

Naturopathy and Mindbody medicine

As a **naturopath**, I believe in promoting health from the inside out which is where true healing begins. I treat every client holistically – not just treating symptoms but looking at underlying causes such as diet, lifestyle, stress, emotional wellbeing, etc. I see you as a person not as the condition or disease that you have. I consider that health is a dynamic, pro-active state not just the absence of illness. *I give you tools for change!*

As a **mindbody practitioner** and **wellbeing coach**, I believe the causes of specific disease are different in each person. They are a function of your particular biochemistry, genetic predisposition, life history and subconscious beliefs / emotions. We must treat both body *and* mind for long-lasting effective release.

Treatments for chronic pain and stress

As a specialist in chronic conditions I relieve pain and dysfunction, using a combination of different techniques depending on your needs. I will recommend a treatment programme after a full health assessment which looks at your posture, nutrition, gut health and life history.

BODY: I may begin with **Advanced Clinical Massage** that combines Eastern and Western techniques like Trigger point therapy, Myofascial release and Acupressure to relax the body, re-balance the nervous system and restore energy flow and muscular function.

Massage is an ancient healing art which:

- **Detoxifies;** increases blood and lymph flow, and reducing swelling and blood pressure
- **Relaxes;** Reduces stress, improves mood, relieves headaches and muscle pain
- **Heals;** promotes healing of injured tissues and reduces inflammation
- **Tones** and firms skin by stimulating blood vessels ; natural anti-ageing
- **Re-balances;** weight loss by promoting mobilisation of fat from liver stores

I firmly believe massage is *not a luxury*; but *essential* to the maintenance of health and wellbeing as a *preventative*. It helps to re-programme your nervous system away from ‘fight or flight’ towards calm. Effects are *cumulative and long-lasting*; for existing pain or dysfunction 2 – 6 treatments gets best results.

I may also recommend **Nutritional medicine** (using food as medicine) techniques to restore hormonal balance, or counter allergies, etc.

MIND: For relief from anxiety, fears & phobias, addictions, cravings and chronic pain, I offer a range of energy psychotherapies; **Emotional Freedom Technique** (EFT or ‘tapping’) to release stuck emotional patterns, **Eye movement Desensitisation and Reprocessing** (EMDR) - for releasing trauma & emotional overwhelm and **Hypnotherapy** – where we encourage the power of the imagination to re-programme old beliefs in the subconscious to change behaviour.

I am a **naturopath**, GHR-registered **hypnotherapist** and **bodyworker** with a PhD in chronic pain and **specialist in recovery from chronic illness** e.g. Anxiety, ME/CFS/Fibro and auto-immune conditions using EFT /EMDR /wellness coaching. (For CFS/ME I work alongside the Chrysalis Effect Online Recovery Programme). See www.alchemytherapies.co.uk/chronic-fatigue and my specialist leaflet*.

Why suffer? Get out of pain and into your life

Prices

ADVANCED CLINICAL MASSAGE/ REIKI/NUTRITION

New Patient Consultation with Health Review –	
75 mins	£60
1 hour treatment	£50
1.5 hour treatment	£70
<i>**6 for the price of 5 if you book 6 treatments**</i>	

HYPNOTHERAPY/ EFT / EMDR/ COACHING**

30 min initial phone consultation	FREE
Initial consultation session (1.5 hours)	£150
1 session	£125
3 sessions (3 x 1 hour)	£350
Follow up sessions* (45 mins)	£95

NB Late cancellations of < 24 hrs will be charged.

*For clients who have completed their programme



www.alchemytherapies.co.uk

Appointments:

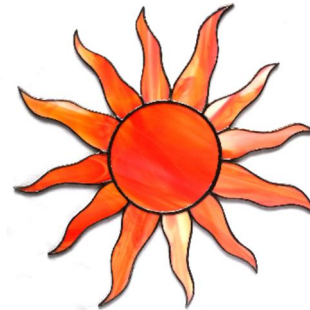
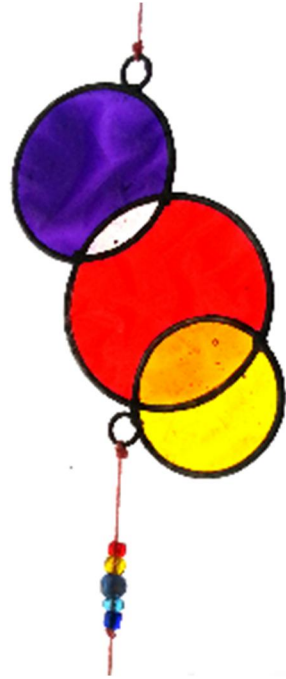
Mon pm, Tues, Fri and Sat am

*Online and in person
at my Clinic:*

*28 Sholing Road, Peartree,
Southampton SO19 2ED*

Phone: 07973 417312

Web: www.alchemytherapies.co.uk



*Mindbody Healing with
Nutrition, Bodywork and
Psychosensory therapies*



GHR
General Hypnotherapy Register
Registered Practitioner



Web: www.alchemytherapies.co.uk

Dr. Patricia Worby

*PhD, MSc, HPD, ACMT,
Dip. SHAA, Dip SNHS*