

## Herald Express 24th Jan 07

### Cutting Edge Therapy All The Way From Oz

An unusual form of therapy to relieve physical pain by identifying emotional issues has been brought to South Devon from Australia thanks to a Kingsteignton therapist.

Susan Wray spent two and a half years "down under" studying emotional freedom technique alongside other practices and is hoping her new skills will be able to help a wide range of people.

The "cutting edge" technique is being used with more commonplace practices such as massage to decode the body and help people become pain free.

Once Susan identifies whether certain signs are linked physical, mental or emotional issues, she then combines different complementary health techniques.

In Australia she also learnt about Bowen Therapy, which works on rehydrating the soft tissue that surrounds every muscle and organ and gives bodies their structural form and shape.

Also central to her skill range is kinesiology, a system of natural health care which combines manual muscle monitoring with the principles of Chinese medicine to assess energy and body function.

Susan already has a masters degree in Complementary Health Studies and has worked full time in the field since 1995 but after adding the new skills in Australia, she has set up Wray's Your Energy Integrated Health Clinic in Kingsteignton.

She said: "It's quite cutting edge and exciting. People often don't realise there's a link between physical pain and underlying emotional issues.

"My work can be applied to many different areas but I have found clients have gained a huge improvement in chronic pain relief and pain management by anything up to 80 per cent especially in the area of neck and back pain, even when it has been a long standing condition.

"One client has come off pain killers after a course of treatment and has been able to return to full-time work.? Another says he is more pain free than he has been in 10 years.

"Unexplained pain too is something that intregrated health often gets to the bottom of using a variety of complementary health techniques."

Susan specialises in therapeutic massage, reflexology, Bowen Therapy, aromatherapy, Indian head massage, emotional freedom technique and kinesiology.

She added "In layman's terms it could be equated to a workman who has many tools in his bag, which he combines to complete one task, and this varies from task to task.

"The key is knowing which tools and in what amounts to use for which job to get the optimum results.

"I recognise that each individual is unique and every treatment session therefore will differ from one person to the next. I utilise the most suitable treatment techniques and this can embrace several differing healing therapies within the same session and I have found this to be a quicker root to the cause of recurring long-term problems."