f) Encourages correct deep breathing mechanisms, thus helping to alleviate respiratory ailments. (DEEP BREATHING ALSO REDUCES STRESS LEVELS)
g) Helps reduce pain by the release of endorphins ('mood altering' brain chemicals), which, in turn, will stimulate the immune system to strengthen the body's resistance to disease.
h) It helps to free adhesions, break down scar tissue and decrease inflammation.

Individuals respond differently to therapeutic massage; some feel relaxed and sleepy, light-headed or tranquil, while others feel energised and alert.
For further information visit www.massagetherapy.co.uk

THERAPEUTIC MASSAGE/ACUPRESSURE

Therapeutic massage combined with acupressure, the acupressure points, of which there are approximately 600 throughout the body, may relieve all kinds of physical aches and pains whatever their cause, e.g. stress, tension, injury, disease.

Provided that you attend a qualified practitioner and that a full assessment is performed prior to treatment, massage/acupressure will do no harm, even if it does no good. It is important, following massage/acupressure, to have a warm bath and drink lots of water to flush away toxins released into the system.

YOGA

Postures and exercises make up Indian Hatha Yoga, which is the best known form in Britain. Its philosophy stresses the influence of mind over body, and holds that mental and spiritual development are necessary to reinforce the benefits that physical exercises can bring. The movements are done slowly and never strained, so that an awareness of the body can be built, and creating a better relaxation of muscles in the body. Conditions such as arthritis, backache and period pain may be helped. Breathing plays an important part in the exercises.

Contacts include:
The British Wheel of Yoga www.bwy.org.uk tel: 01529 306851
Yoga Biomedical Trust, 90-92 Pentonville Road, London, N1 9HS. Tel: 020 7689 3040 www.yogatherapy.org

ALWAYS ENSURE THAT YOU CONSULT WITH A QUALIFIED PRACTITIONER WHO IS INSURED TO TREAT YOU. HE/SHE SHOULD HAVE A CERTIFICATE CLEARLY DISPLAYED.

© COMPLEMENTARY ALTERNATIVE MEDICINES (CAM)

Complementary therapies or Complementary Alternative Medicine (CAM) can work independently or alongside conventional treatment/s. CAM practitioners offer more time and subsequently more compassion for the individual. CAM's work holistically at unblocking the energy passages to promote relaxation and ease pain, to promote a feeling of positivity and well-being to stimulate the body's own healing mechanism, which ultimately empowers the individual.

Selecting a therapist is important – there are over 100 CAM's available, from Acupuncture to Zen, therefore the individual needs to be open-minded Always consult with a qualified practitioner, do not try more than one to two CAM's at one time and do give them time to work. It is important to know that symptoms may get worse before improvements are noticed, this is due to the response of the body to the treatment. Do choose a therapies that appeals to you as an individual.

Finding a Qualified Practitioner

The British Register of Complementary Practitioners holds a register of practitioners who have proved their competence to practise by either completing an approved course or through an assessment made by the registration panel. They also agree to abide by a code of ethics and practice and have full practitioner insurance. The Institute for Complementary Medicine website has a search facility for finding registered practitioners by region www.i-c-m.org.uk

ALWAYS ENSURE THAT YOU CONSULT WITH A QUALIFIED PRACTITIONER WHO IS INSURED TO TREAT YOU. HE/SHE SHOULD HAVE THE APPROPRIATE CERTIFICATE CLEARLY DISPLAYED.

This leaflet gives a brief A to Z summary of the popular CAM's.

ACUPUNCTURE

In this ancient Chinese therapy, patients are treated by having needles stuck into certain known pressure points, or invisible energy channels called 'meridians' which are believed to run between the organs of the body. The needle manipulation is said to unblock channels of energy in the body (called Qi). The body is viewed as a balance between 'yin' and 'yang', opposing forces. Yin is passive and tranquil, representing darkness, coldness, moisture and swelling. Yang force is aggressive and stimulating, representing light, heat, dryness and contraction. Any imbalance is felt to be a cause of illness, e.g. too much yin can cause dull aches, pains, chilliness, fluid retention, discharges and tiredness.

Consult a qualified practitioner registered with the British Acupuncture Council (BAcC), 63 Jeddo Rd, London, W12 9HQ. Tel: 020 8735 0400. Members of the BAcC have completed a thorough training of at least three years in traditional acupuncture. They have the letters MBAcC after their name. A list of local practitioner members can be obtained free of charge. The website www.acupuncture.org.uk has local practitioner contact information. Also the British Medical Acupuncture Society (BMAS) is established as a centre of excellence for acupuncture treatment. BMAS House, 3 Winnington Street, Northwich, Cheshire, CW8 1AQ. Tel: 01606 786782 www.medical-acupuncture.co.uk

ALEXANDER TECHNIQUE

Learning the Alexander technique can help to prevent or alleviate conditions associated with undue tension or poor posture. Examining the way people carry themselves, move and hold tension can address the cause of many health problems. The technique can help with recovery following surgery, injury or illness. It can improve management of stress and pain, and provide coping skills for chronic incapacitating disabilities.

Further information can be obtained from the Society of Teachers of the Alexander Technique, 1st Floor, Linton House, 39-51 Highgate Road, London, NW5 1RS.
Tel: 0845 230 7828 www.stat.org.uk

AROMATHERAPY

This involves treating illnesses with essential oils extracted from plants which have a medicinal quality. Essential oils are produced by tiny glands in the plants; these oils are distilled and dissolved in alcohol. In Britain they are used mainly for massage treatments or added to baths or cold compresses. They can be inhaled or massaged into the skin in dilution. They are absorbed through the skin into the blood stream and work internally. NEVER swallow oils.

Contact the International Federation of Professional Aroma therapists (IFPA), 82 Ashby Road, Hinckley, Leicestershire, LE10 1SN. Tel: 01455 637987 www.ifaroma.org
Other contact organisations include the Aromatherapy Trade Council (ATC), PO Box 387, Ipswich, Suffolk, IP2 9AN. Tel: 01473 603630 www.a-t-c.org.uk
The Aromatherapy and Allied Practitioners Association (AAPA), PO Box 36248, London, SE19 3YD. Tel: 020 8653 9152 www.aromatherapyuk.net

BACH REMEDIES

These are a series of preparations made from wild flowers and plant extracts by Dr E Bach in 1915. The remedies are used to treat the whole person not just the illness from which they are suffering. Bach believed that the dew on the plants was impregnated with their medical qualities and he collected this and distilled it in alcohol to give to patients. The remedy is chosen according to the patient's psychological and emotional state. The remedies come in a concentrated form, which needs diluting in spring water. Take four drops of the concentrate and put them into a small amount of water or drop directly on to the tongue. Rescue Remedy is popular with women with endometriosis.
There is no register of practitioners, though some courses are offered.

BIOCHEMICAL TISSUE SALTS

These are natural mineral salts which are essential for health. A lack or imbalance can cause disease. These salts provide a small, easily absorbed dose to help the body heal

REMEDIAL MASSAGE

Remedial massage is based on the fact that soft tissue (muscles, tendons, ligaments etc) respond to touch. A great deal of pain originates in soft tissue. Some abdominal and pelvic pain can be caused by trigger points in the abdominal and pelvic muscles. The therapist applies an in-depth knowledge of anatomy and physiology and uses techniques to manipulate the soft tissue to bring about pain relief for both deep and superficial conditions. The aim is to normalise the body's muscles and soft tissues. It is always advisable to consult a doctor before receiving treatment for specific conditions which may not be related to soft tissue.

For further information see www.massagetherapy.co.uk

TENS THERAPY (Transcutaneous Electrical Nerve Stimulation)

Transcutaneous electrical nerve stimulation is a battery powered electrical unit which uses electrodes placed onto the skin to deliver electrical impulses to the nerve fibres which lie underneath the skin surface. It is used to provide pain relief by blocking pain signals to the brain via the spinal cord and peripheral nervous system and also stimulates the production of endorphins, the body's own pain relieving mechanism. A slight tingling sensation will be felt during treatment which is not painful. Unlike medication, TENS is safe and does not produce side effects such as nausea or drowsiness. It can be used while going about normal activities. It can be used to treat most types of pain but it should not be used where the cause of pain has not been established. The benefit is cumulative. The frequency and settings used are important. It is wise to see a therapist about how to use TENS effectively. Therapists should not be offering TENS treatments unless they are qualified and competent to do so. There are a number of published articles about the use of TENS therapy:
Fishbain D A et al (1996) TENS treatment outcomes in long-term users. Clinical journal of pain. Mitchell A (1997) Patient education in TENS pain management. Professional Nurse. Bertoti D (2000) Electrical stimulation: a reflection on current clinical practices. Assist Technology 12 (1) 21-32.

THERAPEUTIC (SWEDISH) MASSAGE

This complementary therapy is not new; it has been used for centuries, especially in eastern countries. It was re-introduced to the West in the early nineteenth century by a Swedish gymnast called Henrik Ling. The benefits of massage are being introduced into some areas of healthcare, e.g. mother and baby units, hospice care, psychiatric units, care of the elderly, dermatology clinics and stroke units.

It has been proven that regular massage:

a) Improves the circulation and rids the body of toxins by stimulating the lymphatic drainage system
b) Aids digestion and prevents constipation
c) Alleviates and prevents headaches, especially when 'stress induced'
d) Encourages deep sleep and prevents insomnia
e) Reduces high blood pressure, thus preventing strokes and heart attacks

NUTRITIONAL MEDICINE

The American biochemist, Linus Pauling, winner of two Nobel Prizes, first attracted popular attention to the use of diet, vitamins and minerals as the medicine of the future. Pauling stressed the importance of finding and preserving the level of vitamins and minerals to suit each person. We are all biochemically unique so what suits one person does not suit another. Pauling claimed that nutritional medicine could prolong life, and at 94 years old was still travelling the world and giving lectures. Individual needs for nutrients differ widely. The Recommended Daily Allowances (RDA's) are too low for some people, especially during periods of illness when the body requires higher levels to heal and rebuild damaged tissue. Conditions such as pre-menstrual syndrome (PMS), irritable bowel syndrome (IBS), arthritis, infertility and food intolerances may be helped by improved nutrition. Prescribing supplements for oneself is not recommended as nutrients work synergistically and some are antagonistic to others. It is wise to consult a therapist so that safe levels can be monitored during short-term use. Healthy eating programmes supplying nutrient-rich foods are important, as opposed to over-processed foods. A therapist will guide the individual, planning a balanced diet so that long term choice of fresh, varied and natural foods promotes good health.

For a qualified nutritionist, Dip ION, consult The Institute for Optimum Nutrition, 13 Blades Court, Deodar Road, Putney, London, SW15 2NU. www.ion.ac.uk Tel: 0208 877 9993. The British Association of Nutritional Therapists, 27 Old Gloucester Street, London, WC1N 3XX. Tel: 08706 061284 www.bant.org.uk. The British Nutrition Foundation, High Holborn House, 52-54 High Holborn, London, WC1V 6RQ. Tel: 0207 404 6504 www.nutrition.org.uk

OSTEOPATHY

The framework of bones and joints, muscles and ligaments, which supports the body, is treated by osteopathy. An Osteopath can discover and correct mechanical disturbances which give rise to other problems – especially neck and low back pain – because of osteoarthritis or during pregnancy.

The General Osteopathic Council, 176 Tower Bridge Road, London, SE1 3LU. Tel: 0207 357 6655 www.osteopathy.org.uk and the British Osteopathic Association, Tel: 01582 488455 www.osteopathy.org can provide details of how to find a qualified Osteopath.

REFLEXOLOGY

This involves gently massaging the "reflex areas" in the feet, which correspond to the "energy channels" known to acupuncturists. This is said to unblock the channels, allowing energy to flow again and heal the damage. It originated in China and is intended to help relieve pain, including period pain, digestion problems and osteoporosis.

Therapists have the letters MBRA after their names and can be found by contacting the British Reflexology Association, Monks Orchard, Whitbourne, Worcester, WR6 5RB. Tel: 01886 821207 www.britreflex.co.uk and the Association of Reflexologists, 27 Old Gloucester Street, London, WC1N 3XX. Tel: 0870 567 3320 www.aor.org.uk

itself by restoring the correct balances. There are twelve tissue salts prepared in a homeopathic way. Combination N is for menstrual pain, Combination B is for nervous exhaustion, edginess, general debility and during convalescence. The tablets are lactose based so are unsuitable for those with a milk allergy. Naturopaths, Herbalists and Homeopaths prescribe them.

BOWEN TECHNIQUE

The therapist uses fingers and thumbs to move over muscle and ligaments in various parts of the body. The work is very subtle, relaxing and gentle, involving no hard or prolonged pressure. Further details available from the European College of Bowen Studies (ECBS), 38 Portway, Frome, Somerset, BA11 1QU. Tel: 01373 461873 www.thebowentechnique.com
The Bowen Therapists European Register, PO Box 2920, Stratford upon Avon, CV37 9ZL. Tel: 07986 008384 www.bowentherapists.com

CHINESE MEDICINE

Chinese medicine includes all oriental traditions emerging from Southeast Asia that have their origins in China. It is a complete medical system that is capable of treating a very wide range of conditions. It includes herbal therapy, acupuncture, dietary therapy and exercises in breathing and movement (tai chi and qi gong). Some or several of these may be used in the course of treatment. It is based on the concepts of Yin and Yang. It aims to understand and treat the many ways in which the fundamental balance and harmony between the two may be undermined and the way in which a person's Qi or vitality may be depleted or blocked.

Further information can be obtained from the Register of Chinese Herbal Medicine, Office 5, 1 Exeter Street, Norwich, NR2 4QB. Tel: 01603 623994 www.rchm.co.uk

CHIROPRACTIC

Using the hands, Chiropractors can correct disorders of the joints, muscles and spine. Spinal problems can cause referred pain in other areas of the body, e.g: the hip or leg. In some cases they can be the cause of period pains or constipation. Lumbar four and five can be related to problems in the reproductive area. The Chiropractor makes greater use of X-rays and conventional methods than do Osteopaths. Most Chiropractors use the letters DC but from 1991 those trained at the Anglo-European College of Chiropractics at Bournemouth, can use BSc Chiropractic.

Contact the British Chiropractic Association, Blagrave House, Blagrave Street, Reading, Berks, RG1 1QB. Tel: 0118 950 5950 www.chiropractic-uk.co.uk
The General Chiropractic Council can be contacted at 44 Wicklow Street, London, WC1X 9HL. Tel: 020 7713 5155 www.gcc-uk.org

COUNSELLING

A counsellor meets a client in privacy and confidence to explore dissatisfactions or difficulties, which the client is experiencing. During counselling sessions the client is encouraged to explore various aspects of their life and feelings, talking freely and openly in a way that is rarely possible with friends or family. This can be helpful in order to reach decisions and to relieve the pressures of everyday life. For further information contact the British Association for Counselling, BACP House, 35-37 Albert Street, Rug-

FAITH HEALING

Some people claim to have the gift of healing by the laying on of hands. Usually this is practised by a person with a deep faith, and the idea is that healing power flows from a supernatural source through the healer to the individual seeking healing. Many faith healers will treat people whether or not the person seeking healing is a believer. While believers would attribute successful healings to divine intervention, it should be remembered that the mind can have significant effects over the body, and also that spontaneous remissions can occur.

To find a healer, call your nearest church and ask, or contact the Breath Fellowship, Chilston Mead, Pembury Road, Tunbridge Wells.

HERBAL MEDICINE

Herbal medicine treats the patient as an individual, with individual weaknesses and needs, not as just another medical case history. Treatment is tailored to specific requirements at the time and has proved helpful. It has been known to help in many illnesses. Knowledge about the healing properties of plants has been passed from generation to generation. Indeed, it is the precursor of modern medicine; digitalis, from foxgloves for heart disease; willow for headaches is a precursor of aspirin; blue cohosh used for infertility is known as papoose root in the USA. International scientific research confirms the healing powers of herbs and continues the search for plants with healing powers.

The National Institute of Medical Herbalists (NIMH) can be contacted at Elm House, 54 Mary Arches Street, Exeter, EX4 3BA. Tel: 01392 426022. Practitioners train for at least three years. They have initials MNIMH or FNIMH after their names. A list of NMIH members can be obtained from the website www.nimh.org.uk
The British Herbal Medicine Association can be contacted at 1 Wickham Road, Boscombe, Bournemouth, BH7 6JX. Tel: 01202 433691 www.bhma.info

HOMEOPATHY

In 1810 Samuel Hahnemann discovered that fighting like with like helped people heal. This was understood by Hippocrates in the fifth century BC. He deduced that the symptoms of illness were the body's way of fighting the illness. He termed conventional medicine 'allopathic', meaning against illness. By contrast, homeopathy is holistic and considers mental, spiritual, emotional and physical well being.

Contact a therapists via The Society of Homeopaths www.homeopathy-soh.org.
The Royal Homeopathic Hospital, 60 Great Ormond Street, London, WC1N 3HR.
Tel: 020 7391 8891.
The Hahnemann Society, Hahnemann House, 2 Powys Place, Great Ormond Street, London, WC1N 3HT. The British Institute of Homeopathy (BIH), Endeavour House, 80 High Street, Egham, Surrey, TW20 9HE. Tel: 01784 473800 www.britinsthom.com
The British Homeopathic Association, Hahnemann House, 29 Park Street, West, Luton, LU1 3BE. Tel: 0870 444 3950 www.trusthomeopathy.org

There are five NHS homeopathic hospitals – in London, Bristol, Tunbridge Wells, Liverpool and Glasgow, and one private homeopathic clinic in Manchester, each with homeopathic staff who are medically qualified. These hospitals accept NHS referrals from General Practitioners.

HYDROTHERAPY

The human body is 70% water, so water can be regarded as the essence of life. Relaxing in a bath of hot water soothes aches and pains. Hydrotherapy uses specific water properties to alleviate symptoms. As gas, liquid, solid or steam, water can be used to induce relaxation, stimulate the circulation, remove impurities like drugs or alcohol, ease pain and stiffness and to treat disease.

HYPNOTHERAPY

Somewhere between sleep and wakefulness is the state of consciousness that Hypnotherapists use to try and improve a person's health. They can induce a trance-like state and use it to bring about physical or mental changes in the patient, pain can also be relieved.

For a list of therapists, contact the British Society for Medical and Dental Hypnosis, 28 Dale Park Gardens, Cookridge, Leeds, LS16 7PT. www.bsmdh.org,
The British Society of Experimental and Clinical Hypnosis, Hollybank House, Lees Road, Mossley, Ashton-u-Lyne, OL5 OPL. Tel: 01457 839363 www.bsech.com,
The British Institute of Hypnotherapy, 12 Heycroft Road, Eastwood, Essex, SS9 5SW. Tel: 01702 524484
The Hypnotherapy Society, PO Box 885, Cheltenham, GL53 7WZ. Tel: 0845 6024585 www.hypnotherapysociety.com.

KINESIOLOGY

Kinesis means motion and was discovered in 1964 by a chiropractor. Kinesiologists do not diagnose illness but locate physical problems. They look for imbalances or deficiencies in nutrition and energy. They give a light fingertip massage to pressure points to stimulate the blood and lymphatic systems. If leg muscles work properly, the foot will jerk when the knee is hit. This form of muscle testing is seen as revealing a person's state of health.

Practitioners can be found through the Association of Systematic Kinesiology, 47 Sedlescombe Road South, East Sussex, TN38 0TB. Tel: 0845 020 0383 www.systematic-kinesiology.co.uk and the Kinesiology Federation, PO Box 28908, Dalkeith, EH22 2YQ. Tel: 08700 113545 www.kinesiologyfederation.org

NATUROPATHY

The body is helped to heal itself. Instances where it is used instinctively are fasting during an upset stomach, sweating out a fever, or submerging a sprained ankle in icy water. Naturopathy tries to identify the underlying cause of illness and treats this rather than just suppressing symptoms. It encourages people to think positively, concentrating on good health rather than illness and to live as naturally as possible amid every day pressures. Each person is unique and treated accordingly using chiropractic, diets, exercise, massage, osteopathy, massage, hydrotherapy, relaxation and breathing. Naturopaths seek to complement the care provided by conventional doctors.

Lists of qualified practitioners are obtainable from the General Council & Register of Naturopaths, Goswell House, 2 Goswell Road, Street, Somerset, BA16 0JU. Tel: 08707 456984 www.naturopathy.org.uk. Members have initials MRN after their names.