

Express and Echo Thurs 1st March 07

Health Specialist Starts New Approach to Obesity

A new approach to overcoming excess weight and obesity utilising a self-help range of integrated complementary health techniques, has been launched by Kingsteignton complementary health specialist Susan Wray of Wray's Your Energy.

Susan says: "Additional benefits have been reported alongside weight looss including improved confidence, increased self-esteem and assertiveness".

Susan has a master's degree in Complementary Health Studies and specialises in emotional freedom technique, therapeutic massage, reflexology, bowen therapy, aromatherapy, indian head massage and kinesiology.