

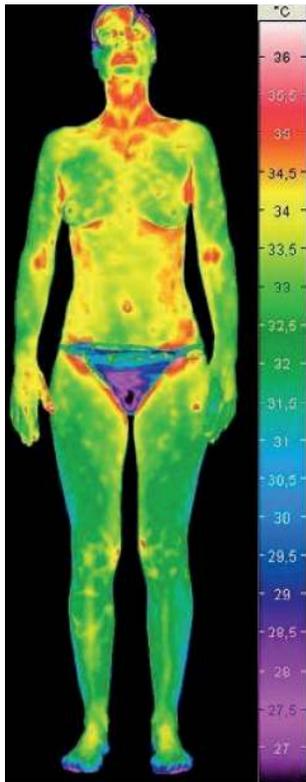
## Thermography

For the body, thermal imaging detects the subtle physiologic changes that accompany body pathology, whether it is an illness or infection through heat detection, and uniquely records accurate monitoring. Thermography can detect altered blood flow to show inflammation and hormonal imbalance.

### Procedure

After 10 minutes relaxing in an air-conditioned room, the exam begins. After undressing you will be asked to sit with arms elevated whilst a series of 6 images are taken from about 1 metre. You will then sit for another 10 minutes (at 20°C) after which the images are repeated.

As the body tissue cools significantly, a ratio of temperature change is established. Areas of heat that don't cool within the same ratio are thermally abnormal. The images are downloaded and given to the patient.



## Susanna Priest

### Smoothies, Juices and Lunch

Susanna is a Cordon Bleu chef and was originally in the catering trade for 10 years. As the course is 2 days, refreshment is required! During infrared sauna, coconut juice and water is offered. At intervals during the day there will be juices, smoothies and salads. All will be sourced organically where possible.

### Local Accommodation

Within walking distance, at The Amberley Inn (0.2 miles) and The Bear at Rodborough (0.9 miles). Also local BB, please look at the website. No accommodation is offered on site at Centre of Health. The mornings start at 9.00am and finish around 6.00pm.

### Your Prep for Detox Therapy Course

It is important that if you suffer from constipation, that a colonic is advised. As with all detoxing it is important that all exits are free, to allow for full detoxification.

A medical chat will be given to go through all contra-indications and GP letters may be required for some medical conditions. You can check this on the website.

## Other therapies

- Manual Lymphatic Drainage (MLD)
- Decongestive Lymphoedema Therapy with specialist bandaging.
- Electromagnetic Therapy (EMS)
- Compression Hosiery fitting service
- Oscillation therapy and Kinesio tape



Centre 4 Health, Mutton Quarry, Amberley, Stroud GL5 5AB

Maps and directions to the clinic can be viewed at

[www.centre4health.co.uk](http://www.centre4health.co.uk)

Email: [susanna@centre4health.co.uk](mailto:susanna@centre4health.co.uk)

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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.

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CENTRE 4 HEALTH



## WELLNESS DETOX THERAPY COURSE

- Lymphatic Decongestion
- Infrared Sauna
- Low Electromagnetism Stimulation
- Smoothies, Juicing and Lunch
- Relaxation
- Access to walking across beautiful Cotswold Common

[www.centre4health.co.uk](http://www.centre4health.co.uk)

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Susanna is always busy in January with patients requiring a detox, after the excesses of the festive season. Sometimes we look to have a Detox throughout the year for our Health and Wellbeing too or to fit into that LBD.

## The Decongestive Therapy Course

**Manual Lymphatic Drainage (MLD)** delivers a powerful detox and noticeable results. This is a specialised massage technique developed in the 1930's by Dr Emil Vodder which is widely recognised and practised.

### How does MLD help the body detox?

Described as 'One of the best kept secrets on the health and beauty scene', MLD's intensely relaxing effect masks the strength of the treatment itself. It is a very gentle, light touch massage that improves the ability of the body's lymphatic system to cleanse from the inside out. The skin is stimulated and increases the rate of removal of waste products, toxins and excess fluid from the body's tissues resulting in:

- > clearer and cleaner skin
- > reduced puffiness around the eyes
- > reduced cellulite
- > reduced fluid retention
- > improved skin tone
- > tonic effect on intestinal peristalsis, which in turn will aid digestion.

The MLD Treatment is approximately an hour. You will be asked to remove some of your clothing and lie down on the treatment couch where you will be covered in towels to keep you warm. Lie back and enjoy. As no oils or powders are used it is completely safe even for those with sensitive skin.

Afterwards, it helps to drink some water and you may need to go to the toilet more often, as the re-energised lymphatic system starts to detox the body and recycle excess fluid and waste. You should also feel more relaxed and clear headed!



Minchinhampton Common



Amberley

## Infrared Sauna

The individual health experience! Everyone responds differently to heat. Here you can set the intensity of the back radiator to suit your own personal comfort, from 1-10, to a level you are happy (usually 6-8).

### How to use:

There is room for 2 or 1. Read the instructions. Have a glass of water. Switch on. Place towel under yourself and sit down. Choose your intensity program. Finish with a warm shower.

### The Harmony Principle

Colours can positively influence our state of mind. Bathe in one colour per session: RED, ORANGE, GREEN, BLUE or VIOLET. Music can be in the background or turn it off.

### The Wellness Principle

- > Healthy perspiration with a low temperature as low as 30 °C.
- > relieves tension and back pain
- > strengthens the body's defences
- > increases blood circulation
- > improves metabolism
- > supports purification and detoxification of the body
- > helps with weight loss

### How long and how often should I use the cabin?

In order to be able to achieve the best results regarding preventive cure treatment, pain relief and detoxification, we recommend a daily session of approximately 30 minutes.



## Low Electromagnetic Frequency Pulse

Low Electromagnetic Frequency Pulse, has the nickname of, 'Good Electricity Nutrition'. This generally covers: analgesic, anti-inflammatory, regenerative, relaxation, improving peripheral circulation, antidepressant, reducing the deficit and oxygen debt.

The machine works by delivering carefully calibrated electromagnetic packets of energy directly to the cells in the body where they are needed most, therefore allowing regeneration and healing to take place.

- (1) Bioenergetics effects generated by the machine are used to stimulate nutrition and regeneration of cells.
- (2) Biochemical effect increase enzymatic activity and ATP related processes thus making everything inside happen that much faster.
- (3) Bioelectric effects act directly on cell membranes allowing much better communication, absorption and secretion of the substances to and from the surrounding areas.
- (4) Electrodynamics effects affect ionic currents in the organism and thus distribution of anions and cations making the body much more efficient in using its resources.
- (5) Magneto-mechanic effects act on the uncompensated magnetic spins of atoms helping the body to clean itself from harmful substances.

### What happens in Therapy?

There are two parts. The first the whole body is treated, during the second the most affected body part is selected and specialized smaller appliance is use. One session takes around half an hour. The person stays fully clothed throughout.

The low induction levels corresponding to the strength of earth's magnetic field make it suitable for everyone from babies to the very old and infirm.



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