



Varied services . . . Invitation to Health practitioners, from left, John Cassidy, Suzanne Grant, Margaret Berri and Antony Usher. Picture: BILL ROSIER

Integrative centre specialises in pain

THERE are many ways to treat pain.

Invitation to Health, at Wyoming, is an integrative medical centre, with more than eight practitioners specialising in different methods:

■ Bowen therapy involves gentle, rolling moves over precise points on the body to promote the body's healing processes.

Physiotherapist Margaret Berri uses Bowen therapy to treat arthritis, work and sports injuries, and digestive and respiratory conditions;

■ Osteopathy incorporates massage, stretching, manipulation and gentle muscle release techniques.

Resident osteopath Pat Bourke's approach to musculoskeletal health also focuses on education, exercise



and lifestyle advice;

■ Acupuncture is the insertion of fine needles into specific points in the body.

Acupuncturist Suzanne Grant uses needles, cupping and moxibustion to activate the body's natural painkillers and change brain chemistry to relieve pain;

■ Remedial massage focuses on aligning the skeletal system and balancing the muscles.

"This approach is particularly successful with headaches, whiplash, rotator cuff injuries,

chronic lumbar pain and knee problems," remedial massage therapist John Cassidy said;

■ Naturopathy uses vitamin and mineral supplements to treat inflammation, strain, stress and other muscular problems.

"Muscle aches and pains don't just come from injury or strain, they can also be the result of mineral imbalance," said naturopath Antony Usher;

■ "The plant kingdom provides some of the most powerful yet gentle anti-inflammatory agents and analgesics," medical herbalist Stephanie Williams said.

Patients who mention this article will receive 20 per cent off their initial consultation fee.

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