

·PREGNANCY & CHILDREN·

THE CEDARS OSTEOPATHIC AND NATURAL HEALTH PRACTICE



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www.back2health.biz

Debit & Credit Cards Accepted—

Pregnancy and birth are probably the two most physically demanding processes that our bodies naturally endure.

During pregnancy, your body will adapt not only to a gain in weight but also to the physical stresses placed upon it by a rapidly altering posture.

In addition, the way you stand, walk and function in general, changes dramatically through the time you are pregnant and after the birth of your baby.

Considering this amount of change, your body does well to adapt but can often use a helping hand.

Symptoms of failure to adapt properly might include:

Back Pain
Sciatica
Hip / Knee Pain
Pubic Pain
Neck & Shoulder Pain
Headaches

In many cases, these symptoms are treatable and can be completely alleviated.

Pregnancy does not mean that you cannot be successfully treated using Osteopathic treatment, even up until the birth.

Acupuncture can also be safely and effectively used to help alleviate many problems that can develop during pregnancy.

Acupuncture has been used successfully to help pregnancy related conditions such as
Morning Sickness
Ankle Swelling & Oedema
Back Pain

High Blood Pressure / Pre-Eclampsia
Lactation Difficulty

Clinical Reflexology has long been used as a natural and drug free method of helping to ease those problems that might arise during pregnancy.

Reflexology is a safe and effective approach to treatment and has established a reputation for assisting delayed labour.

Alternatively, ease away the stresses and strains of pregnancy with a relaxing remedial massage. This form of treatment can be used to help alleviate those aches and pains throughout the pregnancy.

For more information on any of these forms of treatment, telephone our practice and ask to speak with any one of our practitioners.

The birth process whether natural or by Caesarian section is stressful not only to the mother but also to the child.

These stresses and strains can manifest themselves as problems from early in a child's life.

**COLIC
IRRITABILITY
PERSISTENT CRYING
SLEEPLESSNESS
POOR FEEDING
RECURRENT INFECTIONS
'GLUE' EAR
AND MORE.....**

can be just some of the problems that can be aggravated by the stresses left behind as a result of the birth process.

Osteopathy (including Cranial Osteopathy) can be used to gently ease the strain patterns that can be contributing to your baby's problem.

Prevention is much easier than cure and a post-partum Osteopathic screen of your baby can help to alleviate problems before they manifest symptoms.

For more information, please telephone our practice and ask to speak with one of our Osteopaths or see our website on www.back2health.biz

Homeopathy can also be used to treat babies and children. It can offer a drug free solution to many problems encountered throughout a child's life.

**EAR INFECTIONS
CHEST INFECTIONS
ALLERGIC CONDITIONS
ECZEMA
COLIC
HYPER ACTIVITY
and more...**

These are just some of the problems that can often be helped by the gentle drug free treatment that Homeopathy has to offer.

OSTEOPATHIC TREATMENT IS OFTEN COVERED BY PRIVATE HEALTH INSURANCE.

We are registered with

**BUPA
AXA PPP
Norwich Union
Standard Life
Royal & Sun Alliance
HSA
BCWA
WPA**

Acupuncture, remedial massage and podiatry may also be covered by some insurance policies

OPENING TIMES

OSTEOPATHY

Monday 9.00am - 6.30pm
Tuesday 9.00am - 7.00pm
Wednesday 9.00am - 7.00pm
Thursday 9.00am - 7.00pm
Friday 9.00am - 9.00pm
Saturday 9.00am - 4.00pm

ACUPUNCTURE

Monday 2.00pm-6.30pm
Tuesday 9.00am - 5.30pm
Wednesday 1.15pm - 8.00pm

SPORTS MASSAGE

Monday 2.30-6.30pm
Friday 10.00am - 8.30pm
Saturday 1.15pm - 7.00pm

PODIATRY/CHIROPODY

Saturday 9.00am - 1.00pm
Monday 9.00am - 1.00pm

HOMEOPATHY

Monday 9.00am - 1.00pm

REFLEXOLOGY

By Appointment