

Homeopathy

Homeopathy is now available at The Almond Tree.

Homeopathy is a gentle way of treating many conditions and is even gentle enough to treat children. You can read about our new homeopath, Lorraine, inside this newsletter.

To make an appointment or find out more phone 0117 9756940.



Learn Reiki



Weekend courses are available at The Almond Tree Practice where you can learn Reiki I and also Reiki II.

These highly practical courses are suitable for everyone to learn so you can feel confident giving treatments when you've successfully completed the course.

Phone Deb to find out more.

Join our mailing list

Our newsletter is also available on our website.

If you'd like more copies of the newsletter or would like to receive it by email, let us know - email mail@thealmondtreepractice.co.uk

The Almond Tree Practice
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www.thealmondtreepractice.co.uk

We are open Monday-Friday 9am-7pm and Saturday 9am-1pm



A complementary Health Practice for all the family

Newsletter - Summer 2010

SUMMER OFFER

Why not take advantage of our voucher below and find out for yourself why so many people go to The Almond Tree.

As well as lots of 'feel good' treatments, we offer a wide range of therapies that can ease a wide range of ailments - from stress and obsessive behaviour to pain and the effects of long-term illness.

You don't even have the hassle of having to go far as we're just on the Gloucester Road, next door to Barclays Bank (opposite Flingers party shop) with free parking outside.

All you have to do is phone to make an appointment and bring the voucher with you for 10% off your treatment.

COST-SAVING OFFER

10% OFF ALL OUR NORMAL PRICES

Just cut out this voucher and bring it with you to claim 10% off the normal price for one session of any of our therapies

*excludes all therapies offered in our Low Cost clinic. Valid until 30/9/2010. No cash value equivalent. Terms & conditions apply.

School's out - but it needn't be stressful

School holidays may be great fun for kids, but for some parents it can be a nightmare.

What with finding extra childcare while you work and thinking up lots of things of things to keep them entertained, let alone the cost of doing it all, it's no wonder it can feel more of a burden than a break.

That's why it's more important than ever that you make some time for yourself – something we're all notoriously bad at. But by taking even an hour out to do what you want can make a big difference.

- Meet a friend for coffee or a drink – a good chat always helps.
- Arrange a child swap with a friend and when it's your kids turn to go to the friend's house, resist doing chores and do something for you instead - read a magazine, go to the Mall, have a swim or simply do nothing.



- Encourage the grandparents, auntie, uncle to take them out on a day trip – they'll all love it, and you get a day to yourself.
- Treat yourself to a relaxing treatment – there's nothing quite like it for helping you unwind.

Most of us feel guilty about taking a little time for ourselves, but don't; it'll help you feel happier, healthier and better able to enjoy spending the summer with the kids.

Spotlight on ... Lorraine Wallace

Homeopath, Lorraine Wallace, trained at the Devon School of Homeopathy and has recently started practicing at The Almond Tree.

So how would you describe yourself in a nutshell?

Playful
Creative
Empathic

Why did you decide to become a homeopath?

I have always felt there was more to medicine than just treating the symptoms, so when I discovered alternative medicine worked by the treating the individual as a whole I was fascinated by the whole process. Homeopathy in particular helped me overcome my asthma and reliance on inhalers as well as improving my general well-being.

What's been your greatest achievement to date?

Using my skills as a homeopath to help people get better. I have always thought if I could help just one other person my training as a homeopath would be worthwhile.



What's the best advice you've been given?

“Your life is your life.
Know it while you have it.
You are marvellous.
The gods wait to delight in you.”

From Charles Bukowski's poem: The laughing Heart.

And the worst?

I'm not sure if any advice is truly bad. It's what you do with it that counts.

Lorraine runs a homeopathic clinic by appointment only on Thursdays from 1pm to 7pm