

when one
branch moves
the rest
will follow

- Chinese Proverb



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for healthier living

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Healthier living for anyone

Acupuncture and Chinese Herbal Medicine

The insertion of very fine needles into the body's 'meridians' stimulates the qi (energy), activating the body's own healing response and restoring balance and health.

Chinese herbs stimulate natural healing processes by supporting organ function and the immune system, promoting blood production and nutrient absorption, and building and repairing cells.

Neuro Emotional Technique (NET)

NET is a safe, effective and natural way to resolve long-standing problems through resolving emotional components that accompany physical symptoms.

Unresolved events - real or imagined - 'hold' us in emotional and often unconscious patterns. NET is an effective way of identifying and releasing these.

Yoga

Yoga encourages balance internally and externally, with strength and flexibility, movement and stillness. Whoever we are, what ever we do, we can all benefit from yoga.



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