



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

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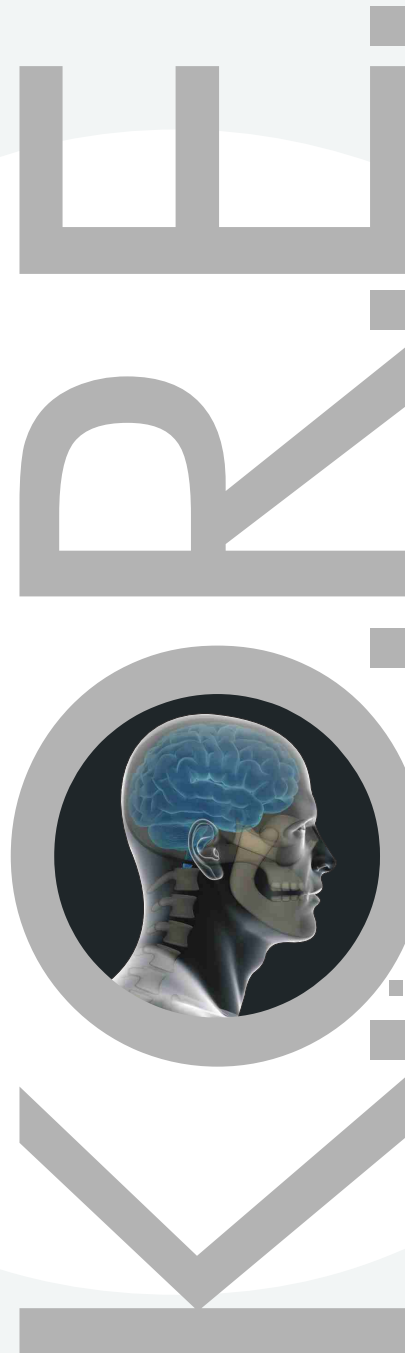
*Dr. John Brazier (TCM) MSc.
Vice President
Federation of Holistic Therapists*

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

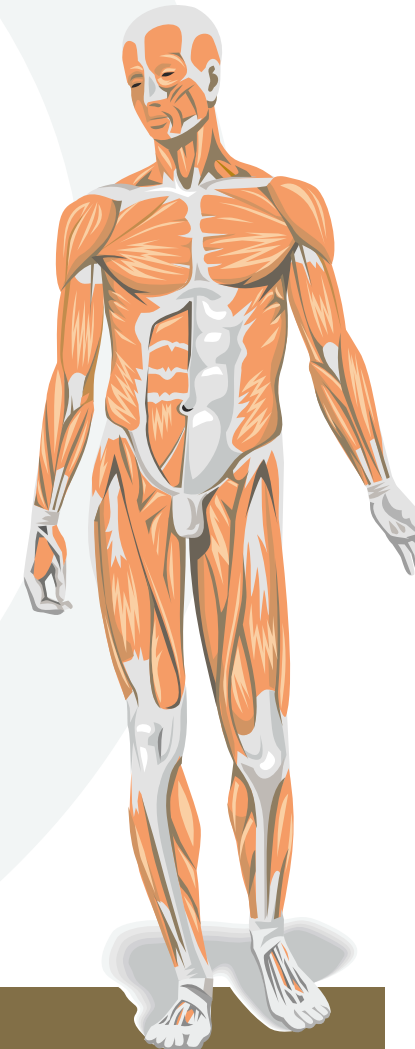
Stress and Psychological Support - Clinical treatment, verbal advice and home work techniques on emotional strengthening practice, reducing stress, bringing your life back into balance.

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.



Weight Loss



K.O.R.E. Therapy

The success of KORE Therapy (often where other therapies have failed) is based both on our unique diagnosis system where we search for the root cause of your issue, looking at digestive, structural, psychological and energetic imbalance, combined with some of the best treatment techniques from both Eastern and Western medicine.

Weight problems can affect anyone, regardless of age, and obesity in the young is growing at an alarming rate. The young must get treated as soon as possible to stop the trend before it becomes ingrained in their system and psyche.

We all know that losing weight means eating fewer calories, and burning more through physical activity. It sounds simple, but all too often it can seem anything but that. In the majority of cases, the cause can be linked to the way that the digestive system works and whether or not you are intolerant to certain foods. This often shows when you eat very little and should lose weight but still don't.

It can also be related to the amount of stress that we put ourselves under causing a digestive issue, this can lead to symptoms like bloating, fatigue, headaches, dehydration and pain.

What can cause or inflame these conditions?

1 Leaky Bowel Syndrome

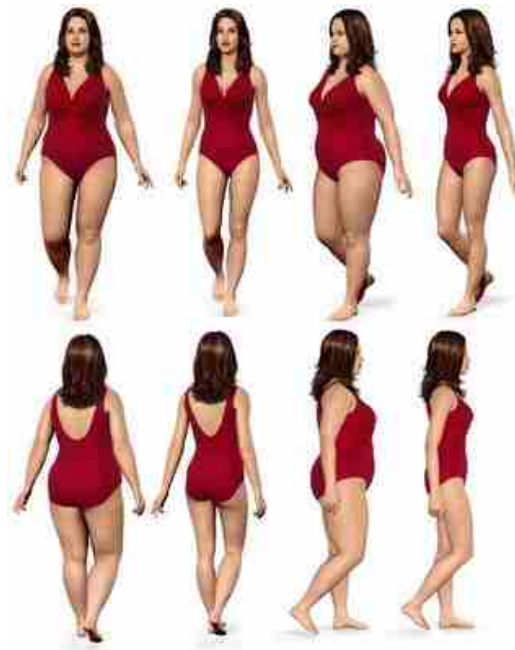
The ICV (the Ileo-Cecal Valve) fails to control the flow of toxins in the bowel leading to either loose bowels or constipation or a combination of both (IBS). This condition causes an increase of toxic absorption into the blood stream leading to a variety of symptoms listed below.

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 and weight gain
- 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.

A Hoyle, Lancashire:
'I'm now a size 10, and I was a size 16, 8 weeks ago. I feel fantastic!'

D. Beck, Morecombe
'Lost 2 1/2 stone in 8 weeks, now 3 months later I am still a size 16, amazing!'