

Jonathan Lawrence

BA DO Cert Ed



Jonathan originally trained as an Environmental Studies teacher, before graduating as an **Osteopath** in 1985.

Since then he has practiced in the West Country, working in private practice, a GP's surgery, for a professional football team, and with children with varying degrees of disability.

He has also lectured at the European School of Osteopathy, and has run seminars both at home and abroad, as well as training for fellow professionals.

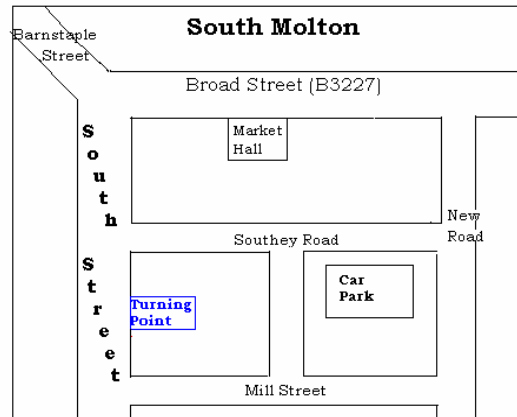
Jonathan is enthusiastic about the way the profession has developed in the last few years. With state recognition, **Osteopathy** can look forward to new opportunities for research and development within a holistic context.

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 Clinics
The North Devon Practice,

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

Tel.No: 01769 574833

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

Also The Bath Practice:
Tel No: 01225 427835/448993

OSTEOPATHY and CRANIAL OSTEOPATHY

at

TURNING POINT CLINICS
The North Devon Practice



Jonathan Lawrence
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OSTEOPATH

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Centres of Excellence in
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What is Osteopathy

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.

Cranial Osteopathy (The Involuntary Mechanism)

Cranial techniques are extremely gentle and can be used on young babies, children and people suffering from the chronic effects of trauma, such as whiplash.

More and more babies and children are benefiting from this approach, which can also prevent problems developing in later life.

Osteopathy for prevention

The **Osteopath** can identify many structural imbalances before symptoms manifest.

A difficult birth can cause tensions in the head of the baby, which can be detected immediately. The sooner these are treated the better, as such tensions can manifest in symptoms such as crying, sleep difficulties, glue ear, colic, etc.

With adults, stiffness and wear of the joints of the spine, legs and arms can be eased by stretching and soft tissue massage. This helps the individual to maintain mobility and health into old age.

What can be treated

Osteopathy is best known for treating low back pain, neck pain and other spinal problems.

Osteopathy is also helpful for other joint disorders – such as:-

- Foot, ankle and knee pain
- Rib pain
- Shoulder pain – including ‘frozen shoulder’
- Elbow and wrist pain
- Wear and tear
- Whip lash

Many other problems can be helped by **Osteopathy** - such as:-

- Asthma
- Sinusitis
- Adhesions
- Vertigo and tinnitus

Children’s problems include:-

- Sleep disorders
- Colic
- Glue ear
- ‘Growing pains’
- Cerebral Palsy

Some of the above problems in babies and small children may be as a result of a difficult birth.

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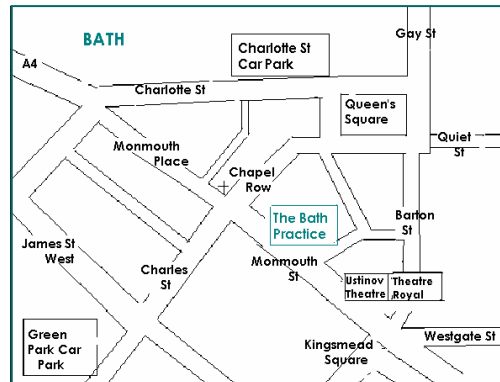
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Bath bus station and railway station are fifteen minutes walk away, or there are taxis available.



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Rosemary Lawrence
Dip.BFD Cert.Clin.Hom DTM Cert. Ed

HOMOTOXICOLOGIST



Rosemary is a trained teacher, who took up a career in complementary health ten years ago, completing a foundation course in homoeopathy.

After a short pause to complete her family, Rosemary qualified as a massage therapist. However, she came to homotoxicology after witnessing the successful treatment of a close relation's chronic illness.

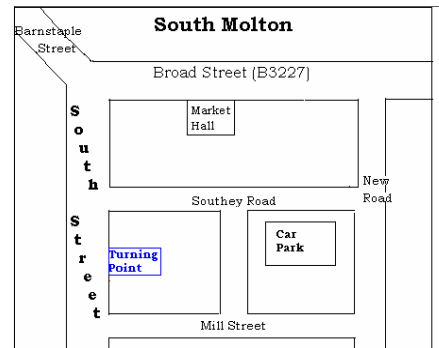
Rosemary qualified in clinical homoeopathy and bio-diagnostics and has subsequently established thriving practices in both North Devon and Bath.

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“Medicine for the Millenium”
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Homotoxicology

Homotoxicology is a modern form of homoeopathy, that stands between classical homoeopathy and modern medicine.

A **Homotoxicologist** takes a case history, and then, testing the body tissues and organs using a **Bio-Diagnostic Machine**, identifies what kind of toxins and infections in the body are creating the presenting symptoms. Remedies can be prescribed accordingly. These consist of a mixture of **nosodes** (homoeopathic preparations of viruses, bacterial infections or parasites), and **complex homoeopathic preparations** formulated to cleanse, detoxify and stimulate healing.

Homotoxicology has helped with:

- Shingles
- Irritable Bowel Syndrome
- Arthritis
- Sinusitis
- Parasitical infections
- Chronic Fatigue (ME)
- Migraines
- Insomnia
- Candida

Bio-Diagnostic Function Testing

Feeling tired? Out of sorts? Do you catch everything going? Do you suffer from those irritating chronic problems that won't go away? Bio-diagnostics could pinpoint the problem. Treatment with special homoeopathic remedies may help.

- **Bio-diagnostics** assesses the health of the body organs and allows treatment to be targeted very specifically.
- This is done by testing the conductivity of the skin at acupuncture points on the hands and feet. This does not involve penetration of the skin, and is painless.
- An imbalance at any of these points is due to a loss of function at the associated organ.
- The cause of the problem can be determined using special homoeopathic test kits.
- This technique was devised by Dr Voll in the 1950's, and is in widespread use in Germany, in both orthodox and complementary medicine.
- **Homoeopathic** preparations can be used to treat the problems.

Allergy Testing

Allergies, intolerances, sensitivities to foodstuffs, synthetic materials or commonly occurring toxins in the environment can make you feel unwell. The **Bio-Diagnostic Machine** can check for allergens as well.

A wide range of problems can be helped this way. It is especially helpful for people with poorly functioning immune systems.

The Consultation

BDF initial consultation will last approximately one hour. Follow up appointments will last approximately 30 minutes.

Patients generally require three consultations, six weeks apart, to clear their problems. Some patients will require less, some may need more.

Advice will be given about lifestyle, exercise or diet where appropriate. Some patients will be referred to their GP or other complementary therapists if necessary.

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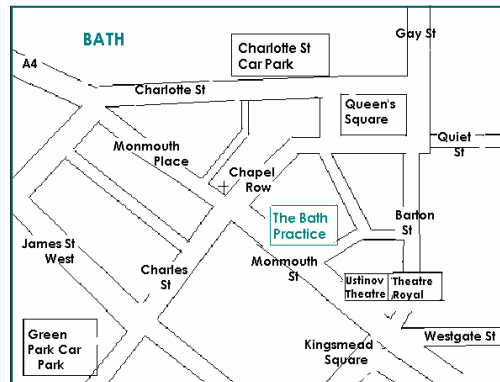
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