



The Independent Practitioners Group

www.healthworks.uk.net

Acupuncture-Traditional Chinese

James Adams 07513 038007
Therese Poon 07785 284536

Acupuncture-Western Medical

N. & E. Robinson 01309 671413

Alexander Technique

Alan Massey 01309 691545

Aromatherapy Massage

Alison Leishman 01309 672864

Biomagnetism Therapy

Ada Geddes 07403 808083

BodyTalk

Katharina Kroeber
07905 499673

Counselling

Jules Petrie 07719 091 083

Counselling & Couple Counselling

Michael Hawkins 01309 671552

Energetic Cellular Healing

Celia Forestal Smith
07883 516342

Herbalism

Fiona McIntyre 07747 010620

All practitioners are insured.

Life Coaching

Bill Kerins 07443 495050

Homeopathy

Pia Wallace 07934 289102

Hypnotherapy & NLP

Pat Wilson 01309 672338

Remedial & Pregnancy Massage

Louise McRitchie 01343 842837

Remedial Massage & Lymphatic Drainage

Janey Tinsley 07900 817034

Naturopathy

Deborah Sutherland
01309 671413

Osteopathy, Cranial Osteopat.

E. & N. Robinson
Deborah Sutherland
01309 671413

Reflexology & Acupressure

Grace Pirnie 01309 671504

Leadership Coaching & Spiritual Counselling, Supervision

Chloe Greenwood
01309 691575

Spiritual Healing & Reiki

Jutta Geissler 01309 671552

HEALTHWORKS

supports when sunshine is not enough

We all know that sunshine affects our mood. Our brain produces more of the mood-lifting chemical serotonin on sunny days. Sadly, when suffering from PTSD, Alzheimer's or Brain Damage the right dose of sunshine won't be enough to provide a sense of wellbeing. This month is dedicated to raise awareness for those health conditions and lots of useful information is on offer in various places in the UK.

There is the sun, mental health and there is life itself. Sometimes we just get stuck, are overburdened with problems and need someone to lend a helping hand or mind. Life coach Bill Kerins is dedicated to offer support when moving on seems to be difficult or impossible. Since 10 years he has been successfully coaching people and recently joined the Healthworks team in Forres. Bill supports individuals, families and young people in various areas of life, general health, well being, relationships, finance or career with his effective communication style and gentle approach. His focus is on empowering by understanding the issues that block our ability to make decisions and to take next steps. Finding confidence and reducing anxiety are just a few of the desired effects of his coaching. Bill is a qualified Master Mind Factor Sports Coach and certified member and Instructor with The National Guild of Hypnotists. Apart from his training he can draw from a wealth of own life experience when offering helpful advice. More information about Bill can be found at: <http://www.masteryourworld.co.uk/>.



Healthworks dedication is to restore balance of Mind, Body and Soul. For all areas of health and well being it offers complementary and alternative therapies, providing outstanding holistic health care in the local area and beyond. It is good to know that there is support when in need of healing, nourishment, support or guidance, and that the Healthworks Centre with its experienced and excellent practitioners is located at the heart of Forres, only a phone call away – or a click on the link: <http://www.healthworks.uk.net/>

Christine Hartmann

Advertising Feature