



## WHAT CAN KORE DO FOR YOU?

Through our unique assessment and treatment process we first evaluate the best procedure to follow in each person's case, as everyone is different. By using palpation of the abdomen, pulse, different areas of the spine and muscle testing we can quickly calculate each client's needs to ensure the most appropriate treatment.

Treatment can cover:

**Deep Organ Massage (Anmo Fu)** - gentle abdominal massage using oil to unwind stressed and tensioned tissue in the digestive tract, balancing bowel flow, correcting absorption of nutrients and the free flow of blood reducing blood pressure, stress, clearing toxins, IBS, Crohn's and colitis, bloating and kidney issues.

**Spinal Correction** - gentle adjustment of the spine's position (without cracking!) reducing stress and irritation on the nerves (pain and heat), correcting blood flow, lifting energy and psychological wellbeing.

**Food Intolerance Testing** - to ensure you are eating (not a 'healthy diet') the right foods for you that don't inflame and irritate your digestive tract, and drain you of vital energy.

**For any further details please don't hesitate to contact one of our qualified therapists.**

Check out our website for more details

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

email [info@koretherapy.com](mailto:info@koretherapy.com)

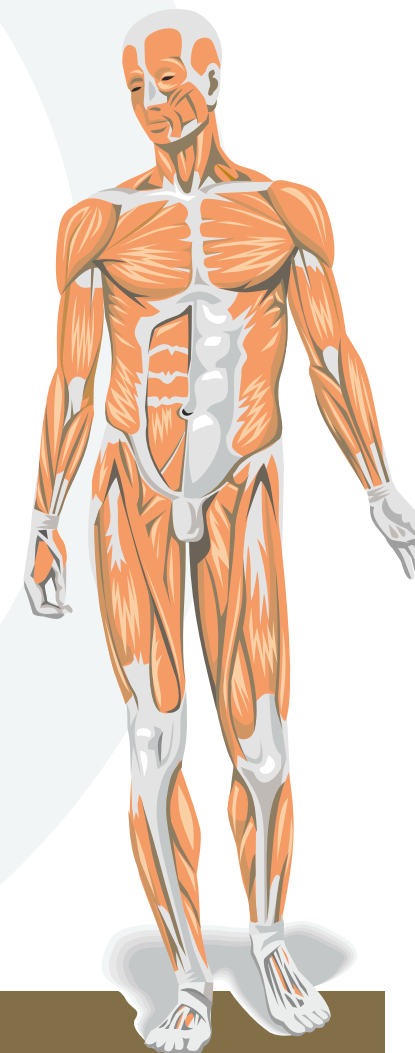
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Vice President  
Federation of Holistic Therapists*

*KORE Therapy was founded by Dr. John Brazier (TCM) MSc. through his combination of successful clinical experience and unique training across the world for over 25 years. He also runs an award winning College and provides employee health and support through The Corporate Dr.*

# KORE's Treatment of Asthma



**KORE**. Therapy



Did you know there can be a number of physical imbalances that can lead you to suffer asthma? For example a pelvic strain, twisted diaphragm, misalignment of the neck, poor lymph flow....Have you been checked and treated? All of these issues can cause you to be more sensitive to the triggers that cause asthma.

Asthma is where the airways of the lungs (the bronchi) become inflamed and swollen leading to poor breathing control. The bronchi are small tubes that carry air in and out of your lungs. If you have asthma, the bronchi are more sensitive than normal and certain substances or triggers can irritate them.

Common triggers include house dust mites, animal fur, pollen, tobacco smoke, cold air and chest infections. When the bronchi are irritated, they become narrow and the muscles around them tighten, which can increase the production of sticky mucus, or phlegm. This makes it difficult to breathe and causes wheezing and coughing, and it may make your chest feel tight.

KORE's clinical evidence has clearly shown that there can be a musculo-skeletal imbalance in most of the cases that we have treated, along with digestive sensitivity and kidney weakness, so treatment is directed at balancing these issues often providing quick and beneficial results.

Assessment is conducted through patient history, diet, personal symptoms, palpation of the abdominal area and digestive system - for poor blood flow and digestive restriction, tongue and pulse reading - for internal organ imbalances, muscle and orthopedic testing - for pelvic and spinal problems.

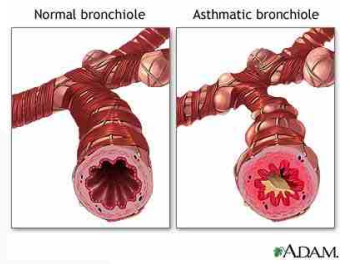
### What can cause or inflame these conditions?

#### 1 Leaky Bowel Syndrome

The ICV (the Ileo-Cecal valve) fails to control the flow of toxins in the bowel leading to either loose bowels or constipation or a combination of both (IBS). This condition causes an increase of toxic absorption into the blood stream leading to a variety of symptoms listed below.

Symptoms vary from each person but the list can be a clear sign of ICV imbalance:

- Fatigue and muscle weakness of the limbs
- Breathing issues
- Joint problems
- Psoriasis, acne and eczema
- Migraines and headaches
- Lower back pain
- Food intolerance and sensitivity
- Bloating
- Thrush and Candida



#### 2 Chronic Cerebrospinal Venous Insufficiency (CCVI)

Often due to an old injury in the spine or pelvis, tension builds up in the neck and shoulders affecting major nerves that control many of the body's functions - from your thyroid through to your breathing and blood pressure. It also affects the blood flow to the brain and back to the heart, causing changes that can deeply affect the brain and nervous system leading to emotional and physical issues.

#### 3 Food and Drug Intolerance

Our digestive systems are very different from one person to the next, due to our different stresses, strains and dietary histories. Therefore our reaction to different foods can be dramatic - for example spinach can be a life saver for some people, but for another it could cause inflammation and irritation leading to fatigue, bloating and diarrhoea. We need to be sure that what you put in your mouth is good for you!

#### 4 Stress and Poor Blood Flow

Stress plays a major part in our ability to digest, blood is moved in and out of the digestive system as we go through different levels of stress, this can lead to muscle spasm and tension in the abdomen constricting natural blood flow, again leading to inflammation, emotional changes, painful, imbalanced and tired legs, and even infertility, along with the usual digestive changes.



**L. Day, Lancashire**  
 'Very beneficial, I can now breath easier and am less tense'

**C. Kay, Lancashire**  
 'All of the pressure has been lifted off of my chest, my heart feels calmer I am more relaxed and already feeling stronger.'