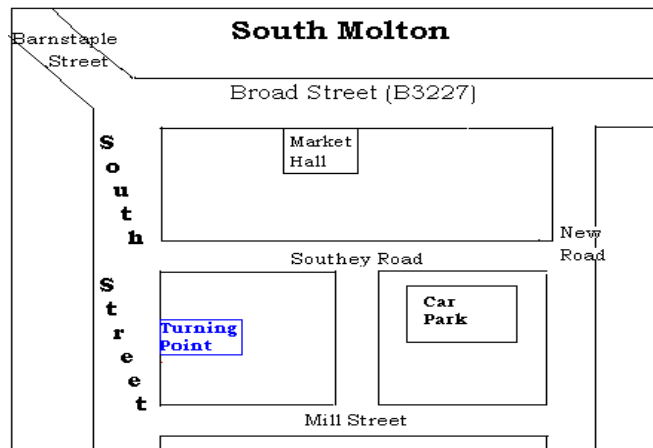
Directors:
Rosemary Lawrence
Dip BFD.Cert.Clin Hom. Cert.Ed
Jonathan Lawrence
BA DO Cert Ed

How To Find Us

Turning Point Clinic is situated in **South Street**, a few hundred yards from the town centre (**Broad Street**).

Parking is available for one hour on **South Street**. There is a public car park five minutes walk away, in **Southley Road**.

South Molton is served by bus from Barnstaple and other towns locally.



For appointments and further information:

Turning Point Clinic,

1 Oakland Place,
South Street,
South Molton.
EX36 4AD

Tel. No: 01769 574833



OSTEOPATHY
CRANIAL OSTEOPATHY
HOMOTOXICOLOGY
SHIATSU
EMOTIONAL FREEDOM TECHNIQUE
LYMPHATIC DRAINAGE MASSAGE
REIKI

1 Oakland Place,
South Street,
South Molton.
EX36 4AD

Appointments & Enquiries

Tel No: 01769 574 833
Mon-Fri 9.00am—5.30pm

E-mail:
northdevon@turningpointclinics.co.uk

Website:
www.turningpointclinics.co.uk

THERAPIES AT TURNING POINT CLINIC

Homotoxicology

(Progressive Homœopathy)

Rosemary Lawrence



A Biodiagnostic machine is used to test reflex points on the hands and feet that relate to organs in the body. Abnormal readings mean that the target organ is disturbed. A test kit is then used to identify which of the hundreds of remedies would be helpful to correct the disturbance. Each prescription is tailored to the individual. This technique has helped people with ailments such as irritable bowel syndrome, ME, acute infections, and chronic illnesses like Parkinson's disease.

Rosemary is a trained teacher, who took up a career in complementary health, qualifying in homotoxicology and bio-diagnostics. She has established thriving practices in both North Devon and Bath.



Emotional Freedom Technique

Jacqui Footman

EFT treats negative emotional states in the body which can disrupt the energy meridians of the body and contribute to ill health. Relationship issues, anger management, insomnia, addictions, allergies and chronic fatigue are a few examples of what can be helped with this method.

Jacqui has trained with Gary Craig the founder of EFT and Dr Mark Atkinson. After having managed language departments in schools she now practices EFT part time.

Systematic Kinesiology

Polly Dowden

Kinesiology is a way of identifying any imbalances a person has by monitoring their ability to hold their muscles against light pressure. Each muscle is related to an organ, and also to an energy pathway called a meridian.

Polly has been a Registered General Nurse for 5 years. She has nursed in hospitals and the community in settings across England and Australia. It was while living overseas that she first encountered Kinesiology.

Shiatsu

Sally Ornellas

Shiatsu is a Japanese healing therapy, although its roots are in ancient Chinese medicine. A literal translation is finger (shi) pressure (atsu) but a treatment is much more than that.

Deeply relaxing, regular Shiatsu treatments can help prevent the build up of stress that can be part and parcel of modern life.

Sally trained as an Occupational Therapist, working mainly with adults with physical, mental and emotional difficulties. Being a Yoga teacher for many years, Sally was introduced to Shiatsu, completing her training in 2007.

Precision Reflexology

Julie Adams

Reflexology is a form of complementary medicine and involves a method of treatment using massage to reflex areas found in the feet.

Julie is a member of the NHS Directory of Complementary and Alternative Practitioners.

For further information regarding training, workshops, or about individual therapies, contact the clinic or see the specialist leaflets.

Osteopathy, Cranial Osteopathy and Training

Jonathan Lawrence/ Nicola Corvin



Osteopathy is a system of treatment based on the simple idea that if the structure of the body is not right, then the body will not work properly. Osteopaths use a wide range of techniques in order to correct structural imbalances that can occur in joints, soft tissues or organs. Other problems that can benefit from osteopathy are asthma, sinusitis, adhesions, and colic and glue ear in children.

Jonathan is an experienced osteopath, who has treated a wide variety of patients—including babies, athletes and the elderly. He has lectured at the European School of Osteopaths, and has run seminars and courses in the UK and abroad for fellow professionals. **Nicola** has experience with sports injuries and has a special interest in the relationship between eyesight and coordination in children.

Lymph Drainage Massage

Rosy Hudson



Lymphatic Drainage massage is a deeply relaxing advance therapeutic technique that is highly effective at detoxifying the whole body. It is a gentle, light, rhythmic form of massage. It works to eliminate waste products and excess fluids, helping to reduce fluid retention, cellulite and puffiness in areas such as the face and ankles. By boosting the lymph flow, lymphatic drainage massage can improve the quality of the skin, especially on the face, giving a natural 'face lift'. It can relieve conditions such as sinusitis and PMS and boost a sluggish immune system.

Rosy has worked as an holistic therapist for ten years and for the last eight years has worked at the natural therapy clinic of Cedar Falls health farm near Taunton. She is an I.T.E.C. qualified and VODDER M.L.D. trained Lymphatic Massage therapist, an aromatherapist and a reiki seichem master healer.