Amatsu Health

Amatsu Health is a London-based clinic providing treatments with Amatsu Medicine, a holistic Japanese approach that has evolved over 5,000-years influenced by Chinese, Korean and other Asian philosophies. This natural movement-oriented therapy works with the body's own healing mechanism to correct and align injuries, postural faults and enhances movement performance.

A wide range of ailments can be treated across a diverse age group using:
- Bodywork
- Homeopathy
- Herbal Advice
- Nutritional Therapy
- Japanese Anma Massage
- Needling
- Food Intolerance Desensitisation
- Organ Drainage
- Cranial Therapy

**Special Offer and Further Information**
Amatsu Health is offering Positive Health readers a free initial consultation (worth £50) and a 10% discount off their first treatment. Please contact
Tel: 07960 048275;
info@amatsuhealth.com;
www.amatsuhealth.com

The Balance Interactive CD

The Balance CD presents nutritional information in a friendly format to help learn about food-related health and well-being.

The CD ROM is based on The Balance of Good Health principles around the five major food groups. It summarizes and presents information on food, exercise, minerals, vitamins, health conditions and special dietary needs.

Facts, guides, and tips are provided for the 5 major food groups as well as recipes, a body mass index (BMI) calculator and knowledge tests. Daily allowances for fats, proteins, carbohydrates, and guides to hidden fat, hidden salt and hidden sugar are also provided.

**Further Information**
The Balance CD ROM costs £30.00 + VAT.
Tel: 01872 862324; www.thegoodbalance.com

Turmeric – Mellow, Yellow Herb

Turmeric’s active component, curcumin, has been widely recognised in Ayurvedic medicine and is recommended by herbalists for relief from inflammatory conditions, digestive complaints and lowering of blood cholesterol levels. Turmeric also possesses anti-oxidant properties.

Turmeric is now available from Bio-Health as a pure herbal supplement – Turmeric Rhizome 500mg, in a capsule suitable for vegetarians and vegans.

Turmeric lowers histamine levels and stimulates the adrenal glands into increasing cortisol. An anti-inflammatory herb, turmeric may help to relieve joint pain and stiffness as well as soothing inflammatory conditions such as rheumatoid arthritis and asthma.

**Further Information**
Bio-Health’s Turmeric Rhizome is available from health practitioners, health food stores and pharmacists. For further information
Tel: 01634 290115; www.bio-health.co.uk

Freeze-Dried Wheat Grass Juice

Dyna-Green is a new organic freeze-dried wheat grass juice product for the UK. It is 100% organic, 100% kosher and is field grown. A teaspoon of the juice is added to a glass of water or a non-citrus juice.

Further information Tel: 0845 257 4520; www.bodykind.com

Breech Birth Conference

A one-day conference for midwives, doctors, NCT teachers and Complementary Practitioners is being held on May 19 in Dartford, Kent, entitled Moxibustion and other Alternatives for Women with Breech Presentation. Further study days include, Natural Methods of Pain Relief in Labour, Safety of Herbal and Other Remedies in Pregnancy, Complementary Therapies for Musculoskeletal Problems in Pregnancy and Bach Flower Remedies in Pregnancy and Childbirth. Further information Tel: 0845 2 301323/07956 235456; info@expectancy.co.uk; www.expectancy.co.uk

Passive Exercise

The Sun Ancon Chi Machine provides the equivalent oxygen benefit of 1.5 hours walking, stimulates circulation and lymph drainage, relieves tension, promotes restful sleep, firms hips, thighs and abdomen and relaxes nerves, muscles and joints. The user lies down and the machine raises the levels of blood oxygen and chi energy.

Further information Tel: 01244 532026; taylor.val@virgin.net; www.chi-info.co.uk