

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, hot stone vibration, 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 **NCH-registered Hypnotherapist, NLP Practitioner** and **Chrysalis Effect Wellbeing coach** I am a specialist in recovery from chronic illness e.g Fibromyalgia, ME and auto-immune conditions using coaching alongside The Chrysalis Effect Online Recovery Programme. See separate leaflet and www.mecfsrecovery.co.uk. *Why suffer?*

Get out of pain and into your life

Prices

ADVANCED CLINICAL MASSAGE/ REIKI/NUTRITION

New Patient Consultation with Health Review – 75 mins	£75
1 hour treatment	£60
1.5 hour treatment	£90

6 for the price of 5 if you book 6 treatments

HYPNOTHERAPY/ EFT / EMDR/ COACHING*

Prices

20 min initial phone consultation	FREE!
Initial consultation (1.5 hours)	£125
3 sessions	£350
6 sessions	£700

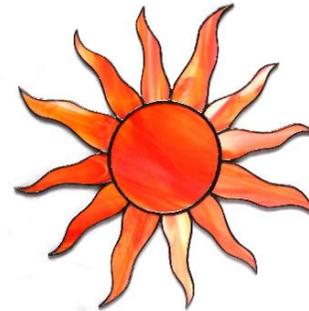
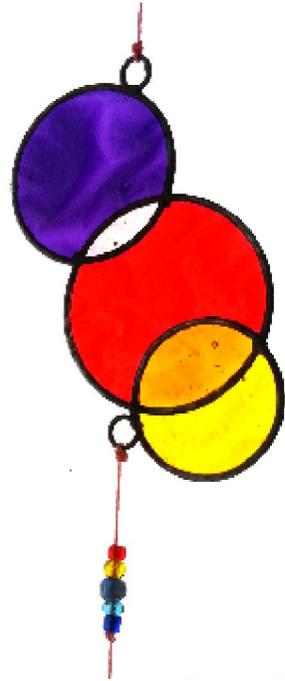
**See separate leaflet on Hypnotherapy and Energy psychologies for more information*

NB Late cancellations of < 24 hours will be charged.

www.alchemytherapies.co.uk

Appointments:

*Mon, Wed, Fri and Sat 9-3
at 28 Sholing Road,
Southampton SO19 2ED
Phone: 07973 417312
Web: www.alchemytherapies.co.uk*



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*Emotional Healing with
Massage, Hypnotherapy,
EFT & EMDR*



Patricia Worby

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