

Fusion Light (FL)

Certain crystals and gem stones can act as resonators of electromagnetic energies. They influence the energy contained in the cells of the body. Colour also affects living cells. Fusion light combines the use of colour and the gentle resonance of the crystals to hasten the healing process.



A treatment session usually lasts between 30-60 minutes. While the patient sits, the crystal lamps are directed where the problem lies. Those with acute conditions may feel the benefit during a session, with improved symptoms in two or three sessions. This may take longer for chronic conditions. Most people experience improvement within five or six treatments.



Fusion light benefits people suffering from...

- Anxiety
- Depression
- Insomnia
- ME
- SAD syndrome
- Stress

Electromagnetic Therapy:

Osteoarthritis Lower back pain, painful hip, knees and toe

"GP told me, I had to live with it. My knees feel a lot better; originally I had to stand for a minute on getting up before I could move. My back and hip pain is a lot better. It is easier to walk with my toe as I don't feel any pain. I found the treatment very relaxing and comfortable."

Mrs H., Nailsworth

Lymphatic Management:

Swollen legs from hip replacement surgery

"I was pleased to find that Susanna, a practitioner of MLD, held a regular surgery in a medical practice near where I live. I started treatment with her about six months ago and currently see her once a month for an hourly session. I am glad to say that the monthly massage, in conjunction with the use of support stockings, has indeed reduced the swelling in my legs, so making walking easier for me. In addition to this improvement, I find the massage sessions relaxing in themselves, and also enjoy the tales of Cotswold life that are thrown in free!"

Mr B., Bristol

Susanna Priest

In the 1930s Dr Emil Vodder created MLD. This is now a recognised therapy within the NHS Hospitals. Susanna trained in the Dr. Vodder Schule method based in Austria.

Susanna has worked in a major London NHS Hospital on the wards and for the Outpatients in the Dermatology Lymphatic department. She has also worked in the Oncology department as a therapist for M'Technique Massage for pre and post operative 'in' and 'out' patients at Cheltenham General Hospital.

Susanna is also an EMS therapist.



Clinics

Nailsworth

EMS Pain Relief Sanctuary
Suite 2, 2 Market Street
Nailsworth, Stroud GL6 0BX
Entrance is on the A46

Cheltenham

The Isbourne Holistic Centre
4 Wolseley Terrace
Cheltenham GL50 1TH

Bristol

Whiteladies Health Centre
Whately Road, Clifton
Bristol BS8 2PU
Easy parking 11am-4pm

Mobile service

Mobile therapy at home
service available

Maps and directions to the clinics can be viewed at

www.centre4health.co.uk

Email: susanna@centre4health.co.uk

01453 836230 / 07867 934677

Please remember that all pre and post-operative therapies should be discussed with the surgeon directing your treatment. A therapy is not a substitute for medical treatment.



THERAPY OVER-VIEW

- Electro-Magnetic Stimulation (EMS)
- Manual Lymphatic Drainage (DLM)
- Compression Garments
- Decogestive Lymphoedema Therapy (DLT)
- Kinesio Taping (KT)
- Physiopod
- M'Technique
- Fusion light (FL)

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EMS therapy

EMS (electro-magnetic stimulation) therapy is a non-invasive, drug-free therapy that works alongside any existing treatments that you have.

EMS works with the body's natural frequencies. EMS uses the natural effects of magnetic induction, so you lie on a special EMS bed and the magnetic frequencies are directed on the areas that need attention. No wires, probes or electric shocks just a warm room, a comfortable bed and music if you want it.

EMS therapy is widely used in Europe though it is less common in the UK - something that we are keen to change. So if it works please spread the word.

Our typical patients for EMS therapy are arthritis, back pain, joint problems, sports injuries, MS and dermatological problems.

The system we use, Viofor, is the only one in the UK to be EU certified and has won prestigious medical innovation awards across Europe. Studies have highlighted the efficacy and safety of the system we use - we'll be happy to supply the references.

So drug-free, non-invasive and works alongside your existing health regime. A therapy you choose to start, and if you don't feel it's working, stop - so you start to gain some control again over your condition.

Manual Lymphatic Drainage (MLD)

MLD is a gentle, highly specialised, non evasive form of massage carried out by trained therapists to improve the working of the lymphatic system. The lymphatic system helps to protect the body from disease. MLD therapy consists of light, rhythmic and pumping hand movements to stretch the skin and stimulate the lymphatic system.

The aim of MLD is to move the fluid away from the swollen areas to parts that are not affected to drain freely. Allow up to 2 hours for the first treatment and 1-1^{1/2} hours for subsequent sessions. It is a gentle therapy in a warm room with soft music. You are enclosed in soft warm towels and Susanna only uncovers the part she works on.

MLD can help...

- To clear the skin
- As an aid to profound relaxation
- Alleviate fluid congestion, such as puffy eyes and fluid retention (PMT)
- Promote the healing of wounds and burns and can improve the healing of old scars
- Facilitate the care of venous oedema
- In the management of leg ulcers
- Promote the management of primary and secondary lymphoedema
- In pre and post surgery to aid healing
- As part of the recovery of hip and knee replacements
- Tissue drainage, by increasing lymph flow



The four corner stones of lymphatic management

- SKIN CARE - by washing and moisturising to help reduce the risk of infection
- EXERCISE - the importance of gentle regular limb movements to encourage lymph flow
- MLD MOVES THE EXCESS FLUID AWAY - from the affected area so that it can drain away naturally
- COMPRESSION HOSIERY and MULTI LAYER LYMPHOEDEMA BANDAGING to manage the swollen limb.

Susanna can help with these as part of your programme.

Compression garments

Susanna measures and fits these garments to meet the needs of your condition. Correct fitting is essential for the garment to work and for long term Lymphoedema management. Susanna can assist with both prescription and private fashion garments.



Decongestive lymphoedema therapy (DLT)

For severe cases of lymphoedema, Susanna combines MLD and multi-layer lymphoedema bandaging (MLLB). This helps to reduce the volume of the limb into a better shape, reduce pain, increase mobility and confidence.

Kinesio taping (KT)

As at the Olympics, Susanna uses KT to help manage sports injuries and lymphoedema.

Physiopod/Hivamat

Uses physiopod to assist with lymphoedema management and sports injuries.



M'Technique

Susanna has practised this therapy at Cheltenham General Hospital in the Oncology Centre and on the wards.



A relaxing therapy whilst undergoing treatment. This therapy can help to alleviate pain, stress, anxiety and insomnia.