

# LOSE WEIGHT AND KEEP IT OFF

NATURALLY AND EASILY

Forget diets, learn to enjoy food AND lose weight! You can improve your overall health and wellbeing.

Hypnotherapy can be highly successful in helping you reach your ideal weight.

Hypnotherapy works by helping you to feel differently about food and re-learn to listen to and work with your appetite.

By changing the way you think and feel about food you make a lifelong change, so once you have achieved your ideal weight you can remain at it, easily.

Every session is tailored to your specific needs and goals.

Want to feel great?  
Got any questions?

If you are ready to make the change,

call Sally on  
01773 764272 or

email [info@derbysshirehypnotherapy.co.uk](mailto:info@derbysshirehypnotherapy.co.uk)



## Nobody knows bodies like...



### Kilburn Osteopaths

Rachel Jennings (pictured) is a Registered Osteopath who has been treating backs for over 10 years. She is passionate about her patients' wellbeing and committed to getting people out of pain, and back to normal as quickly as possible.

The most common complaint she sees is backache. This is usually mechanical (how the joints move) or structural (from the spine, discs and nerves). The first often responds quickly to manipulation; the second usually takes longer. But in Rachel's experience, even people with arthritis can really benefit from the more gentle osteopathic techniques, medical acupuncture and stretches.

When asked what she treats, Rachel would say most musculo-skeletal pain or stiffness. Patients often think Osteopaths only treat backs, but Rachel treats Tendonitis, Tennis and Golfers' Elbow, Knee and Ankle sprains and headaches just as successfully.

Her new Iolife machine works like acupuncture but without needles. It is fantastic for speeding up wound healing. Two patients who came shortly after their wrist and elbow operations saw a noticeable improvement in just one session.

## DO YOU SUFFER FROM ACHES & PAINS?

Effective Treatment from a Local,  
Experienced Osteopath

- Back ache
- Neck pain, arm pain, leg pain/sciatica
- Headaches
- Nerve pain, pins and needles, tingling
- Shoulder problems, injuries, stiffness
- Knee problems
- Arthritis, stiff joints
- Sports Injuries
- Whiplash
- Pregnancy-related aches and pains
- Tension / tight muscles
- Repetitive Strain Injuries
- Work-related strains/injuries

Just call Rachel to discuss your symptoms if you wish to check before you make an appointment that osteopathy is the best approach for you.

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