



WELCOME TO LR THERAPIES

# MONTHLY NEWSLETTER



MARCH IS NEARING, WE'RE SLOWLY COMING OUT OF WINTER....

I THOUGHT FEBRUARY'S NEWSLETTER WOULD BE A GOOD TIME TO TALK ABOUT COMPLIMENTARY THERAPY & ALTERNATIVE THERAPY.

WHAT ARE THEY?  
WHO ARE THEY GOOD FOR?  
WHAT DO THEY DO?

↓ IN THIS NEWSLETTER YOU WILL FIND:

LATEST UPDATES, TREATMENTS, HELPFUL INFORMATION & MORE. KEEP READING!



## WHAT IS COMPLIMENTARY THERAPY?

COMPLIMENTARY THERAPY IS A THERAPY YOU CAN USE ALONGSIDE YOUR CONVENTIONAL MEDICAL TREATMENT.

THESE THERAPIES ARE DESIGNED TO HELP YOU WITH MANAGING THE SYMPTOMS OF YOUR ILLNESS & COPE WITH ANY SIDE EFFECTS YOU COULD BE SUFFERING FROM.

THERE ARE MANY DIFFERENT TYPES OF COMPLEMENTARY THERAPY, INCLUDING:

- ACUPUNCTURE
- REFLEXOLOGY
- HERBAL MEDICINE
- MASSAGE THERAPY
- VISUALISATION
- AROMATHERAPY
- YOGA

MANY HEALTHCARE PROFESSIONALS ARE SUPPORTIVE & WILL ENCOURAGE THEIR PATIENTS TO EXPLORE COMPLIMENTARY THERAPY TREATMENTS.

NOT ONLY CAN THEY HELP EASE SYMPTOMS AS MENTIONED ABOVE, IT'S A GOOD WAY OF HELPING YOU TO FEEL RELAXED, UNWIND & HELP YOU TO FEEL AS NORMAL AS YOU CAN DO WHILST ON YOUR HEALTHCARE JOURNEY.

## I'VE HEARD OF ALTERNATIVE THERAPY, WHAT IS THIS?

**IMPORTANT:** ALTERNATIVE THERAPIES ARE NOT COMPLIMENTARY THERAPIES.

ALTERNATIVE THERAPIES ARE GENERALLY USED INSTEAD OF CONVENTIONAL MEDICAL TREATMENT.

WHILE SOME ALTERNATIVE THERAPIES SOUND GREAT, THERE IS LITTLE PROOF THAT THESE THERAPIES WORK WHEN COMPARING THEM TO CONVENTIONAL MEDICAL TREATMENT SUCH AS RADIOTHERAPY OR CHEMOTHERAPY.

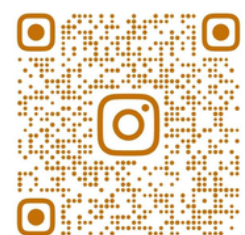
SOME PEOPLE MAY HAVE MANY DIFFERENT REASONS AS TO WHY THEY WOULD LIKE TO GO DOWN THE ALTERNATIVE THERAPY ROUTE, HOWEVER, AGAIN, THERE IS LITTLE TO NO EVIDENCE OF THESE THERAPIES BEING BENEFICIAL.

**ALWAYS SPEAK TO YOUR CONSULTANT REGARDING ANY TYPE OF TREATMENT FOR ANY MEDICAL ISSUES YOU MAY BE SUFFERING WITH.**



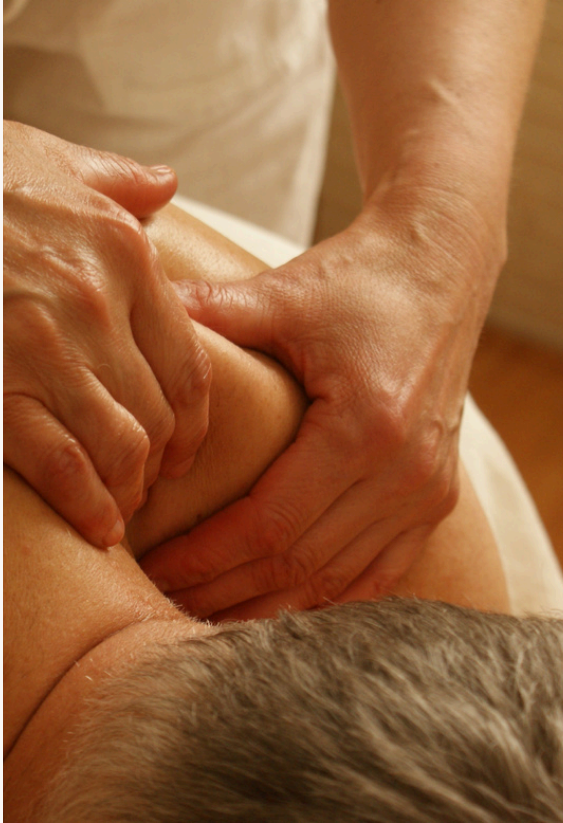
## WANT TO CONNECT?

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@LRTHERAPIES

# COMPLIMENTARY THERAPY TREATMENTS



## BODY MASSAGE

POSSIBLY THE MOST WIDELY USED & HEARD OF COMPLIMENTARY THERAPY, BODY MASSAGE.

MASSAGE INVOLVES MANUALLY STIMULATING & WORKING ON THE SOFT TISSUES OF THE BODY TO HELP WITH PHYSICAL PAIN, WELLBEING & RELAXATION.

IT HELPS TO INCREASE THE DELIVERY OF BLOOD & OXYGEN TO THE TREATED AREAS & CAN BE USED IN SUPPORT OF OTHER THERAPIES TO ASSIST IN THE REHABILITATION OF INJURY.

THERE ARE MANY DIFFERENT TYPE OF MASSAGE INCLUDING:

- AROMATHERAPY
- INDIAN HEAD
- SHIATSU
- SPORTS
- DEEP TISSUE
- LYMPHATIC DRAINAGE

MASSAGE IS A SELF-CARE PRACTICE, GIVING THE RECEIVER RELIEF FROM PHYSICAL PAIN & CAN ALSO HELP WITH MENTAL WELLBEING. STRESS IS KNOWN TO CAUSE A VARIETY OF ISSUES WITHIN THE BODY, WITH MUSCLE TENSION BEING ONE OF THE MOST REPORTED SIDE EFFECT.

STRESS CAN BE BROUGHT ON FROM LIFESTYLE, WORK, RELATIONSHIP ISSUES & MEDICAL ISSUES TO NAME A FEW.

MASSAGE IS USED BY PEOPLE FOR A VARIETY OF REASONS. SOME USE IT TO RELAX AND UNWIND, WHILE OTHERS HAVE REGULAR MASSAGE TO HELP THEM MANAGE OR COPE WITH SPECIFIC PHYSICAL, MENTAL OR EMOTIONAL PROBLEMS.

THERE IS GROWING EVIDENCE TO SUGGEST THAT MASSAGE CAN BE EFFECTIVE IN HELPING TO TREAT CERTAIN CHRONIC CONDITIONS, SUCH AS FIBROMYALGIA AND LOW BACK PAIN. IN GUIDELINES PRODUCED IN 2009 BY THE NATIONAL INSTITUTE FOR HEALTH AND CLINICAL EXCELLENCE (NICE), MANUAL THERAPIES - INCLUDING MASSAGE - ARE RECOMMENDED FOR THE EARLY MANAGEMENT OF PERSISTENT, NON-SPECIFIC LOW BACK PAIN.

IT IS IMPORTANT TO CHOOSE A QUALIFIED MASSAGE THERAPIST WHO HAS UNDERTAKEN THE NECESSARY TRAINING TO UNDERSTAND THE THEORY AND PRACTICE OF THIS PARTICULAR THERAPY.

# COMPLIMENTARY THERAPY TREATMENTS

THE MOST COMMONLY USED COMPLIMENTARY THERAPIES ARE:

- REFLEXOLOGY
- BODY MASSAGE
- ACUPUNCTURE

## REFLEXOLOGY

REFLEXOLOGY IS A TYPE OF MASSAGE WHERE VARIED PRESSURE IS APPLIED TO ONE AREA, MOST POPULARLY THE FEET. THIS TREATMENT CAN ALSO BE APPLIED TO THE HANDS & EARS. UNLIKE USUAL MASSAGE, NO OILS OR LOTIONS ARE USED FOR REFLEXOLOGY.

THIS THERAPY AIMS TO PROVIDE MANY DIFFERENT HEALTH BENEFITS SUCH AS STRESS REDUCTION & RELIEF FROM PAIN. THE THEORY IS THAT SPECIFIC POINTS ON YOUR HANDS, FEET & EARS ARE DIRECTLY CONNECTED TO SPECIFIC PARTS OF THE BODY SYSTEMS & ORGANS. THE PRESSURE APPLIED TO THESE POINTS HELP TO PROMOTE BALANCE & HEALTH WITHIN THE BODY.

FACTS: REFLEXOLOGY TOUCH MAY CALM THE CENTRAL NERVOUS SYSTEM WHICH PROMOTES RELAXATION. IN CHINESE MEDICINE, QI (CHEE), THE BODIES VITAL ENERGY CAN BE UNBLOCKED & MAINTAIN THE NATURAL FLOW, BALANCING & PREVENTING DISEASE.



## ACUPUNCTURE

LIKE REFLEXOLOGY, THIS TREATMENT IS DERIVED FROM ANCIENT CHINESE MEDICINE. FINE NEEDLES ARE INSERTED INTO SPECIFIC PARTS OF THE BODY FOR THERAPEUTIC OR PREVENTATIVE PURPOSES.

WESTERN MEDICAL ACUPUNCTURE (DRY NEEDLING) IS THE USE OF THIS THERAPY FOLLOWING ON FROM A MEDICAL DIAGNOSIS. IT INVOLVES STIMULATING THE SENSORY NERVES UNDER THE SKIN & MUSCLES TO HELP THE BODY PRODUCE ITS NATURAL SUBSTANCES SUCH AS PAIN RELIEVING ENDORPHINS.

ACUPUNCTURE CAN BE USED FOR A VARIETY OF DIFFERENT AILMENTS SUCH AS:

- CHRONIC LONG TERM PAIN
- MIGRAINES
- HICCUPS
- JOINT & MUSCLE PAIN
- SIDE EFFECTS FROM CANCER TREATMENTS  
I.E. SICKNESS FROM CHEMOTHERAPY
- CANCER SYMPTOMS SUCH AS PAIN
- MENOPAUSE

ACUPUNCTURE IS SOMETIMES AVAILABLE ON THE NHS, EITHER FROM YOUR GP OR PHYSIOTHERAPISTS, HOWEVER ACCESS CAN BE LIMITED.

