

**Is It Time For A Detox?**  
**Are you feeling a bit sluggish?**  
**Does your system need a boost?**

We have specially prepared homeopathic detoxification kits. These can help clear toxins out of your body, giving your insides a bit of a spring clean, and providing a boost for your immune system at the same time.

Contact Rosemary at the clinic. (Please inform her of any medications that you are taking.)

A safe, effective way to give yourself a lift. Cheaper than a holiday in the Caribbean!



**Biopuncture — Is This The Future?**

Jonathan is currently finishing his training in an exciting new area of complementary medicine.

**Biopuncture** is new technique being developed on the Continent for the treatment of arthritis and disc problems. It involves injecting homeopathic remedies into the area of the body experiencing pain. "I have been exploring the way that homeopathy and osteopathy can work together, and I am very excited by this development. Early results from the Continent where therapists are using Biopuncture have been very encouraging," says Jonathan, who will be fully qualified in the technique shortly. He hopes to be able to offer Biopuncture at the clinic by the end of March.

**Our advertisers**

We are very pleased to have the continued support of our advertisers.

**Sue's Sun and Beauty Salon** in South Street in South Molton provides friendly and professional sun and beauty treatments.

**Naturally Charley's** is an organic hair and beauty salon in Tuly Street in Barnstaple.

If you would like to advertise in this quarterly newsletter, please contact the Clinic.

**Positive Health Magazine**  
 An article by Jonathan is featured in the April issue of the monthly periodical Positive Health Magazine.

The article looks at the treatment of headaches using cranial osteopathy, and focuses on the case of one particular patient. "With long term headaches, the cause may not be obvious. It might be linked for example to old injuries or dental work. Before you reach for the painkillers, consider a visit to an osteopath," says Jonathan.

If you would like to read the article, please visit our website where you will find a link to the relevant website page.

**Contact and Further Information**

Opening times: Monday – Friday 9am - 5.30 pm  
 Saturday by appointment

Turning Point Clinic  
 1 Oakland Place, South Street, South Molton,  
 EX36 4AD

Tel No: 01769 574833

Email: northdevon@turningpointclinics.co.uk  
 www.turningpointclinics.co.uk

Newsletter  
 Spring  
 2009



Centre of  
 Excellence in  
 Complementary  
 Medicine

**Special offers to lift the economic gloom**

With the economy facing hard times, and most of us tightening our belts, we have put together some Special Offers here at Turning Point. So you can boost your health and wellbeing, and save a few pounds at the same time.



**Kinesiology**

Initial consultation and treatment with Polly Dowden, £35 instead of £45 for 1 hr 30 mins, subsequent treatments £35 for 1hr, during Feb. Systematic Kinesiology muscle testing provides precise responses to what the body needs. Excellent for acute and chronic conditions and a good way to check for food intolerances.



**Reflexology**

Precision Reflexology treatments with therapist Julie Adams at just £20 per session, rather than the usual £30, during February. Reflexology can help a huge range of health conditions for all ages, from teenage hormonal problems to the symptoms of Parkinson's. For more details please see overleaf.

**Recover from the 'Flu — Special Offer!**

**Recently had the 'flu? Spent weeks under the weather?**

We have homeopathic remedies that can help your body recover from 'flu. Call the clinic to make an appointment with Rosemary.

**Beat The 'Flu Offer:  
 15 min appointments with Rosemary for £15**

Or if you have managed to escape the 'flu, and want to keep it that way, how about trying our 'flu remedies. These are an alternative to the NHS 'flu vaccine. We still have a few left. Contact the clinic.



**Turning Point Complementary Health Clinic**  
 1 Oakland Place, South Street, South Molton,  
 North Devon, EX36 4AD. Tel. 01769 574833  
 northdevon@turningpointclinics.co.uk  
 www.turningpointclinics.co.uk

**In this newsletter**

- Special Offers on our treatment sessions
- Curing headaches with Homotoxicology
- Learn about Reflexology
- Try our Detoxing kits
- Visiting Europe's largest homeopathic factory
- Biopuncture — could this be the way forward?

## Complementary Therapies Offered at Turning Point Clinic

**Jonathan Lawrence. Osteopathy and Cranial Osteopathy** - corrects problems in the musculo-skeletal system allowing the body to function better. Cranial osteopathy concentrates on the head. Cranial osteopathy is particularly suitable for babies and children.

**Nicola Corvin. Osteopathy and Cranial Osteopathy** - specialist in sports injuries and postural problems eg repetitive strain injury. Also has a particular interest in helping patients through pregnancy.

**Rosemary Lawrence. Homotoxicology** - a safe way to identify infections in the body. The treatment is via remedies which can help a wide range of health conditions. Suitable for children and adults.

**Sarah Carrigan. Remedial Massage** - can help many injuries. **Reflexology** - uses pressure on the feet to boost 'energies' to rebalance the body. Can be targeted to different body areas, eg immune system.

**Jacqui Footman. Emotional Freedom Technique** - gentle tapping procedure that realigns the body's 'energy' systems. Helps many emotional or behavioural problems and numerous health conditions.

**Rosy Hudson. Lymphatic Drainage Massage** - a deeply relaxing way to detox and boost wellbeing. **Aromatherapy Massage** - using essential oils. **Reiki** - a natural healing method that channels 'energy'.

**Sally Ornellas. Shiatsu** - a Japanese healing therapy, using pressure on specific areas of the body to balance the natural flow of energy, or 'ki'. A deeply relaxing therapy. **Yoga** - one to one yoga sessions.

**Julie Adams. Precision Reflexology** - a highly precise type of reflexology requiring fewer treatments than normal forms of reflexology. Applies pressure on the feet and uses a technique known as 'linking'.

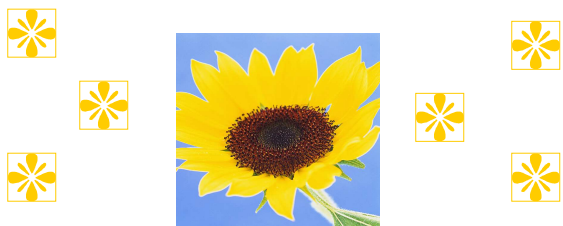
**Polly Dowden. Kinesiology** - a gentle and holistic therapy which identifies the stresses in the body and rebalances the natural energy systems. Can help a wide range of health conditions.

**In our complementary therapies we focus on the person as a whole, rather than the symptoms. Some of our treatments are particularly suitable for children.**

### Learn About EFT

Our EFT therapist Jacqui Footman is offering free EFT sessions on Fridays, 3 pm —5 pm, at The Amory Centre in South Molton. Donations requested.

### Sue's Sun and Beauty Salon



Sun showers, spray tans, facials, manicures, gel extensions, pedicures, wedding packages

50 South Street, South Molton 01769 573006  
www.suessunandbeauty.co.uk

### Could Reflexology Help You?

**Reflexology is very relaxing, explains our therapist Julie Adams. Precision Reflexology 'amplifies', or increases the effectiveness, of a treatment, usually resulting in half the number of treatments required.**

"Reflexology can help a wide range of health conditions for all age groups. These include: asthma and lung related issues, migraine, insomnia, diverticulitis, teenage hormones (suggested 2-3 treatments every 6 months), PMS and menopause symptoms. Also musculo-skeletal problems, anxiety, cystitis, carpal tunnel syndrome, fibroids, arthritis (in the early stages, reflexology slows the progression of the disease), thyroid or endocrine problems, sinusitis, oedema and lymphatics. Reflexology also helps reduce the symptoms of Parkinson's, ME and MS.

Many clients enjoy a 2 week or once monthly 'maintenance' treatment."

## "Homotoxicology cured my headaches"

**Hairdresser Hayley Stribley, who is 26, came to see Rosemary at the Turning Point clinic in South Molton suffering from chronic headaches. This is her story.**

"I first saw Rosemary in October, almost as a last resort, knowing nothing about homotoxicology, but desperate to find a cure for my headaches. I had suffered from headaches for 2 to 3 years. They had been gradually getting worse until for the last year every single day I had a headache. These weren't just mild, inconvenient headaches, but really awful migraine-type headaches. I felt sick and so tired. I was managing to go to work, somehow, but it was such a struggle. I could not drink alcohol, even one glass would leave me feeling so ill.

To begin with I took painkillers, but soon they didn't work at all, so I stopped taking them. I saw endless doctors, had tests, an MRI scan, and even saw a BUPA specialist privately. Nothing helped.

The doctors all said there was nothing wrong with me. I was beginning to think I would never escape these headaches, and wondered how I could go through my life like this. Then one day, during a visit to a health spa in Taunton, one of the massage therapists suggested that I should see Rosemary at Turning Point in South Molton. So I booked an appointment. Thank goodness I did!

Rosemary used her homotoxicology testing equipment and found imbalances in many of my main organs and my nervous system as well as a number of infections, and she sent me away with various remedies which I was to take in a litre of water every day. Within a week my headaches were less severe. My digestive system was starting to work better, and soon the feeling of sickness which I had really struggled with started to reduce. The headaches got better and better, and within weeks they had gone. I have visited Rosemary twice since October, and each time my results on her testing equipment were better. Several months on, I do have the occasional headache but I can cope with that, and now I can have the odd drink of wine without problems. I just feel so much better now. It's as though I have been given a new lease of life. Thank you Turning Point. Rosemary is a genius!"



### Visit to Heel Factory in Baden-Baden

Rosemary and Jonathon Lawrence were honoured to be invited to Baden-Baden in Germany to visit the famous 'Heel' factory, the world's largest manufacturer of homoeopathic pharmaceuticals.

Rosie and Jon were among the three British delegates who joined 200 from a huge range of countries. The delegates were given a tour of the factory, learned about some of the latest developments in homoeopathic research, and attended some very interesting lectures, including one by Dr James Oschmann, leading expert in energy medicine. All in all, a fascinating trip.



Rosemary (left) looks lovely in a 'shower cap'! Jon (right) looking equally glamorous with two other delegates.