



## 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)

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Tel: **01253 728035**



*Dr. John Brazier (TCM) MSc.  
Vice President  
Federation of Holistic Therapists*

**Acupuncture** - strengthens and balances internal organs, clears toxins, reduces bloating, pain and balances the spine.

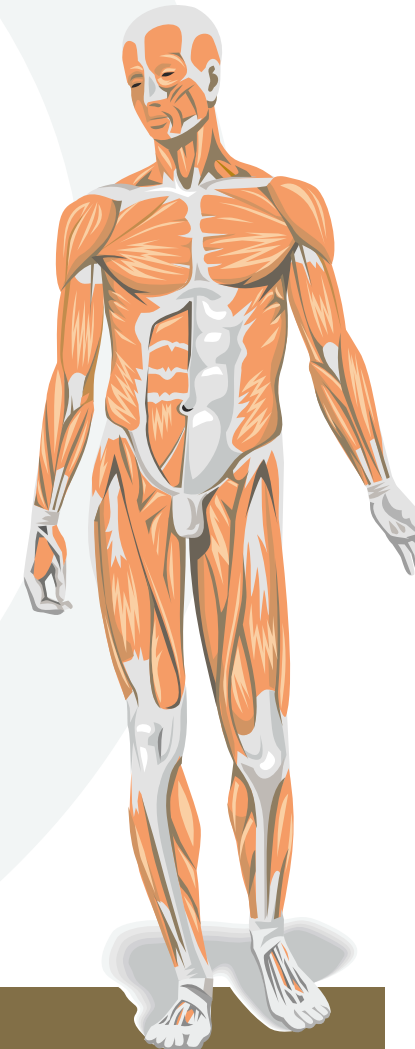
**Stress and Psychological Support** - Clinical treatment, verbal advice and home work techniques on emotional strengthening practice, reducing stress, bringing your life back into balance.

**Cranial Balancing** - gentle adjustment of the misaligned bones in the head that often lead to eyes, ears, nose and throat issues (allergies, snoring, pain etc.) this can also lead to unresolved heart, lungs and digestive problems.

**Tuina Massage** - a clothed massaged system that balances the spine and pelvis, releases inflammation and clears pain.



# KORE's Treatment of IBS, Crohn's & Colitis



**KORE**. Therapy



Irritable Bowel Syndrome, Crohn's and Colitis are complicated diseases but here at KORE Therapy we have seen many outstanding recoveries due to our unique integrated approach to diagnosis and treatment.

KORE's clinical evidence has clearly shown that bowel irritation and inflammation issues often have the same simple causative factors, leading to a range of different bodily symptoms. These factors are usually a combination of spinal nerve inflammation, food intolerance, imbalance and restrictions in the bowels leading to restricted blood flow. By removing these causes recovery can often be fast and effective leading to improved bowel movement, digestion, energy levels and a reduction of pain.

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
- Joint problems
- IBS, Crohn's and colitis
- 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 Digestive nerve inflammation

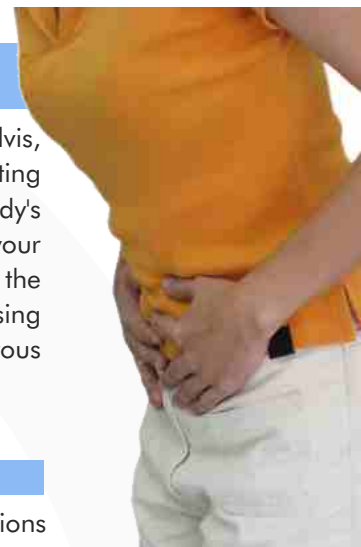
The digestive track is controlled by nerve innervations throughout its length from the spinal canal, as long as the spine is balanced and flexible, and the bones are in their correct position the nerves won't irritate and become inflamed, it is believed that this inflammation can pass from the nerves into the digestive walls causing heat, irritation and ulceration.

### 4 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 - spinach for one can be a life saver but for another it could cause inflammation and irritation leading to vomiting, bloating and diarrhoea. We need to be sure that what you put in our mouth is good for you!

### 5 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.



**J. Swindlehurst, Cumbria**  
**All painkillers and anti-depressants in the bin after 10 years, I feel great!**

**A. Creegan, Lancashire**  
**After suffering for 13 years, two treatments made me feel wonderful. No more bloating, tiredness and lack of energy, I am so, so happy. Thank you!**