

Alternative Therapies

Three Venues: Gerrards Cross - Brighton - London (see back page)

☎ 01273 302 428 or ☎ Mobile 078 331 927 51

www.therapies.com - Email : patrick@therapies.com - Courses since 1991

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**SEPTEMBER 2007
TO JULY 2008**



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be found on the back page

Warning: Our courses will seriously improve your health

BODY MASSAGE

ORIENTAL DIAGNOSIS

**EMOTIONAL
FREEDOM
TECHNIQUES**

**REIKI
HEALING**

**All
Levels**

**PSYCHIC SURGERY
IN THE PHILIPPINES**

**PSYCHIC
DEVELOPMENT**

DIET & DETOX

ANATOMY & PHYSIOLOGY

INDIAN HEAD MASSAGE

FREE NEWSLETTER

- One in two men and one in three women will get Cancer. Are you safe?
- Did you know that Modern Medicine is the third leading cause of death in our modern society?
- Are there natural products that help keep us healthy?

If you are interested in different forms of Alternative Therapies and wish to have them explained .. Or wish to learn about natural supplements or products .. Or how to naturally fight off disease and boost your immune system .. Or want facts, data, statistics on the different methods available to help cancers, diabetes, heart problems etc.. Please send a blank email to:

newsletter@therapies.par32.com



YOUR GUARANTEE

A course is only as good as the tutor who teaches it.

Carole and I are the main tutors at Alternative Therapies. Other tutors are mostly friends I admire and respect for their thorough knowledge.

What this means for you is that by joining our courses, you are exposed to a wealth of experience.

We believe in the health of the Mind, Body and Spirit and all our courses reflect this belief. We are very approachable and helpful.

A resume of our background may be found on the next page

Patrick

Should you be interested in running one of the courses in this brochure at your home/ premises and have a minimum of 4 paying friends who would like to attend, I would be delighted to come and teach for you and offer your course free of charge

IMPORTANT INFORMATION

This brochure was printed in June 2007 and it is extremely likely that NEW courses have been added or that some details may have changed since we printed it.

For the latest information and dates about our courses, either join my Newsletter (see above) or browse our web site at:

www.therapies.com

Your Tutors

Patrick has been involved with various forms of Alternative Therapies since the late 1980s. He currently teaches Reiki (all levels), Indian Head Massage, Emotional Freedom Techniques, Cooking for Health with dietary advice, Psychic Development and Oriental Diagnosis.

He has also ran courses in Karuna healing, Gakkai, On Site Massage, Shiatsu, Macrobiotics, Body Massage, Reflexology, Aromatherapy and Fire Walking.

He gives consultations/ treatments in Macrobiotic diet, Emotional Freedom Technique (working on negative emotions), Detoxification and in all of the above therapies.

Patrick started his professional journey in Alternative therapies in 1991 when he qualified in Anatomy & Physiology and Body Massage. He then pursued his studies in Aromatherapy and Reflexology. He as taught all these therapies to ITEC qualifying standards between 1993 and 2002.

In July 1991 he became Macrobiotic and started to eat and live a much healthier life.

In February 1993 Patrick started studying various method of healing. Starting with Reiki and then progressing to Seichem, Tera Mai, Reconnective Healing, 7 Ray of Healing, Gakkai and Karuna. Healing is a passion for him, not a job.

In December 2000, he started learning Emotional Freedom Techniques (EFT).

Since 1997, Patrick has been working with Filipino Bare Hand Surgeons. He takes frequent trips to the Philippines with groups of people who believe their health can be improved by this form of healing (see [page 14]).



Carole will teach our Indian Head Massage course.

She holds diplomas in Bush Flower Remedies, Hypnotherapy, Theta Healing, Metamorphic technique, Reiki healing, Natural Nutrition, Indian Head Massage, I.S.T.M certificate in advanced Massage and Remedial techniques and I.T.E.C diploma in Anatomy, Physiology and Massage.

She has shadow tutored at the College of Natural Nutrition in London.

Carole offers treatments in holistic massage, Reiki and the metamorphic technique.

She regularly organises and facilitates cooking workshops and runs hypnotherapy groups to support weight issues and healthy relationship with food.

She works at the Atheldene day care centre as a massage therapist and healer.

She has been involved in holistic medicine since 1994.

REIKI

Reiki is a Japanese Word meaning “Universal Life Energy”

Anybody can learn the art of Reiki healing. No special physical or intellectual abilities are required. All you need is a desire to learn and attunements from a Reiki Master. Reiki healing can be used for self treatment or to treat others. When giving Reiki, you are energised; your energy is not drained but replenished.

Reiki may heal pain and acute problems quite rapidly. Problems of a chronic nature may take several treatments. Reiki can never cause harm. It always knows what level of healing a person needs and will adjust itself to the needs of the receiver.

How to choose a Reiki Master

*Choosing the right Reiki Master is becoming increasingly difficult as more and more Masters are now completing their Reiki training in 2 or 3 months whereas Grand Master Takata herself had to wait 2 years. It is of course impossible to gain enough experience in such a short period of time. The energy of Reiki cannot be understood by reading a book. You must experience it for yourself. Ideally, your Master should have studied Reiki over a period of at least 2 years before teaching. His/her experience should not only be with Reiki but also with other topics related to health to allow him/her to fully understand how to maintain good health. **Both your Reiki 1 and Reiki 2 courses should be over 2 days - do not settle for less.***

Your Master

Patrick, your Reiki Master has studied with English, American, Hungarian and Filipino Masters since February 1993 in order to gain the maximum amount of experience. He also is a Karuna and Seichem Master. He has been studying Alternative Therapies since 1989 and since 1993 has run his own school where he has taught Aromatherapy, Reflexology, Massage, Macrobiotic Medicine, Oriental Diagnosis, Reiki, Karuna, Emotional Freedom Therapy, Detox Diet and Psychic Development. He publishes a Newsletter on the Internet about health.

Since 1997, Patrick has extensively studied the healing techniques of many different Filipino Bare Hand (Psychic) surgeons.

He has a busy practice and has successfully helped many patients with MS, ME, Cancer, Paralysis as well as many other diseases. His experience in dealing with health matters is extremely broad. Patrick loves his work and has a sincere desire to help others understand what makes the body sick and how to recover from illness. His belief is that in order to successfully help a patient you have to go back to the cause of the disease.



FIRST DEGREE COURSE (£120.00)

This course is based on Dr Mikao Usui system of Natural healing. During this 2 day course, you will receive four attunements that will free the flow of Reiki healing energy in you. The following will be taught:

How Reiki works, the true history of Reiki and the commonly narrated history of Reiki, **Reiki guides** (and meditation to meet them), self healing, healing others for chronic / acute conditions, protecting yourself, an explanation on Chakras/ Meridians/ Nadis, an explanation on the “healing crisis”, the origin of disease will be explained, contra-indications to Reiki, treating animals / plants/ food/ drinks, scanning a body for imbalances, exchanges etc..

You will be given a manual with pictures of hand positions for a complete treatment to yourself and others. Time has been allowed for practical exercises.

By the end of the weekend, you will be able to treat yourself and others.

SECOND DEGREE COURSE (£170.00)

This will *substantially* increase the power of your Reiki. During the 2 days, you will learn how to send Reiki to others at a distance and how to work on negative emotions (depression, fears, anger, sadness, jealousy etc..). You will learn how to send energy to ideas & projects you want to materialise in your life. The use of beaming and how to clear a room of negative energy will be explained.

Three secret symbols will be revealed to work on the Mental / Emotional level, to reinforce your physical healing abilities and to send Reiki at a Distance. Numerous exercises and discussions will take place.

MASTERS DEGREE (part 1 £270 / part 2 £110)

There are different reasons why people choose to become a Reiki Master:

Some wish to have a *much higher* level of energy for the treatments they give to others or self. Others wish to teach friends, family or take it up professionally (hopefully with the aim of helping others).

Whatever your reason, becoming a Reiki Master is a powerful self development tool.

This Master’s course contains all the relevant information that you need to initiate other people in Reiki 1, Reiki 2 or Master’s degree. The following is a list of **SOME** of the topics covered during the course (both parts may be studied at the same time):

PART 1 (Day 1 and 2) - £270

- ☉ Each participant will have the opportunity to discuss what result or problem he/she has had with Reiki since his/her first or second degree.
- ☉ Review of second degree symbols. Explanation on differences.

- ☉ Reiki guides, who they are, how do they help ?
- ☉ Meditation to meet your Reiki guide
- ☉ Does Reiki sometimes work better on others than on oneself ?
- ☉ Master symbol and use
- ☉ Two Tibetan symbols and use
- ☉ Attunement for Reiki Master
- ☉ Attunement for Reiki Tibetan Master
- ☉ **Western Psychic Surgery (very powerful)**
- ☉ Antahkarana symbols and their use
- ☉ Investigation into the cause of disease in the body
- ☉ And a lot, lot more

PART 2 (Day 3) £110 if booked with part 1 or £130 if booked on its own

- ☉ Different attunement methods reviewed (Pure Usui and Tibetan)
- ☉ What to teach on First and Second degree Reiki
- ☉ Extensive training and practice on how to attune students to Reiki level 1, level 2, Reiki Masters and also with the Tibetan symbols

REIKI MASTERS IN THE PHILIPPINES

You can also attend Patrick's Reiki Masters course in the Philippines if you wish. Full details at www.therapies.com/surgery.

The course content is as per the one in the UK but.. you will be staying in an hotel right on the beach. Studies will be in the morning only and over 5 days. Afternoons and evenings will be left free for sightseeing, bronzing, relaxing, massage etc.. Special meals may be requested.

You will also be able to receive treatments or witness Bare Hand Surgery with one of the most gifted Bare Hand Surgeons in the Philippines.

A fantastic way to become a Reiki Master and to enjoy a very relaxing holiday at the seaside.

Cost for the tuition (on top of the trip) is discounted to £280 for 5 days * 3.5 hours of tuition (instead of £380).

You will of course also be able to ask Patrick any question you want to during meals or relaxation time.

Not to be missed. See page 14.



COURSES IN GERRARDS CROSS

From 10.00 h to 17.00 h

| YEAR 2007 | | | | YEAR 2008 | | | | | |
|-----------|-------|--------------------|-----|---------------------|-----|-------|-------|-------|-------|
| | Sept | Oct | Nov | Jan | Feb | March | April | May | June |
| 1 | 22-23 | | 3-4 | | 2-3 | 1-2 | 5-6 | 10-11 | 21-22 |
| 2 | | 6-7 | | 12-13 | | | 26-27 | | 14-15 |
| Masters | | 14-15-16 September | | Masters in Brighton | | | | | |

COURSES NEAR BRIGHTON

From 10.00 h to 17.00 h

| YEAR 2007 | | | YEAR 2008 | | | | | |
|-----------|------|---------------------------|-----------|-----------------|-------|--------------|-------|-------|
| | Sept | Oct | Jan | Feb | March | April | May | June |
| 1 | 8-9 | 20-21 | 26-27 | | 8-9 | 12-13 | 17-18 | 28-29 |
| 2 | | 13-14 | 19-20 | | | 19-20 | | 7-8 |
| Masters | | Masters in Gerrards Cross | | 8-9-10 February | | 23-24-25 May | | |

COST FOR ALL REIKI COURSES

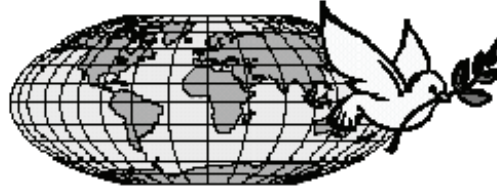
Reiki 1 : £120

Reiki 2 : £170

Reiki Masters : £270 for days 1&2; £130 for day 3;
£380 for all 3 days if booked together

**Please use the registration form on page 17 of this
brochure to book your Reiki course**

EMOTIONAL FREEDOM TECHNIQUES (EFT)



Weekends in Gerrards Cross: 27-28 Oct 07; 16-17 Feb 08; 5-6 July 08

Weekends in Brighton: 10-11 Nov 07; 23-24 Feb 08; 31 May– 1 June 08

Hours : 10.00 to 17.00

Cost : £150 - **Tutor:** Patrick

This is a qualifying course. You will be able to get insurance and practice with our diploma.

Most serious illnesses are a result of bad eating habits and negative emotions. Whilst our course on Diet will teach you how to eat properly, this EFT course will teach you how to get rid of the negative emotions that damage your health.

EFT will dramatically change your world. It will bring you freedom from negative emotions: a freedom that allows you to blossom and rise above whatever hidden hurdles keep you from performing to your capacity.

Freedom to make those business calls, start that new business, improve your golf score, lose that weight, approach people with ease or become a public speaker or singer.

Freedom from the anxiety that causes you to take those pills, drink that alcohol, smoke those cigarettes or raid that refrigerator. Freedom to express love easily and walk upon this planet with grace and confidence.

Freedom from intense fears...or phobias...or anxiety...or panic attacks...or post traumatic stress disorder (PTSD)...or addictive cravings...or depression...or guilt...or...or...or...

There is no long, drawn out, "tell me your life story" feature to EFT. There are no pills. There is no painfully reliving past traumatic events. It doesn't take months or years. It takes a fraction of the usual time and is often done in minutes. People simply get beyond their emotional baggage, usually permanently, and go about their lives more effectively.

EFT is based on the discovery that imbalances in the body's energy system have profound effects on one's personal psychology. Correcting these imbalances, which is done by tapping on certain body locations, often leads to rapid remedies. By rapid, I mean, **most of the problems vanish in minutes!!!**

This is demonstrated repeatedly in the case histories and live sessions that are included with this course. A few problems take longer....maybe two or three brief sessions. The most difficult ones tend to require anywhere from a few days to a few weeks. Fortunately, these are in the minority.

Read students testimonial on this course at www.therapies.com/ef/ef.htm#testimonials

Indian Head Massage

Weekends in Gerrards Cross: 22-23 Sept 07; 27-28 Oct 07; 12-13 Jan 08; 16-17 Feb 08; 5-6 April 08; 10-11 May 08; 21-22 June 08
Weekends in Brighton: 8-9 Sept 07; 13-14 Oct 07; 10-11 Nov 07; 19-20 Jan 08; 23-24 Feb 08; 12-13 April 08; 17-18 May 08; 28-29 June 08
Weekends in London: 17-18 Nov 07; 15-16 March 08; 3-4 May 08

Hours : 10.00 to 17.00

Cost : £130—£70 deposit when booking. Balance payable to your tutor on the course.

A DVD or Video of the full Massage sequence is included in the above price.

This is a **qualifying course**. With our diploma and Anatomy & Physiology (see page 12) you can get insurance and legally practice in the UK.



Indian Head Massage (IHM) is one of the most relaxing form of massage you will ever receive. It helps relieve muscle tension in the neck, shoulders and scalp, headaches, sinusitis, eyestrain, helps to promote hair growth, helps blood and lymph flow to the upper body, promotes relaxation, better sleep, sharper thinking and harmonise your Chakras (Chakras are fully explained in the course).

It is one of the most popular form of massage and is in great demand with clients

The massage is performed fully clothed although access to your shoulders should be given if you wish to receive the full massage sequence. It is executed on the upper back where tension often settles, the shoulders, back of the neck, arms, scalp and face.

At the end of this course, you should feel thoroughly relaxed and will probably sleep extremely well.

Our own school diploma will be issued at the end of this course. This diploma is currently recognised by I.P.T.I. (Independent Professional Therapists International) and HL Balen Insurance company. This means that with our diploma, you are able to **get insurance and legally practice in the UK** as long as you are qualified in Anatomy & Physiology (our correspondence A&P course on page 12 is recognised) and submit 8 case history to us (this is fully explained during the course).

We will want to examine you prior to issuing our diploma.

Course content:

Lengthy demonstration and practise on how to safely give a Scalp, Face, Neck, Shoulder and Upper Arm Massage

- * The History *7 Chakras explained *The purpose and benefits
- * Contra Indications * The power of touch *Stress
- * Preparing for a Massage *Practical demonstrations and practice

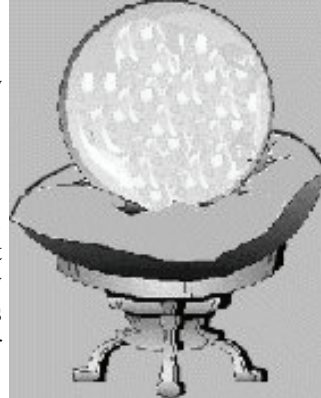
Psychic Development

weekends in Brighton: 29-30 Sept 07; 3-4 May 08

Hours : 10.00 to 17.00 **Tutor:** Patrick

Cost : £120

Every single one of us was born with psychic abilities. Some of us are aware of these from an early age whilst others may still be trying to find ways to access them. My course will enable individuals to experiment with various psychic exercises to begin to unlock their doors to their intuition and psychic gifts.



For some this will happen quite quickly for others it may take a little more time, often confidence and self belief are the biggest hurdles however perseverance will undoubtedly bring success.

One thing you can be sure of is that every single one of us has psychic gifts/abilities. They maybe in Healing, Clairvoyance, Clairsentience, Clairaudience or Mediumship or you may have abilities in all these areas.

The course is about developing your Psychic abilities and understanding where your gifts in this area are. This will be done through some of the following:

- Guided Meditation
- Flower reading
- Seeing the aura
- Protection
- Remote viewing
- Psychometry
- Angel cards
- Using a Pendulum
- Channelled healing from the Angels
- Guided meditation to your life's castle
- Understanding the 7 Chakras—Opening/ closing
- Health scanning with the hands
- Health scanning at a distance
- Tarot cards for everybody
- Seeing the Aura
- Bare Hand Surgery in the Philippines

My background

Since 1994, I have been attending various Psychic development classes and clairvoyant gathering. I have participated in numerous exercises and have become very good at some of them. Overall it has been a vary enjoyable experience. I have learnt an awful lot and I have very substantially increased my psychic abilities.

Diet and Body Detox

Weekends in Gerrards Cross: 3-4 Nov 07; 1-2 March 08; 14-15 June 08

Weekend in Brighton: 29-30 Sept 07; 26-27 Jan 08; 19-20 April 08

Hours : 10.00 to 17.00 **Tutor:** Carole **Cost :** £120

We live in a society where food is available in abundance. So is information about diet and nutrition.

Yet, we seem to get more and more confused about what choices to make. Even nutritionists seem to contradict each other and we often end up felling bullied into adopting particular behaviours.

Fear is often used to create changes within one's lifestyle but acting out of fear will create a sense of limitation and powerlessness.

Can we truly listen to our deep self and heal with this paradigm?

This course is designed to help you, as an individual find your way within the maize of nutritional information available, enabling you to make conscious and empowered choices using food and naturopathic techniques to support your Body, Mind and Spirit.

Some of the topics covered in this 2 day workshop will be:

- Understanding the physiological effect of food
- Choosing food that will work for you
- How to sustain hydration
- Various detox methods, when and how to use them
- Working in harmony with the cycles of nature
- Naturopathic techniques: an invaluable tool

Carole's Background:

Before learning to work with food and my body's inner intelligence I was plagued with various chronic ailments, combined with extreme tiredness and compromised immune system.

Only through conscious living did I find a way to empower myself which led me to experience abundant health.

It is this empowerment that I wish to share with you.

You too can learn to live a life of abundant health in a fun and joyful way. It was never meant to be dull and limiting..

INTERNET COURSES

Anatomy & Physiology Body Massage Oriental Diagnosis

Anatomy & Physiology

Our Internet correspondence course in **Anatomy & Physiology** is recognised by I.P.T.I, Balen Insurance and many other companies.

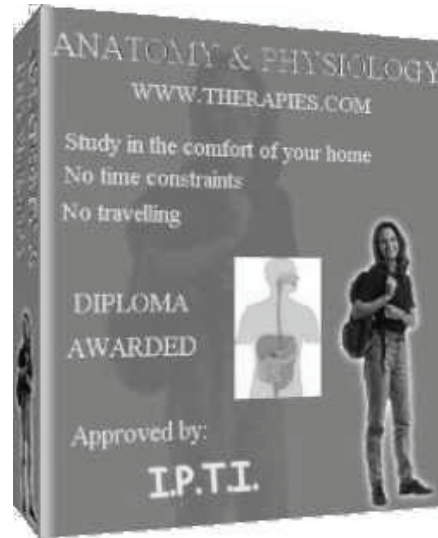
I.P.T.I (Independent Professional Therapists International) is an independent UK based organisation formed to serve the needs for aestheticians and alternative and complementary therapists throughout the world. They cover a large range of therapies and can also help you with Insurance.

Balen Insurance recognises our Anatomy & Physiology diploma. If you were to join our Indian Head Massage course as well, this means that with the Indian Head Massage diploma we issue you and with the Anatomy & Physiology diploma, you could get insurance and legally practice in the UK and charge for your services.

How does it work?

You need a Windows compatible computer to be able to download our Anatomy & Physiology module.

Our program explains in details everything you need to learn about Anatomy & Physi-



ology, it is based on the curriculum we taught our ITEC students.

Lessons can be studied directly from your computer or printed. You only need an Internet connection to access the tests at the end of each lesson.

Tests are corrected immediately and we get a copy of your results so we can monitor your progress.

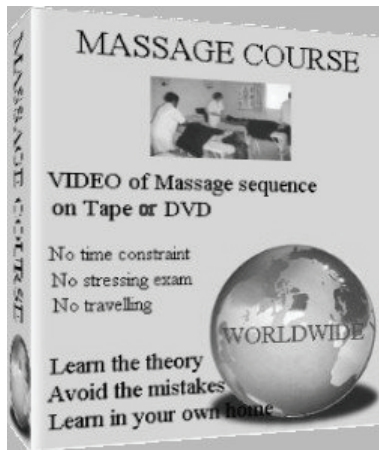
If you score an average of 75% in all the tests, you automatically receive our Diploma at the end of the course. Should you fail a test, you are allowed to retake it.

Price

This module is priced at £275

A trial version are available for £10 .00.

For an immediate download, please browse www.therapies.com/corresp



Body Massage course

This is a non Qualifying course.

Ideal to learn and practice on friends and family.

A certificate of completion will be issued at the end of the course.

The course content is based on the ITEC qualifying course we taught in house between 1993 and 2002. If you are currently studying a qualifying course in Body Massage but find it difficult to gather some of the information, these notes will greatly help you with your study.

All the theory is contained in the information we send you.

You can start learning the practical with the **Video or DVD** we send you. Eventually, you may want to come to see us to fine tune your massage.

Price

This module is priced at £45.00

Oriental Diagnosis

Oriental Diagnosis is the Art of recognising an imbalance in a person simply by observing markings on their face or body.

In this course, you will learn how to look at facial features, ears, tongue, lips, eyes, meridian markings on the body, feet, hands, nails and different colourations to diagnose a person.

You will also learn about **Yin and Yang** in your daily life, in the food you eat and in your environment.

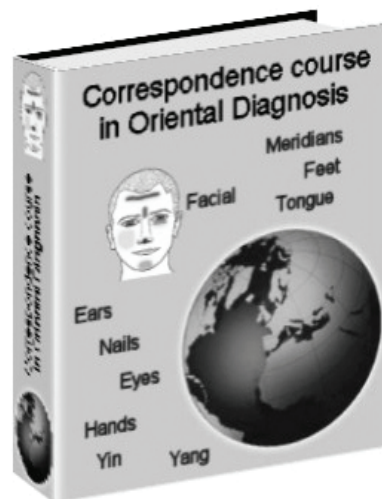
When you are able to diagnose, you are able to help friends, family and customers with valuable advice as you will be able to recognise which organs may be imbalanced (hopefully) before it causes a problem.

Find out about your favourite actor or politician (or not so favourite) and see the state of their health.

Price

This module is priced at £19.95

Price for the course in house: £120



PSYCHIC SURGERY



Trips to the Philippines

Are you interested in natural healing?

Are you looking for an "Alternative holiday" in the Sun at the sea side?

Are you suffering from a health condition that modern medicine is struggling with?

If so, why not go to the Philippines for your next holiday and witness or experience the powerful healing of Psychic Surgeons?

What is Psychic Surgery ?

Basically, a Psychic Surgeon enters a person's body using his / her Bare Hands and manually removes diseased or dead tissues, tumours, calcium deposits and other matter that should not be there. This is done without inflicting any pain, coming out without leaving any visible marks or scars.

Impossible? Yes, but only according to modern scientific standards. I have been involved with Bare Hand Surgery since 1997 and I have witnessed and filmed hundreds of major operations performed in minutes without anaesthesia or drugs of any kind.

"If a man can put his own ego out of the way and believe without a doubt, then he can enter a state of consciousness where he has no limitations, except those he imposes on himself."

Next trips: Browse our web site at www.therapies.com/surgery for dates

What conditions can be treated ?

The following only represents a few examples of conditions that I have witnessed. Bare Hand Surgeons do not specialise in any specific disease. They work with "energy".

- In January 2001, a Psychic surgeon cleared "growths" from around my prostate.
- I had a 12" tumour removed from my large intestines. I was eating a normal meal half an hour latter.
- A member of our group had her ovaries and fallopian tubes "cleaned" .
- Another participant on the trip had about 12 feet of growth removed from his colon. This person had been suffering from IBS for years. IBS is now gone.
- I personally had 42 tumours removed from my liver over a period of two weeks in September 2001. This was witnessed by 5 participants.
- The eyes of a person suffering from cataract where "cleaned"
- I witnessed two different Bare Hand Surgeons successfully remove **deep brain tumours**. from two different patients.
- One surgeon cleaned the arteries of a patient around his heart
- etc.... etc.. the list is too long to mention.

Most of this has been filmed and can be seen on videotape that can be ordered from our web site at www.therapies.com/acatalog

We strongly recommend that you seek medical advice and care for any medical condition you may suffer from.

OUR WEB “ONE STOP SHOP”

One stop shop for the health conscious therapists at www.therapies.com/acatalog

We supply the following products in our web shop:

- A comprehensive stock of **Super Food** for optimum health
- A colon cleansing kit (90% of all disease start in the colon)
- Manuals and books in Reiki, Karuna, Onsite massage, Indian Head Massage, Macrobiotics, Enemas etc.
- Reiki CDs with bell every three minutes + meditation to meet your guide
- DVDs or Videos in Indian Head Massage, Body Massage, Reflexology, Acupressure/ On-Site massage
- All our training courses in the UK
- All our Internet training courses
- And a lot more...

www.therapies.com/acatalog

VIDEOS/ DVDs & REIKI CDs

Professional Videos or DVDs available at £9.95 each:

- * BODY MASSAGE
- * REFLEXOLOGY
- * INDIAN HEAD MASSAGE (On DVD as well)
- * ON-SITE / ACUPRESSURE MASSAGE
- * REIKI ATTUNEMENTS TO ALL LEVELS
- * PSYCHIC SURGERY IN THE PHILIPPINES



Reiki CDs - £9.95 each:

1. Meet your Reiki guide
2. Gentle Reiki music with bell every 3 minutes
3. Gentle Reiki music with instructions on where to position your hands every 3 minutes

www.therapies.com/acatalog

COLON CLEANSING KIT

Do you suffer from irregular bowel movements?

The cleanliness of our colon, in these days of fast food, genetic modifying, pesticides, fertilizers, additives, colouring, preservatives, irradiation, flavouring, high fat intake, sugar etc.. is under a lot of pressure to say the least.

Dr. Bernard Jensen in his book "Tissue Cleansing Through Bowel Management" claimed that over 95% of people he saw in his consultations were constipated. **This may well be your case!**

Although you may have daily bowel movements. Are you sure that 100% of the nutrients your body does not need are coming out? Is it possible that only 99.9% are rejected and the rest sticks to your intestines? What will this mean 10 or 20 years from now?

Some health experts say that 90% of all sickness and diseases are related to an unclean colon!

If you would like to know how to clean your colon please call us or browse:
<http://www.therapies.com/colon/cleansingkit.htm>

TREATMENTS OFFERED

1. DIETARY CONSULTATION

A Macrobiotic consultation with Patrick who has been helping customers with all types of health problems since 1993. Cost £45 per hour (estimate 1.5 –2 hrs)

2. REFLEXOLOGY

A therapeutic foot massage with Patrick Cost £35

3. AROMATHERAPY MASSAGE

A therapeutic Aromatherapy massage with Patrick Cost £45 for 1 1/4 hour.

4. INDIAN HEAD MASSAGE

A therapeutic massage with Patrick Cost £35

5. REIKI HEALING

A therapeutic Reiki healing session with Patrick Cost £35

6. EMOTIONAL FREEDOM THERAPY

With Patrick - Testimonials at <http://www.therapies.com/eft/Emotional Freedom Therapy.htm> Cost £45 for 1 hour

PLEASE PHONE US TO BOOK AN APPOINTMENT

REGISTRATION FORM FOR ALL COURSES

This form
may be
photocopied

Alternative Therapies, 83 Brambletyne Avenue, Saltdean, East Sussex, BN2 8EL

Name

Address

Tel No (Home)

(Mobile)

Email address (upper case please)

Courses you wish to join—please state course title and starting day

1-

2-

3-

Paid in full £

Today's date:

Circle payment method

Cheque - Visa - Mastercard - Switch Issue No : _____
Cheques should be made payable to "Alternative Therapies"

Card number

Expiry date

3 digits (back of card)

Start date

If your Card is registered at a different address please give:

House no where card registered :

Post Code:

Name on credit card

Signature

We appreciate your joining our course(s) and are confident that you will enjoy learning with us. Please note that your payment will not be reimbursed should you decide to cancel your booking. You may transfer your booking to somebody else.



Chronological list of courses with location

The following abbreviations have been used in the following table:

EFT to mean Emotional Freedom Technique

IHM to mean Indian Head Massage

Course in Brighton, Gerrards Cross and London

| Dates in 2007 | Topic 1 | Topic 2 | LOCATION |
|------------------------|---------------------|---------------------|-----------------|
| 8-8 September | Reiki 1 | IHM | Saltdean |
| 14-15-16 Sept | Reiki Masters * | | Gerrards Cross |
| 22-23 September | Reiki 1 | Indian Head Massage | Gerrards Cross |
| 29-30 September | Psychic Development | Diet & Detox | Saltdean |
| 6-7 October | Reiki 2 | | Gerrards Cross |
| 13-14 October | Reiki 2 | IHM | Saltdean |
| 20-21 October | Reiki 1 | | Saltdean |
| 27-28 October | EFT | IHM | Gerrards Cross |
| 3-4 November | Reiki 1 | Diet & Detox | Gerrards Cross |
| 10-11 November | EFT | IHM | Saltdean |
| 17-18 November | | IHM | London |
| | | | |
| Dates in 2008 | Topic 1 | Topic 2 | LOCATION |
| 12-13 January | Reiki 2 | IHM | Gerrards Cross |
| 19-20 January | Reiki 2 | IHM | Saltdean |
| 26-27 January | Reiki 1 | Diet & Detox | Saltdean |
| 2-3 February | Reiki 1 | | Gerrards Cross |
| 8-9-10 February | Reiki Masters * | | Saltdean |
| 16-17 February | EFT | IHM | Gerrards Cross |
| 23-24 February | EFT | IHM | Saltdean |
| 1-2 March | Reiki 1 | Diet & Detox | Gerrards Cross |
| 8-9 March | Reiki 1 | | Saltdean |

Continuation..

| Dates in 2008 | Topic 1 | Topic 2 | LOCATION |
|---------------|---------------------|--------------|----------------|
| 15 March | | IHM | London |
| 5-6 April | Reiki 1 | IHM | Gerrards Cross |
| 12-13 April | Reiki 1 | IHM | Saltdean |
| 19-20 April | Reiki 2 | Diet & Detox | Saltdean |
| 26-27 April | Reiki 2 | | Gerrards Cross |
| 3-4 May | | IHM | London |
| 3-4 May | Psychic Development | | Saltdean |
| 10-11 May | Reiki 1 | IHM | Gerrards Cross |
| 17-18 May | Reiki 1 | IHM | Saltdean |
| 23-24-25 May | Reiki Masters * | | Saltdean |
| 31 May—1 June | EFT | | Saltdean |
| 7-8 June | Reiki 2 | Diet & Detox | Saltdean |
| 14-15 June | Reiki 2 | Diet & Detox | Gerrards Cross |
| 21-22 June | Reiki 1 | IHM | Gerrards Cross |
| 28-29 June | Reiki 1 | IHM | Saltdean |
| 5-6 July | EFT | | Gerrards Cross |

*** £50 off your hotel bill if you need accommodation to attend our Reiki Masters course in Saltdean. Contact us..**

I also offer “Cooking for Health” courses based on Macrobiotics cooking on demand. See:

www.therapies.com/completehealth/completehealth.htm

I need a minimum of 4 people to run the course. Should you be interested, please email me at patrick@therapies.com and express your interest.

As soon as I get my 4 participants, I will contact you for a mutually suitable date.

Patrick

COOKING FOR



HEALTH

Venues (Maps at www.therapies.com/map.htm)

Gerrards Cross is off exit 16-**M25** or Exit 2 or 3-**M40** or exit 6-**M4**


About 30 minutes by train from London Marylebone or Paddington

Our location near **Brighton** is located on the South Coast
off **M25** and **M23**. Just over 1 hour from London Waterloo

Our **London venue** is near Southfield tube station

Driving instructions (or public transport information) will be sent to you
when you book the course.

Bookings / enquiries to be sent to the address on page 17

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