



# WeaverHouse News



Autumn 2012

[www.weaverhouse.com](http://www.weaverhouse.com)

01270 629933

AUTUMN 2012

AUTUMN 2012

AUTUMN 2012

AUTUMN 2012

AUTUMN 2012



*Hi Everyone.*

*Well, since I wrote to you last time, I think the weather actually got worse - what a Summer ! Lots has been going on at WeaverHouse. We have a whole new team on Reception as well as an apprentice about to start. I would like to extend a warm welcome to Christina (who has now moved to the Equine department), Gemma, Jayne, Rachel and Beth.*

*'Stoptober' started today, and our resident Hypnotherapist Marie Easom is offering a 10 % discount for all 'Stop Smoking Sessions' throughout October. Christmas is around the corner and we offer gift vouchers here at WeaverHouse for any of our treatments. If you have any questions please do not hesitate to contact our reception team who will be more than happy to help.*

*Best Wishes*

*Andy, Practice Manager, WeaverHouse*

**\*\*FREE BACK CHECK \*\*FREE BACK CHECK\*\***

*Due to the massive success of our Free Back Check campaign, we have decided to make this a permanent offer for new clients, their friends, and family. We have specially printed vouchers available that entitle you to offer anyone you know, a completely free back check with no obligation. The check lasts for 15 minutes, and a case history will be taken. If you would like to take advantage of this offer, please ask your Osteopath for a voucher.. You can also ask one of our reception team.*



**Tel 01270 629933 Fax 01270 626711**

## WHAT IS ACUPUNCTURE ?

**Acupuncture** originates from China and has been practiced there for thousands of years. Although there are records of acupuncture being used hundreds of years ago in Europe, it was during the second half of the twentieth century it began to spread rapidly in Western Europe, the United States and Canada. Acupuncture involves the insertion of very thin needles through the patient's skin at specific points on the body - the needles are inserted to various depths. We are not sure how acupuncture works scientifically. However, we do know that it does have some therapeutic benefits, including pain relief and alleviation from nausea caused by various illnesses.

*Matt Budd, our fully trained resident acupuncturist offers treatments twice a week. Please call or e mail us for full details or with any questions you may have.*

**Do you know our opening hours ?**

**Mon and Fri 8am to 6pm**

**Tue, Wed, Thurs 8am to 8pm**

**Sat 9am to 2pm**

**Tel 01270 629933 Fax 01270 626711 Contact us at [info@weaverhouse.com](mailto:info@weaverhouse.com)**

**For more information please visit [www.weaverhouse.com](http://www.weaverhouse.com)**



Here at *WeaverHouse* we offer many types of treatments. We always have practitioners available to answer any questions you may have. If you e mail us with a question, our policy is to get back to you within 24 hours. Our reception team are always happy to help with any questions or queries you may have.

*I would like to introduce you to our new Hypnotherapist Marie Easom .....*

Hi, I'm Marie, the new Hypnotherapist at WeaverHouse. I've already had the pleasure of meeting some of you; thank you for making me feel so welcome. I first got curious about the mind when I had a team to manage and develop; I saw how they held themselves back by thinking they couldn't do certain tasks so didn't even try. With lots of encouragement and coaching, almost every one took huge leaps forward, with several changing careers to do the things they'd always wanted, often doubling their pay in the process. As someone with a longstanding health condition taking medication with potentially very serious side effects, I wondered, if I change my thinking on what happened before this all started, would that change the condition? December will mark my first anniversary of being free of that drug; I still take medication but it is much more benign. Our mind really is amazing.

So what is hypnotherapy? We put ourselves into trance each and every day. Have you ever driven home, pulled into your road and realised you have no recollection of the last 10 miles? Or been engrossed in a book or film, then looked up and seen that it's dark outside (or light!) and you're not entirely sure where the time went?

The subconscious mind has another role too, and one that brings people to my door. Watch a child learning to walk or feed itself, or maybe recall learning to drive or ride a bike: it takes intense concentration and trial and error, yet once you've got it you can do it without a thought. And remember that behaviours are skills too! People are berating themselves for lighting yet another cigarette, buying a whole box of cakes when they're shopping for shoes, eating even though they're not hungry, terror of giving a presentation/the dentist/dogs/spiders, feeling anxious all the time, yet them being utterly unable to do anything different and generally start an appointment by saying, 'I know it sounds stupid, but...': Perhaps it's time to have a re-think about hypnotherapy.....

*Marie is offering a completely free 1 hour consultation here at [WeaverHouse](#). If you have ever thought about having hypnotherapy but were dubious or unsure, why not book in for your free consultation - what do you have to lose !!!!!!!*

Follow us on  
Facebook, Twitter, and  
Linked In

**01270 629933**



If you would like to see a particular feature on one of our many treatments offered here at [WeaverHouse](#), please contact me at [info@weaverhouse.com](mailto:info@weaverhouse.com) . If you need help or advice on any of the treatments we offer please call 01270 629933 or see [www.weaverhouse.com](http://www.weaverhouse.com)