

Strictly for Health



Natural way to overcome infertility

JEANETTE WALLIS runs a successful natural health clinic specialising in the field of infertility and pregnancy.

Using a unique combination of reflexology and NLP, she can treat any medical condition including polycystic ova-

ries, endometriosis and poor ovulation, while at the same time identifying and changing any emotional/negative imbalances.

She believes that the physical body can be affected by our negative thought patterns,



especially when something we want so much is just not happening.

It is difficult when fertility tests are inconclusive, also if you have a history of miscarriage or difficulty conceiving your second or third child.

Reflexology is wonderful during pregnancy and is excellent at alleviating and reducing

any symptoms such as nausea, indigestion and backache. It can also improve blood and lymph flow and help with a breech presentation. If overdue, reflexology is also an excellent unobtrusive way of encouraging labour to begin.

Should you need to embark on IVF treatment, Jeanette's method of working with women is invaluable for providing optimum health and well-being, providing the emotional support that is essential for a happy outcome.

Try the treatment that makes the difference for fertility success and optimum health in pregnancy.

Jeanette runs clinics in Maidenhead, Henley and London. For more details, call 07973 779853 or visit www.wallishealth.co.uk

Helping people to reach their full potential

SIMON FITCHETT is a clinical hypnotherapist and psychotherapist currently dividing his time between Formula 1, working at a clinic in Harley Street, and now the well-known House of Good Health on Greys Road.

During the past five years Simon has worked in Formula 1 where he was the physical trainer and sports therapist for David Coulthard, and he is now working with Vitaly Petrov at the Renault F1 team, focusing on both his physical and mental performance.

Simon has always had a passion for finding and uncovering that which prevents us from succeeding or reaching our full potential. Although he has travelled the world with his career, he grew up and was educated in Henley and is delighted to be back to where he calls "home".

Simon specialises in working with professional sports people to help them achieve their goals but he has also had great success in working with individuals who are looking for positive change in their lives.

In the Henley practice Simon will specialise in helping sufferers of anxiety and depression, fears and phobias, weight management, pain relief and



Therapist: Simon Fitchett

stopping smoking.

Simon says: "If you have an emotional or psychological problem, a bad habit you can't seem to break, or you generally just want to feel more confident and better about yourself no matter how entrenched the condition, then hypnotherapy can really help you to make the necessary changes."

Hypnotherapy is a perfectly safe and very natural way of using your inner resources, which

we all have, to reorganise your thoughts, beliefs and behaviours to bring about positive change.

Consider this simple question: How easy is it or how much effort does it take to think negatively? To think negatively about yourself, about your abilities, about your self-confidence or about your potential? The answer is that it takes exactly the same effort to think negatively as it does to think and focus positively!

Negative thoughts are powerful, and they influence every aspect of your life, they prevent you from achieving and performing at your optimum level. YOU have the power to reverse this.

Simon's therapy techniques include hypnoanalysis, regression therapy, suggestion therapy, neuro-linguistic programming and emotional freedom technique.

To find out more about Simon and how he may be able to help you, visit www.simonfitchett.com

Simon is offering free, 30 minute, no obligation consultations so if you would like to see Simon for a consultation or for an appointment, please call the House of Good Health on (01491) 579204.

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Helping your body to function at its best

HENLEY Chiropractic Clinic runs a professional and friendly health-care clinic with a particular focus on treatment and advice for a wide range of musculo-skeletal (muscles, joints, nerves etc) pains and injuries.

These types of pains can occur for many reasons, for example: 1) sitting at a desk for too long every day; 2) acute and chronic sports injuries; 3) repetitive strains/overuse; or even 4) joint/muscle wear and tear that has accumulated over many decades.

The clinic provides a variety of safe and gentle treatments for individuals and families of all ages, as well as ongoing maintenance/preventative care and advice where necessary.

By improving and maintaining the function of the joints, muscles and especially the nerves, your body can function better, faster and stronger and overall be healthier. The aim is to help your body function the best it can and to help you reach a level of health and fitness that you are happy with.

Henley Chiropractic Clinic is at 1 West Lane, off West Street, Henley. Call (01491) 578833 to arrange your initial consultation.

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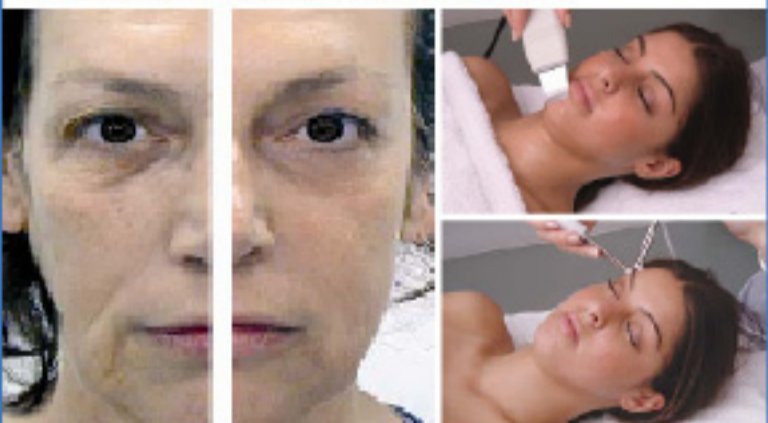
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