

# Intergrated Therapies

## Integrated Health Explained

Integrated health is the bringing together of all the factors that contribute to your continued well-being and balancing them to enable you to attain your full potential.

It recognises that each individual is unique, have differing life experiences and genetic make-up. Most important of all, it is about encouraging each of us to take more responsibility for our own health, as an integral part of the management of our own lives.

To enable people to do this in the most effective way possible, they need help and support in channelling their own wealth of inner resourses to aid healing. In a large number of instances the body naturally knows how to heal itself when in crisis, given some assistance.

Excellent Results with:

- Self Esteem Issues
  
- Increasing Energy and Vitality
  
- Reaching your Ideal Weight
  
- Nutrition & Food Sensitivities
  
- Abuse, Trauma & Grief
  
- Fears and Phobias

- Body Pain & Headaches
- Fighting and Preventing Diseases
- Postural Alignment
- Life Coaching-Achieving your Dreams
- Improving Sporting Performance
- Learning Difficulties