

1st July 2010

Issue 2 Summer Edition

The Macura Clinic



- Get your body in shape for summer
- A Natural Alternative to Pain Management
- Gone Fishing!

Want to know more about Slaithwaite?

www.aboutmyarea.co.uk/HD7



Polyinfluenzinum is the homeopathic alternative to the flu vaccine.

Containing all the flu strains from the last 30 years, including the H1N1 this product should be taken from September as a flu preventative.

Pre order now to avoid disappointment.

£20 pack 10 capsules

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Look Good

here comes summer

Feel Good

Welcome to the summer edition of The Macura Clinic newsletter.

Firstly we would like to say a big thank you to clients old and new who have been to the clinic and supported us since our opening in February.

Our decision to set up the clinic in Slaithwaite has proven to be the right choice and the local community has been very welcoming. It is a bustling village with a mix of cafes, bars and shops, offering food, drink, produce and gifts to suit all tastes.

Now that the good weather is here we would encourage you to take some time during your visit to stroll around and look at the village. We especially recommend "Green Valley Grocer" the fruit & veg shop.

They offer a wide selection of organic produce and home baked breads. The flowers that brighten up our reception are from "Lily of the Valley" the local florists and for an extra special treat on a sunny day we suggest a visit to "The Little Bridge" for a drink on the terrace while watching the trout jump!!

Have a great summer and we hope to see you soon.



Slaithwaite Canal

Get Beach Beautiful

Summer is here and whether you are off to the beach or planning a few afternoons in the park or garden it is time to reveal the parts of our bodies that have been covered during the winter months. For those not completely happy with the way they look and feel the clinic offers natural ways to help you get the body you want.

Cellulite

Our natural protocol treats areas of cellulite by combining mesotherapy techniques, massage and skin stimulation leaving you with a toned, smoother, firmer feeling skin.

Colon Hydrotherapy

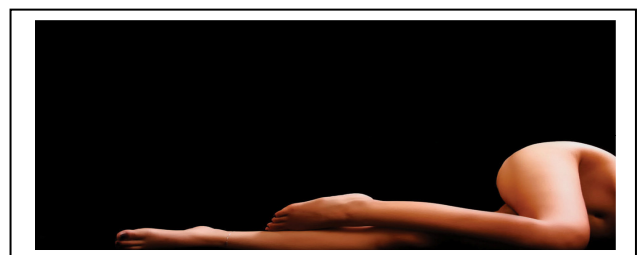
Colon hydrotherapy can help reduce bloating, sluggishness and lethargy leaving you feeling cleansed, toned, lighter, rejuvenated and ready for the holiday season.

Natural Facelift

Our natural alternative to Botox offers a gentle approach to facial aesthetics producing a

smooth, subtle, fresher looking skin. We combine acupuncture, Mesotherapy, massage and remedies to nourish, energise and enhance the skin.

We offer a free 30 minute consultation for the cellulite and facelift treatments so why not come and see if we can help you get the summer body you have always wanted.





Traumeel – a modern natural remedy

Many visitors to our clinic will be familiar with a product called Traumeel. Formulated in 1936 it is a complex homeopathic remedy that treats a myriad of complaints. It comprises fourteen ingredients; minerals and western herbs in various dilutions. People marvel at

its ability to rapidly heal bruises, swelling, sores, aches and pains, trauma and shock. The combination of calendula and hypericum were taken into battle by the ancient Greeks to mend their wounds. It is used by athletes all over the world and is suitable

for arthritis, inflammation and injuries. Also available in ampoules for injection, Traumeel plays an important part in our pain management protocols. These are prescription homeopathic tablets, drops, ointment and gel and are available exclusively for our clients.

“At our clinic we view everything wholistically and that includes the planet we live on”



The Fish on your Dish

Many visitors to the Macura Clinic have been given dietary programs that include fish, amongst which you may find mackerel. The main reason for this is to accentuate the amounts of omega 3 fatty acids in the diet.

As is widely known fish high in omega 3 fatty acids can stimulate brain function, encourage healthy skin, may reduce inflammation especially in joints, may lower blood pressure and may help to protect against heart disease and aid the circulatory system by lowering triglycerides.

So why then might I reconsider eating mackerel regularly?

At our clinic we view everything wholistically and that includes the planet we live on, its inhabitants and the environment. Because of this we see sustainability of the planet's resources as a very important issue.

Over-fishing of stocks of various fish eg. Cod, has occurred over the years and it seems now to be the turn of the humble mackerel.

Mackerel have changed their migration to a northwards direction. Shoals previously found in the North Sea at this time of year are now prey to fishermen in Iceland and Norway.

Iceland has been fishing mackerel for the first time and their quota has exceeded 112,000 tons which bites into egg laying stocks reducing the likelihood of sustainable mackerel.

In The Sunday Times (13.06.10) Charles Clover wrote “The Marine Stewardship Council (MSC) list certifies no fewer than seven separate fisheries for mackerel as sustainably managed”. As consumers we can look for the MSC's ecolabel (a blue fish) and we can choose other fish eg. Herring and sardine instead to take in our omega 3s.



Pain Management Clinic – NOW OPEN

We are delighted to welcome Penny Hartley to the clinic. Penny is a physiotherapist and has been a member of the Chartered Society of Physiotherapy (MCSP) since 1970.

She has been specializing in musculo-skeletal problems and pain management since 1984 and has also been using manual acupuncture as pain relief and anti-inflammatory therapy since 1998.

By combining Penny's experience with Sonja's homotoxicology and mesotherapy training we can now offer a natural alternative to pain management at the clinic

25% - 30% of the world population requires medical treatment for rheumatic diseases.

Our protocol involves mesotherapy injections into the skin delivering prescribed complex homeopathic remedies to the area requiring

treatment. It can assist in many long term complaints including:

- Muscle Soreness
- Inflammation
- Back Pain
- Muscle Strain
- Arthritis
- Sporting Injuries

Our pain management clinic is currently held on a Wednesday afternoon but will be extended to include Saturday later in the year. If you would like more information or to book an appointment please call 01484 314111