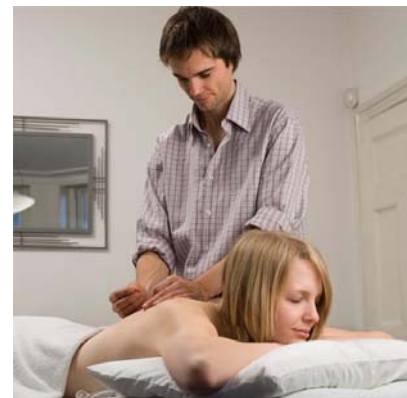
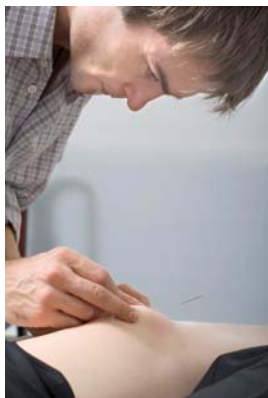




## Need a little spring in your Step? You need to get a 'Seasonal Alignment' at *The Centre of Health*



Do you always feel a little out of sorts at the beginning of a new season? Have you noticed the increased numbers of colds and flu's passing around as people adjust to the change in the climate? If you always feel slightly out of balance as the seasons change and you can never quite put your finger on the reason why you need to try the Seasonal Alignment treatment at The Centre of Health, Marble Arch London.

Seasonal Alignment Acupuncture is designed to help smooth over the climate changes by giving the body's energy a gentle boost ensuring you feel energised and ready to face the changes with ease. Seasonal Alignment is complete within a single session and a gentle acupuncture technique is used to boost your immune system, fend off those summer bugs and to ease the body out of its 'hibernation mode' and to put a real spring in your step.

Owner and practitioner David Purchas has established *The Centre of Health* to offer a unique Oriental style of acupuncture. The outcome is a powerful treatment that is focused on the understanding of the bodies Ki (inherent energy). This may be done though stimulation by pressure, needles, or applied warmth to specific points and muscles and Purchas' special needling techniques minimise discomfort.

He says, "People in busy cities are often in need of balance. Factors such as long working hours, little time for relaxation, poor diet and seasonal changes all cause imbalances. These imbalances manifest themselves as common ailments such as headaches, muscle tensions, digestive discomforts and colds and flu. Acupuncture encourages the body back into balance (homeostasis) so that all the body's functions are working in harmony which helps to treat, and importantly prevent disease of a physical, emotional and spiritual nature".

**The Treatment:** Each treatment starts with an initial consultation, discussion of symptoms and feelings, and a tongue analysis and pulse check from which a diagnosis is formed and discussed with you.

**The Difference:** A gentle yet powerful treatment based on the Oriental style of acupuncture. It is tailored to your lifestyle with ongoing support so you can maintain peak health.

**The Ailments:** The Centre of Health offers treatment for a wide range of common ailments including headaches, migraines, hay-fever and allergies, muscular discomforts and injuries, lethargy, anxiety, insomnia, stress, relaxation, irritable bowel and digestive discomforts, depression, high blood pressure, asthma, skin problems, cold and flu, seasonal alignments and prevention.

*The Centre of Health* is situated at 30 Cumberland Mansions, Seymour Place, London W1H 5TF and is open from 9am – 6pm Tuesday to Friday and on the 1<sup>st</sup> Saturday of every month. See [www.thecentreofhealth.com](http://www.thecentreofhealth.com)

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