

Health Assessment Report

Allow ninety minutes for the consultation and assessment. Your report will be with you within a week when you will be able to start making lifestyle changes based on these findings & recommendations.

Should you wish to seek further therapy or support you will be well informed and able to decide what you will give priority to and what therapy you will choose.

Our aim is to help re-empower people to be better able to take more responsibility for their own health & wellbeing.

Fee: £ 95

This fee includes the consultation, your bound report and a single £10 discount with any one of our therapists.

(Discount valid for 30 days from receipt of your Health Assessment Report)

Start to Enjoy a New Quality of Life

Modern medicine is primarily based on pathology; the diagnosis of diseases, their treatment and management leaving little time for health promotion.

When did your doctor check your body structure & alignment?

When did your doctor last check your diet and eating habits?

When did your doctor check your breathing efficiency?

When did your doctor spend some time discussing your emotional problems?

Our Health Promotion Assessment covers all these vital factors that contribute to your health and wellbeing.

The Body Connection

It really does matter how our structures are working.

The Food Connection

We are what we eat! All current research tells us this.

The Breath Connection

Most people have poor breathing habits that impair their health.

The Mind Connection

Our emotions and mind can be the source of health or sickness.

TotalHealthMatters!



The Real Health Assessment

Discover what *you* can do to improve your own health and reduce the risk of serious health problems in the future

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Most health checks are focused on pathology, screening for diseases or markers for possible future health problems.

Little information and advice is offered the client on health promotion and possible therapies that would help them.

Our Health Assessment is primarily designed to identify areas of your lifestyle that you can change to improve your health and fitness and to reduce the chances of serious diseases in the future.

Doctors are not trained in health promotion; most of their training being devoted to pathology and medical treatment with drugs or surgery. It is this neglected area of healthcare that we focus upon. "Health promotion" is about far more than simply the prevention of disease or sickness.

It seeks to give individuals the kind of health and zest most of us only experienced when we were very young.

There is a widespread acceptance that we should all feel less healthy as we get older but this is not necessarily true.

1. Initial Questionnaire: (15 min.)
You will be given this detailed questionnaire for completion on arrival. This will help us identify key areas of your lifestyle that may help improve your health and give you better protection from future potential health problems, the prevention aspect of this work.

2. Body Check: (15 min.)
We will check your structure and mechanics to identify problems that may be contributing to your functioning under par – just like any other machine. See our leaflet for more detailed information on this: "The Body Connection"

3. Diet Check: (15 min.)
We will screen your diet for overall diet variety. "Do you really have a good mixed diet?" We also screen and measure risk factors associated with your diet based on the massive research of the China Study. Refer to the information leaflet "The Food Connection"

4. Breath Check: (15 min.)
Very few of us breathe well. Poor breathing habits are not readily noticed yet may cause serious health problems. We assess your breathing function and identify problem areas using simple tests and a clinical Capnography check. Refer to our information leaflet "The Breath Connection"

5. Stress Check: (15 min.)
We will assess your Stress levels based on the Lüscher Stress Test and the results of 4. above (Stress is reflected in our breathing pattern.). For more information see "The Mind Connection"

6. Health Promotion Report:
This report will be based on all the above information. It will highlight areas for you to work on yourself and give advice as to what training or therapies might benefit you for the future. You will receive a bound copy within seven days of your visit.

Contact us for more information or to arrange your Health Promotion Assessment

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