



## 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)

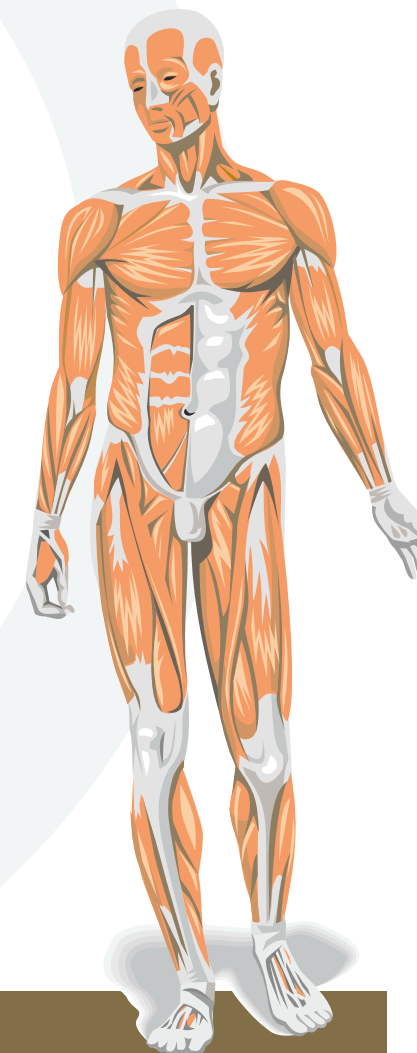
Tel: **01253 728035**



*Dr. John Brazier (TCM) MSc.  
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 Insomnia



**KORE**. Therapy



# Insomnia

Insomnia can be a complicated problem but here at KORE Therapy we have seen many outstanding recoveries due to our unique diagnostics and integrated medicine treatment approach.

Insomnia sufferers can experience different physical and psychological reasons why they suffer and the symptoms can also change with time. In most cases the root cause of these symptoms can often be isolated down to one or two causative factors. If these factors are found and treated correctly then often recovery can be seen in even the most chronic of cases.

KORE's clinical evidence has clearly shown that there is always a musculo-skeletal imbalance between the head and neck in all of the cases, along with digestive imbalance and liver issues, 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
- Frustration and irritation
- 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.

**S. Moore, Lancs:**  
**'One word, wonderful!'**

**S. Martin:**  
**'I feel great, more progress in 4 sessions here than in 12 years with the NHS'**

### 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, spinach for one can be a life saver but for another it could cause fatigue, inflammation and irritation leading to bloating and bowel issues. We need to be sure that what you put in our 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.

