

Testimonials

"Polymyalgia, Diagnosed in 2003 with Polymyalgia. Pain and aching, increasing. Considering increase of steroids under self-medication, during my third attack. After therapy, Instead of increasing the pharmaceutical dosage, after the EMS therapy of 4 treatments, I found there was no need to increase but decrease medication. Now reduced pain, aching and greater mobility. I find the treatment comfortable and very relaxing and very good."

Mr W, Gloucestershire

"For nearly 2 years I have suffered anxiety, panic attacks, and depression. On medication which has had side effects - physical 'manifestations'. Tried hypnotherapy: Cognitive Therapy with limited success. After Fusion Light therapy - Came to clinic as a sceptic but open minded. Procedures were very pleasant and relaxing, no noise, no invasion with 6 sessions over 3-4 week period. I noted things seemed different in my head - better; more resilience, more confident. I still had some anxiety caused by work but was able to cope better with incidents. I felt nearer 'normality' - but tried not to over analysis how and why. Fusion Light therapy is worth the try for anyone suffering. It supplements other treatments - medication and counselling. Susanna is great!"

Mr W, Gloucestershire

Condition: Anxiety, panic attacks and depression.

"After Fusion Light - Initial visit sceptical. Subsequent sessions had positive results, depression gone!"

Mr M, Gloucestershire

Condition: Depression.

"After therapy - a lifting of my spirits following Fusion Light therapy."

Mrs L, Gloucestershire

Condition: Depression and anxiety.

"I have suffered with a repetitive strain in my shoulder for several years and was recommended to try the Fusion Light Therapy for targeting pain relief. In the past I have always had traditional massage treatment to relieve the pain, so I was a little sceptical about the efficacy of this non-invasive treatment. After therapy - I was amazed by the results, which were almost instant. Initially, the pain seemed to increase during the treatment and then as it went on it continually eased, until, by the end, it had almost gone and moving the arm was no longer painful. I would thoroughly recommend this treatment and will certainly be having it again."

Ms E, Gloucestershire

Condition: Repetitive strain in the shoulder

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.

Other therapies

- Manual Lymphatic Drainage (MLD)
- Decongestive Lymphoedema Therapy (DLT) - combined MLD and Multi-layer lymphoedema Bandaging (MLLB)
- Kinesio taping



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.

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MENTAL WELL-BEING

- Depression
- Anxiety
- Stress
- Migraine
- ME
- Skin conditions... ie Acne

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Fusion Light (FL)

How does Fusion Light (FL) work? 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. FL combines the use of colour and the gentle resonance of the crystals to hasten the healing process.

Susanna has treated personnel from the police force and executives who have found that they can face the future with decreased panic attacks.

A treatment session usually lasts between 30-60 minutes. While the patient sits, the crystal lamps are directed to 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 helps with depression, PMT, emotion, insomnia, panic attacks, stress and anxiety. It also helps to improve concentration and confidence.

For the condition ME, Susanna uses FL. Please call Susanna for more information.



M'Technique

The M'Technique is a registered measure of touch suitable for the very fragile or when massage is inappropriate. It is a series of stroking movements, performed in a set sequence at a set pressure. The M'Technique works on skin receptors that send signals to the brain. The technique has been described as physical hypnotherapy.

Susanna provides M'Technique therapy at her clinic and at Cheltenham General Hospital. The client is first given a consultation and their medical history is assessed. Susanna will then advise what area of your body needs the attention. The whole body can be treated using M'Technique massage in approximately 50 minutes. She uses grape-seed oil, body lotion or just her hands. During the therapy, the body is covered by warm towels (throughout the massage) and only the area Susanna is working on is exposed. M'Technique is used for the alleviation of fear, depression, anxiety, grief, anger, chronic pain, headaches, migraines, stress and to reduce muscle tension.



Electro magnetic therapy (EMS)

EMS therapy improves the way the body works. It makes the biological processes more effective for example, it enhances the circulation of the blood to all parts of your body. Blood carries oxygen and nutrients to the organs and muscles - this has a direct effect on the functioning of the brain leading to better concentration, relaxation, improved motor sensory activity and co-ordination. The resulting deeper sleep eases muscle tension and alleviates headaches and migraines.

EMS light, is also used extensively for skin conditions, please call Susanna for more information.

*"Fusion light is worth the try
for anyone suffering.
It supplements other treatments -
medication and counselling."*



Physiopod



Physiopod is used for migraine sufferers. A gentle massage is used from sacrum to middle of the back, the head region, shoulder, pressure spots around the head, roots of the nose, temples and eyebrows.

