

What is Osteopathy?

Dictionary Definition: *A person who treats disease by manipulation of bone.* But we do more than just manipulation. We don't necessarily manipulate every session but use other techniques such as palpation skills, and mobilisation to release tissue tension.

Consultation?

Firstly, a detailed case history is taken - name, address, past accidents, injuries, operations and family history. Then details about the problem, everything about the condition is important to help make a diagnosis. What makes it worse/better, sleep patterns, occupation, environment you work and live in.

What is involved in the treatment?

A thorough examination is carried out, blood pressure, pulse, passive/active movement of all joints, limbs and muscles, reflexes etc. When a diagnosis has been reached it is important to decide which type of Osteopathic approach to treatment is needed. This involves soft tissue massage, stretching, articulation, mobilisation and manipulation if necessary. Self-help advice is given at the end of each session.

Treatment Scheme!

First visit is a consultation, examination and treatment, this takes - 1 hr.

Visits thereafter re-examination and treatment - 1/2 hr.

Conditions

Chronic intermittent or long term back pain
Whiplash
Joint Problems
PMT
Sciatica
Arthritis
RSI
IBS
Postural problems
Sports Injury
Frozen Shoulder
Migraine/Headaches



Back in Balance

Food Sensitivity Testing

Eating correctly and good health go hand in hand. We are becoming aware of this but we need help and guidance, it can become a minefield of valuable information, which can create confusion.

It has been estimated that over half of all illnesses reported to Doctors are food related and the caused of general un-wellness, day in and day out. With the correct advice general health and symptoms of arthritis, heart disease, IBS and many others can be improved.

The Vega Test Machine is a non-invasive and safe method of testing for food allergies and environmental elements that can cause hay-fever, rhinitis, eczema and other skin conditions.

The Vega machine forms an electrical circuit between the patient and the machine, by using the stylus, which applies the charge (the patient feels nothing) that flows through the body and out via a hand held electrode the reading shows on the dial indicating an intolerance to that particular food or element. There is no blood testing, scratching or patch testing, no pain or side effects.



Treatments

Osteopathic treatment 1hr £30
Osteopathic treatment 1/2hr £25
Food Allergy Test - £45
Review discussion 1/2hr - £25
Detox 2002 - 2hr - £65
(allergy test and detox massage)

Nightingale Clinic 0845 1232799
Home Visits 07977 218914
Stepping Stones 01327 811511
Whittlebury Spa 01327 850400

Equine & Canine Osteopathy.

Injuries, Rehabilitation, lameness and behaviour problems. For more information please contact me on 07977 218914 / 01327 860187.



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Allergy/Sensitivity Testing

Do you suffer from one or more of the following symptoms:

Bloated stomach and aches/pains
Weight gain
Fatigue, Apathy, Lethargy
Migraines, Headaches
Asthma
Stress
Constipation, Diarrhoea, IBS
Psoriasis, Eczema, Rash, Urticaria
Flatulates, cramping wind
Sinusitis, Hayfever, Rhinitis, Catarrh
Insomnia
Anxiety, Panic attacks, Hyperventilation,
Depression, Mood swings
Hyperactive, Behaviour problems
General feeling of being un-well
and many more,

I can help. This test is safe and suitable for babies and children.

If so, a simple pain-free, immediate results vega test can help. I can test for 100 foods & environmental elements and with the advice given we will be able to improve your quality of life.

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The Nightingale Clinic



www.nightingale-clinic.co.uk

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Caroline Pittard

Safe Effective Osteopathy

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I ensure that the least amount of discomfort or pain will be experienced during treatment and it may not be necessary for everybody to undergo manipulation.

I am here to help and improve your quality of life.

**Food Allergy/Sensitivity
Test also available**

A non-invasive test, with no side effects, pain or discomfort

