



## What is Naturopathy?

Naturopathy or natural medicine is a form of medicine that:

- Considers the person not the condition
- Looks at imbalance rather than 'disease'
- Combats the conditions which allow these issues to arise e.g raising your immunity to prevent disease
- Supports your body to heal itself rather than attacking 'the invader'
- Learns to look after your body rather than giving that over to 'experts'
- Empowers rather than depersonalises

If, like me, you've been through the current medical system and wondered why you still don't feel better then it could be the answer.

This approach is holistic and gentle; it respects the body as a self-healing mechanism if given the right materials and messages. Too many of us put up with poor health without understanding that whatever label you've been given for it the answers lie within you. By taking charge of your nutrition, your self-care (exercise, good-quality sleep, etc) and your mind (restructuring your thoughts and healing past traumas) most chronic conditions can be substantially improved or removed. I start with an assessment of where you are in life, what issues you have and then I provide an individualised programme of treatment which may use any/some of the following;

**Clinical Massage** – a wonderful way to reconnect with your body and give it incredible relaxation as well as stress and pain relief. My approach is not at all like a spa massage – as lovely as this is they often do the same routine on everyone. My technique is to use the body's energy flow as well as isolating muscles and determining tender points and areas of restriction. Each person is different and so should each treatment be. I always ground the body first and tune in – much information is to be had when you allow yourself to connect in this way. I work using a combination of techniques including fascial release, trigger point work, Reiki as well as more traditional massage. Overall the effect is to encourage the body to release restriction and provide relief from pain and poor range of movement. This is one of the best ways to begin to heal by giving yourself the gift of touch.

**Nutritional medicine** – helps to support your healing by undoing years of depletion. The standard western diet is both highly processed and denuded of vitamins and minerals – it may also contain toxic residues of pesticides and herbicides. These slowly overwhelm the body's detoxification mechanisms and create disease as a result. I use both food and supplementation where necessary. I am a particular fan of juicing for revitalising yourself at a cellular level using juicing, fermented foods and other natural interventions. See my leaflet on *optimum nutrition* for more information. I may also suggest detoxification processes – see my leaflet on *detoxification*.

**Mindbody medicine** - this takes on the power of the subconscious mind to help change your internal programme. All of us have inadvertently downloaded our understanding of the world from the time when we were children. Most of us have never re-evaluated the beliefs we carry from this time

**EFT** – Emotional Freedom Technique is a tapping technique which stimulates the limbic brain and changes the way you feel. It is a fantastic way of dealing with limiting beliefs, pain, unresolved emotions and is a wonderful skill that you can learn yourself for self-care. Combined with tools from hypnotherapy and NLP (neuro-linguistic programming), it is a profound clearing out of the mind of all the detritus that you've allowed to build up from

erroneous beliefs and emotional experiences. Guided by your therapist you tune into your body whilst tapping and allow your bodymind to gently release years of pent up emotions.

**EMDR** - For specific traumatic memories that still trouble you I also use EMDR – which involves eye movements to simulate what happens naturally when we dream – this is guided movement of the eyes whilst focussing on the problem. It is a marvellously effective technique which can resolve even long-standing problems. See my separate leaflets on each of these two.

Issues I deal with:

- Stress, anxiety, depression
- Chronic illness like ME/ CFS
- Self-esteem issues
- Hormonal problems
- Auto-immune conditions
- Dissociation and lack of emotional connection with life

And everything in between!

If you're intrigued, if you somehow know you're not living life to the full in great health and want to find out how you might improve then go ahead and book a consultation (free 20 min phone consultation). You have nothing to lose and everything to gain.

Please check out my website and social media links for more information.

Thanks for reading...

Patricia Worby, PhD, MSc. ACMT, HPD, HIDN