

Brochure

The Alternative Therapy Clinic

(Est. 1970)

We have expertise in a wide number of
different modalities and specialise in

SCT - Spinal Corrective Therapy

We have been successfully treating
difficult Neck and Back problems
for 35 years

Testing for the risk of Osteoporosis

John Roberts-James MAO
Doreen J. Humphreys MAO
MULTI THERAPISTS

25 Southend Avenue, Darlington DL3 7HW

Tel: 01325 463766

and at 9 Durham Road, Spennymoor DL16 6JN

Tel: 01388 811365

Members of the Association of Osteomyologists

24 HOUR EMERGENCY SERVICE

email for **FREE** eBrochure:

⟨brochure@AlternativeTherapyClinic.co.uk⟩

The Alternative Therapy Clinic

Established 1970

Therapies available at the Clinic include:

Electro-Acupuncture
Applied Kinesiology (AK) & (CK)
Autogenic Training (AT)
Cranio-Sacral Therapy
Connective Tissue Massage (CTM)
Herbalism
Iridology
Japanese Katsu
Maitland's Mobilisations
Manipulative Therapy
Nutritional Therapy
Ortho-Bionomy
Physical Therapy
Psychotherapy (Auditing)
Radionics
Reflexology
Shiatsu
Spinal Touch Therapy
Sports Injury Therapy
Stress Care
Spinal Corrective Therapy (SCT)

Testing for the risk of Osteoporosis

John Roberts-James MAO

Doreen Humphreys MAO
(Doreen Roberts-James)

Members of the Association of Osteomyologists

24 hour Emergencies

[We are no longer at the former Spennymoor address]

<mailto:info@alternativetherapyclinic.co.uk>

Who we are:



John – John Roberts-James



Doreen – Doreen Roberts-James
(Doreen Humphreys)

**If you attend the Clinic, you will be in
experienced, qualified hands.**

Qualifications: John

As full professional Members of the Association of Osteomyologists, we have experience and training or hold Diplomas in a wide range of Alternative Therapies able to treat many aspects of the Totality of your problem.

John: I served in the NHS hospitals and privately since 1968.

My qualifications include:

| | |
|---------------|---|
| 1968 MCSP | Chartered Society of Physiotherapy |
| 1968 SRP | State Registered Physiotherapist |
| 1968 Dip Ac | Diploma in Acupuncture |
| 1972 MRAC | Member of the Register of Acupuncturists |
| 1976 MTAcSoc | Member Traditional Acupuncture Society |
| 1978 MCrOA | Member Cranial Osteopathic Society |
| 1979 FAcPSoc | Fellow Acupuncture Practitioners Society |
| 1982 MSocIrid | Member Society of Iridologists |
| 1982 DipRad | Diploma School of Radionics |
| 1982 LicRad | Licentiate School of Radionics |
| 1982 DO | Diploma in Osteopathy, LCSP |
| 1983 MNTOS | Member Natural Therapeutic & Osteopathic Soc. |
| 1985 DO, MSOB | Diploma Orthobionomy, Society of Orthobionomy |
| 1990 Diploma | in Psychotherapy (Auditing) |
| 2001 MAO | Member Association of Osteomyologists |

In addition I took a three-year course in Medical Herbalism at the National Institute of Medical Herbalist, Leicester;
Doctorate of Acupuncture Course with Drs Worlsey and Stemp;
Autogenic Training Teachers' Course with Dr Malcolm Carruthers;
Homeopathic Training with Drs Stemp and Harling;
Chiropractic Training with Drs Reinhart, Janes and others;
Cranial Osteopathy, a three-year course with Dr Denis Brookes;
Osteopathic training with Dr A. Stoddard;
Manipulative training with Dr J. Cyriax and Prof Nwga;
Connective Tissue Massage (CTM) with Maria Ebner;
Aromatherapy with Micheline D'Arcier and Robert Tisserand;
Spinal Touch Therapy with Dr Rosquist;
Iridology with Dr Jensen and Mr Nordal;
EAV (Electro-Acupuncture according to Voll) with Dr Schultz.
MRSNT As a member of the prestigious Research Society for Natural Therapeutics I attended many other courses and presentations.

In 1982 I founded the Institute for Autogenic Training.

I retired from full-time practice and from all the various associations and registers in 1997.

I now retain fully insured professional membership of only one body – The Association of Osteomyologists

<http://www.osteomyology.co.uk/>

Therefore please note that I am not a Registered Osteopath, Chiropractor nor Physiotherapist. I no longer practise these therapies. I have developed my own System based on 40 years' experience that I find far superior:

Spinal Corrective Therapy – SCT

A fundamental feature of SCT is that one expects to find a visible, measurable improvement within some three minutes.

If a patient is going to respond to treatment, one expects to see a change literally within two or three minutes. If there is no immediate response to SCT then it is unlikely that further visits are going to help, and the case probably needs to be referred elsewhere, perhaps even to surgery.

Please be aware that so often, a patient leaves a condition untreated for too long so that his body cannot now respond and recover. Parts literally can 'wear out'!

I run courses and seminars for local therapists to teach them SCT.



"Every Daffodil is Yellow"

"If your parents have it, so could you ...

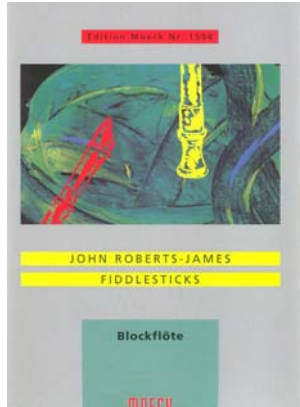
or your children ...

or their children ...

or ...

My hobbies include:

Music – I am a former professional musician, playing the Oboe and Recorder, and am a published Composer:



www.musicsolo.com

Martial Arts – I hold a 4th Dan Black Belt, and was formerly Senior Coach to the West of England;



Author – as a martial artist I have written numerous specialist textbooks on Personal Protection and Self Defence:

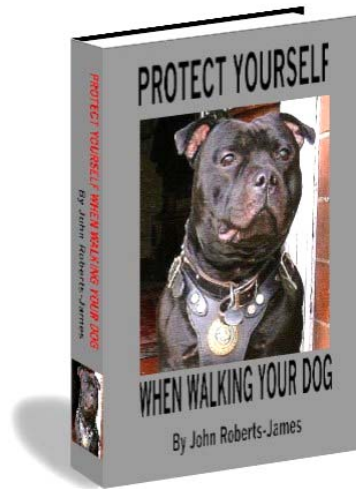
<http://www.personalprotectionpublications.co.uk>

<http://www.effectiveselfdefence.co.uk>

Of particular interest, I have written the world-first fully documented illustrated textbook on the **Sjambok**:

<http://www.sjambok.co.uk/>

Dogs – especially the Staffordshire Bull Terrier.



I normally have three 'on the go', but these days I only have Tyson.

But more than all this, my main hobby is – **My Work!**

Most practitioners – including medical doctors – concentrate especially in one particular field. Probably the one in which they qualified.

But to mind, this is very much short-sighted.

Considering the body – *Yours, indeed* – as a **Totality**, we must consider your **Structure** – the spine and related aspects; the **Mind** and possible stress or other aspects; **Toxic** factors requiring medical drugs or possibly herbal preparations; **Dietary** aspects, it is so often most important to supply the vital organs with what they desperately need for optimum function; Integrity of the **nerve supplies** to the various organs; intrinsic **energy** factors; and most particularly, **genetic influences** – which can so often be spotted by Iridology.

Now, these are enough areas, and more, to motivate and encourage a therapist to really pursue and study other therapeutic methods.

You can well see why my work is my hobby!

*You can find out more about me through an Internet search on
<John Roberts-James>*

Qualifications: Doreen

"I met John, married him and became very interested in his work and in the Alternative Therapies."

1982 Studied with the College for Alternative Medicine and obtained Certificates in Nutrition Therapy and in Allergy Testing;

1982 MSI Member of the Society of Iridologists;

1983 Diploma, Bailey School of Reflexology;

1984 Member of the Society of Orthobionomy;

1997 Associate Member Cranial Osteopathic Association;

1990 Commenced ongoing studies in **Spinal Corrective Therapy**; and trained in testing for the risk of **Osteoporosis**.

Pursued further studies in Therapeutic Massage, Spinal Touch Therapy, Applied Kinesiology (AK) and Clinical Kinesiology (CK).

Her tutors have included Alan Beardall DO, Richard Holding DO, Norman Eddie DO, Nicola Hall and John Roberts-James.

In addition she has attended numerous seminars and courses as part of her Continuing Professional Development (CPD) to expand her knowledge and skills.



All Osteomyologists are
Registered with
The Association of
Osteomyologists

**She is a full and insured professional
Member of the Association of Osteomyologists**

By virtue of training, qualifications and experience

the Clinic can offer a wider range of appropriate treatments than any other Alternative Therapy Clinic in the North East.

We treat the Total Lesion

Not just the 'Part That Hurts'

We do not 'diagnose'

We do not treat a 'named condition'

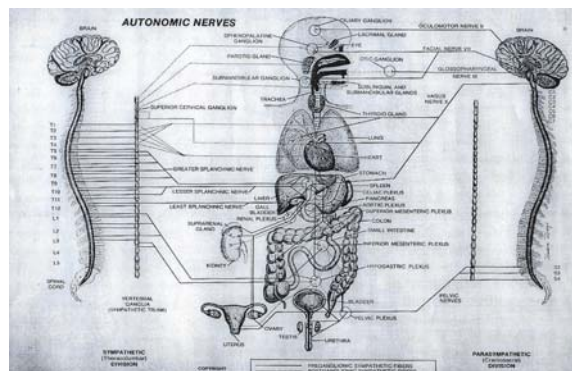
We find as much as we can that is
'out of tune',

And we do our very best to get that
'back in tune'

And we have been doing that since before 1968 –

A long time ...

A lot of experience!



The Total Lesion

Unlike so many therapists these days, we consider the Totality of the problem that is making you ill, 'out of tune' or causing you pain – the Total Lesion!

All illnesses – even so-called 'sports injuries' – comprise several factors that combine together to produce the final result: the Named Condition.

It is most important to find and correct as many of these factors as possible, using however many therapies as are indicated.

Everything is connected – You are a Unity, a One-Person. For example, an ingrowing toenail could be a relevant factor in headaches. And we all know that workplace stress can lead to gastric ulcers.

It is rare indeed that any established condition can be totally cured. But as Osteomyologists – multi-therapists - we find time and time again that a large measure of recovery can so often be achieved.

It is important to start treatment at the very first warning sign of something not being right, of being 'out of tune', as it were. Before permanent change has occurred.

This can often mean treating the as yet unborn child.

Remember – Every Daffodil is Yellow!



If you or your family tree have a problem, then so could your children, their children, and their children ...

Every Daffodil is what?

Yellow, of course!



This is so important that I must stress it again and again.

Because SO many doctors don't.

Let's take Diabetes.

If either (or more especially, both) of your parents have diabetes, there is a more than good chance that one or more of their children (You???) could follow their pattern.

Risk indicators could be:

- A tendency to overweight
- A marked liking for sweets or sugar drinks
- A spinal problem, such as 'growing pains' or low back- or neck-ache
- Tenderness at about the 7th or 8th thoracic vertebra
- A dark spot or line in the iris (coloured part of the eye) at about 7 o'clock in the subject's right eye.
- Tenderness just above and behind the mastoid process of the skull, just behind the lobe of the ear.

If your prospective therapist asks you if there is diabetes in the family, and you confirm it, you must expect him to check all these factors, and more. This is very important.

Your life could depend on it. Or your children's' (born or unborn!) ...

To consider another example – IBS Irritable Bowel Syndrome

The name itself gives the clue – Syndrome: a number of different factors.

Most therapists, including doctors correctly treat the Large Bowel itself. Some will even treat the **stress** aspect that is usually present.

But very few will ask, “What are the nerve supplies to the Large Intestine? Could there be factors interfering with these vital nerves and so debilitating the related organ? Short-circuiting the ‘electric supply’, as it were.

Preventing the Bowel recovering?”

The **Vagus**, the Tenth Cranial Nerve, the main para-sympathetic nerve, exits the skull just behind both ears and descends through the neck to supply all the visceral (soft) organs, such as the heart, lungs, stomach, pancreas, prostate, testicles, and the gynaecological organs such as the uterus and ovaries. It is the primary nerve supply to most of the Colon, the Large Bowel.

A problem affecting the Vagus nerves can debilitate any of these important organs. So in IBS it is imperative that we don't just look at the bowel, we also need to look at the other end of the system, the neck or indeed the skull itself with Cranial and Spinal Corrective Therapy. Where mechanical factors could be highly relevant.

But what if the organ or others involved with it are '**toxic**', affected by waste that is not being effectively removed? Or actually being re-absorbed? It could well be that **Colonic Irrigation** or **Herbal** care is also indicated to detoxify and invigorate them.

The stress aspect of IBS that is almost always present might well benefit by **Autogenic Training (AT)** to bring it into harmony and allow the (total) system to regulate itself ...

What if there is an **Allergic Reaction** somewhere, further compounding the picture? But bear in mind though that it is not necessarily the Allergen, the food or other involved substance which is important: what matters is trying to find out why the affected organ cannot cope in the same way that a healthy balanced person's can.

To this end **AK, Applied Kinesiology** is likely to be involved in the overall treatment plan.

And so it goes on, so the totality of the syndrome widens. Quite possibly even involving genetic factors.

The need for a **multifold approach** is imperative in the treatment plan for IBS if this distressing and potentially dangerous condition is to be brought under control.

And as soon as possible. Like twenty years before the first warning signs appear.

And even sooner than that:



This can and is being done every day by Osteomyologists and other therapists using SCT, AK, Iridology and other modalities.

Any patient seeking care from a therapist or doctor trained in a single therapy should fully expect to be referred at the same time to other specialists working in different but relevant fields in order to get the greatest possible benefit for the Totality of their problem.

Anything less is simply not good enough!

All indicated therapies must be applied at the same time. Not first a course of treatment with one, then followed by a further course with another.

For maximum benefit in difficult cases, all indicated therapies must be applied at the same time. This is very important.

This why so very many patients attend one therapist, do not get better, migrate to another, and then yet another ...

For optimum benefit one has to pinpoint as many relevant factors as are indicated. And then use a comprehensive treatment plan to address and restore them. This may well include structural, chemical, nutritional, psychological and even etheric aspects.

By virtue of our qualifications and experience, Doreen and I can handle many of these factors. But if necessary we would refer an indicated case to other specialists where appropriate.

Growing Pains

Perhaps the most rewarding aspect of all for me is the assessing and treatment of the so-called 'Growing Pains' in children.

These are not 'growing pains' at all – they are the very first warning signs of future spinal problems. The 'Totality' is crying out for help. Here very often is the first warning sign of the future 'slipped disk', of the yet-to-come heart attack, of the pre-diabetic sugar-handling malfunction.

Importantly, in young girls, growing pains can be the earliest warning sign of a possible difficult future labour, with all the attendant horrors.

It is most important that this very common problem is correctly handled and sorted out. The immediate treatment is very easy. But the very fact that they occurred at all means that long-term care and observation must be carried out. Indeed, well into middle age.

What happens?

The very young child has a fall, does a roll over clumsily or has some other physical 'accident', however mild, so that a small vertebral joint becomes jammed and sets up local inflammation and pain. The warning signs are very often aches and pains down into the legs. Neck or arm pains are frequently missed or ignored. But they are just as important, and produce the same end results in ten, fifteen or twenty year's time - heart attack, slipped disk, diabetes, whatever. Genetic factors will certainly add to this.

The local pain and discomfort from such a 'jammed' spinal lesion is of little importance. The absolute significance is that the lesion is most unlikely to correct itself without professional help. And secondary spinal compensations develop literally within seconds.

At whatever level these compensations occur, that is where local interference with vital nerve outflow develops. That is where the earliest seeds are sown for whatever genetic patterns are waiting to get a destructive hold.

But there can also be what I call 'masked growing pains'. That is, childhood spinal lesions which do not seem to cause any obvious discomfort.

There are a number of easy tests that you can carry out on your own youngsters.

1 The Straight Leg Raise: Child lying on its back, relaxed legs down straight. Lightly and easily lift up each leg in turn. It should easily be raised to 90 degrees or more. If either (or both!) is short of a right angle, there is probably a spinal lesion. Either in the pelvis or – as is much more frequent – higher up in the spine or even the head itself.

2 Leg Length: Child on its back. Press through the length of the leg, pushing the hip joints up into the sockets. Look at the level of the bottom of the heels. If they are not level, there is likely to be a spinal problem somewhere.

3 Hip Range: Girl child on her back. Put one of her heels against the knee of the other leg. Let that bent leg drop outwards and downwards. It should be flat on the supporting surface. Repeat with the other leg. If one or both thighs do not easily and loosely lie flat, there is highly likely to be a twist in the pelvis. Which could be a significant factor in a future difficult childbirth.

4 Forwards Bending: The standing child should be able to bend down and keeping both legs straight put the palms flat on the floor. If this cannot be done, there is probably a spinal problem somewhere (not necessarily in the low back).

5 Lying face down: Press lightly on each spinal process. There should not be any tenderness or pain. If there is tenderness, this could be a significant factor in the health and vigour of the organ getting its nerve supply from that segment.

6 The Face: This is more difficult for the parent to assess, but should be done. The Face should look 'harmonious', 'right' or 'balanced'. We are talking about Cranial Lesions here. If the skull is strained, a vast number of unhappy possibilities can develop. If your child's face does not look 'true', and the more so if it had a forceps delivery, then an Osteomyologist trained in Cranial Therapy should be visited. In a child, correction is usually easy enough.

Of course, your **professional therapist** will carry out a much wider assessment at an initial consultation. But You, as a parent, should find these tests useful.

Delay means Danger!

Ballet, Gymnastics, Sporting Activities ...

I have been a most active sportsman all my life, from the age of 14 till only a few years ago. I am a 4th Dan Martial Arts Black Belt, now aged 75, former Senior Coach to the West of England.

But now with a mass of injuries, aches and pains. Most of which could have been avoided. If only I had known. If only those therapists I saw had been forward looking and had advised (and treated) me correctly.

We are (*almost*) like motorcars. If we keep our vehicle properly serviced, it will keep going satisfactorily until its time comes.

This 'servicing' must start in childhood.

(Taking genetic factors well into account, of course)

Ballet, Gymnastics and most sporting activities are especially dangerous. If you or your children partake, I cannot stress the importance of keeping your 'machine' 'oiled & greased', as it were, to allow you and them to continue playing and enjoying yourself well into later life.

Let me speak here for my own sport – the Martial Arts. Excellent for the Body and Mind training of your children. The ultimate objective has to be long term, like perhaps six or eight years. That is how long it can take to reach 2nd – 3rd Dan Black Belt, the level when things really start to fall into place and happen without thinking.

C.K. Chang 9th Dan, my Taekwondo teacher:



Mind Determination and Physical Ability

Judo Personality Page



JOHN ROBERTS-JAMES

Born in Bristol, 1932. Occupation : H.M. Forces.

Started Judo at the age of 13. Former Secretary and Coach to both the South-West and Western Areas. Present Secretary of the National Coaching Examination Board, and member of the National Executive Committee. One time member of the Budokwai.

He played an active part in the development of Judo among the troops of the British Army of the Rhine, and instructed at the BAOR School of P.T., coaching the winning team on the first official Judo course. He fought for BAOR in the first appearance of its team against a representative German side, and was the only winning member of his team, defeating a champion of Germany. For two years he was Judo Instructor to the Royal Armoured Corps Junior Leaders Regiment. His work involving much travelling, he has taught at clubs throughout the country, as well as in Germany and North Africa.

He has for many years been interested in Self-Defence, and is presently writing a book on the subject. He finds Aikido a fascinating art, and spends more time at it than at Judo.

His other interests are spread over a wide field. He is an Associate of the Royal Institute of Public Health & Hygiene, and an Affiliate of the Royal Society of Health. He is a skilled musician, being an Associate of the London College of Music and a Cassel's Prize winner of the Royal Military School of Music, playing the Oboe, Recorder and Bassoon. He speaks German well, and was for four years instructor to a German Police Club. He does a lot of writing, is Judo Editor to the magazine Skill, and special contributor to Self-Defence & Judo, Black Belt, etc. In his spare time he is a keen photographer. He is married with two children. His biggest regret is that there are only twenty-four hours in a day.

'Self-Defence and Judo' 1964

Sports Injuries

I speak as a former Area Coach who qualified as a Chartered & State Registered Physiotherapist.

I do not recognise "sports injuries". I do recognise an athlete who has suffered an injury during the course of his sport.

A 'Sports Injury Therapist' often has an important part to play in the immediate local care of an injured player. But all too often he will be looking at 'the bruise', 'the strain', 'the fracture'...

Rather than the player who suffered 'that bruise', 'that strain', 'that fracture'...

If there were 21 other players on the field or in the gym or wherever, why was it only he who was injured? Why none of the others? Why did he succumb? What was the intrinsic weakness in his system that allowed him to suffer the bruise, the strain, the fracture? Why him, but not the others?

And this is where the Sports Injuries Therapist so often falls down!

The strong tendency is to look at the Injury. Not at the Man who received the injury.

This is where, as an Osteomyologist, I differ.

Treat that injury immediately and locally.

But where applicable locate and correct the weakness that allowed him to suffer that injury.



Demonstrating Japanese Katsu to stop a severe nosebleed

Osteoporosis

You've seen them – the little old lady, the elderly gentleman, tottering along almost bent double with 'thinning or collapsing' of the bones. Hump backed. Neck bent down into the chest.

That is Osteoporosis.

When did it start? Last year? Ten years ago?

No, it started probably as a genetic blip.

As a twinkle in the father's (or more probably the mother's) eye!

We have the equipment to test for this serious disease.

We have documented osteoporosis in many young women in their early twenties, and referred them with our Report to their doctors. Only for them to be told, "Come back in forty years' time!"

By then of course it is too late; the damage is done – permanently.

But while the equipment is set-up to identify early osteoporosis at about the age of twenty, it is possible to spot it long before this by manually assessing the spine at a first consultation.

The osteoporotic spine has a distinctive 'feel' to it. The experienced therapist can recognise it immediately even in young teenagers. And the diagnosis is confirmed where there is a history of wrist or hip fractures in family members.

As far as you yourself are concerned, if you (woman or man) have a family history where someone has fallen and broken a wrist or a hip, get yourself checked privately and if the result is positive, insist on your doctor giving you the appropriate treatment to modify or delay the onset of bone destruction.

This is important!

A special service ...

We are very concerned with **Prevention**. Catching a developing problem at the very earliest stage, long before major structural and organ changes have developed. This is easily done and gives one the chance of profoundly modifying one's future.

As a service to our patients we offer a free assessment for the immediate family members. Where we look for the earliest warning signs of probable future catastrophes.

This is very easily done and only takes a few minutes. We then advise what action needs to be taken to modify and reduce the risk.

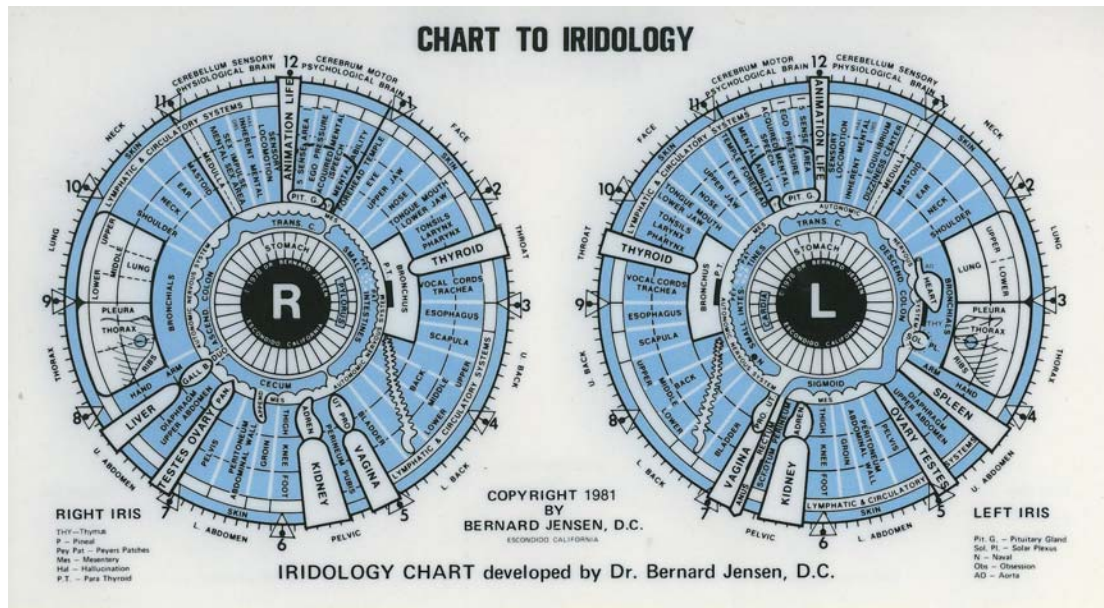
The first and probably most important aspect is the Family History. You recall my vital theme – **Every Daffodil is Yellow**. Many conditions arise from genetic factors. Not always, of course, but this must be considered in the overall assessment.

The second important factor is the state of the spine, and its nerve outflow into related organs. Palpation of the vertebrae can reveal tenderness or congestion – earliest warning signs of impending organ disease. Here one finds the future heart attack, indications of diabetes, future prostate and gynaecological troubles, whatever. The spine reveals so much, giving us those early warning indications, and so allowing considerable modification to the future. This is basic, routine stuff – but incredibly no one does it!

An important part of this free assessment is the examination of the iris, the coloured part of the eye. There are reflex connections with the eye and other parts of the body. If an organ is sick – or more importantly, is 'thinking about becoming sick', it will show in the iris. This study is called **Iridology**, and is a major part of our services. One can immediately see the first warning signs of a heart problem, pre-diabetic influences, thyroid malfunction, even sexually transmitted disease. So that immediate modifying action can be instigated. I often surprise patients by asking when they had their vasectomy – the iris reveals all! If a therapist is into Prevention – as we are – Iridology is a **vital** important modality.

Indeed, I would almost say, if your therapist does not include Iridology in his armamentarium, go elsewhere, quick! It is that important. Without it, he will miss so much.

Iridology Chart



Reproduced by kind permission of Bernard Jensen International

I was fortunate enough to receive personal instruction in Iridology when a member of the Research Society for Natural Therapeutics in the 60's by Mr T. Nordal MNIMH, and twenty years later from Dr Bernard Jensen himself.

<http://www.bernardjensen.com/>

Of course, one has to be skilled and experienced to interpret the iris signs correctly. For example, the iris frequently indicates a 'malaise' of the thyroid. But it takes a wider knowledge to realise when there is a spinal problem at the base of the neck directly interfering with the nerve supply into the thyroid. Debilitating it.

Similarly, a destructive sign in the area of the testicles does not necessarily mean cancer – it could indicate a vasectomy, very common. Dr Jensen told me that he does not think it possible to detect early warning signs of cancer through the iris. Forty years of experience now lead me to think otherwise.



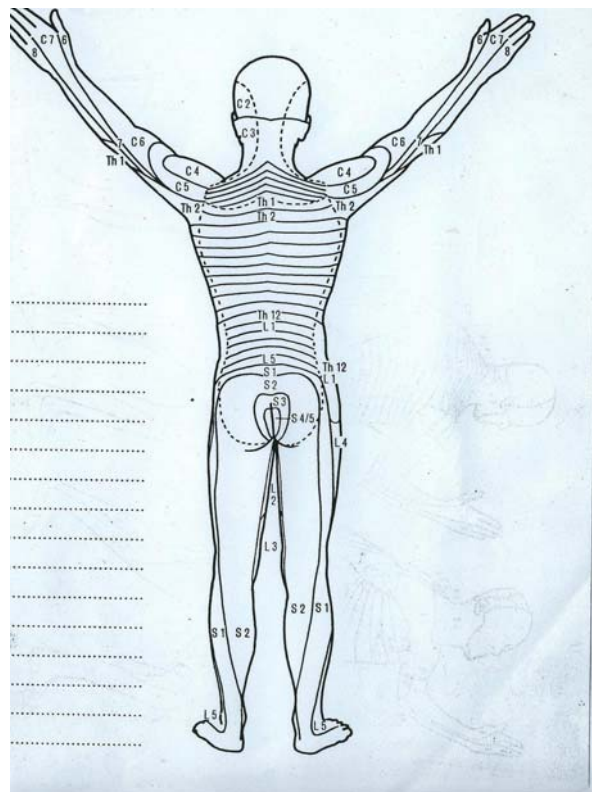
Applied Kinesiology – AK

This is Doreen's realm. Indeed she has trained in both AK and the more advanced CK with Richard Holding DO and Dr Beardall DC.

AK is a 'diagnostic and therapeutic' modality used to find areas that are 'out of tune'. Not as vigorous as they should be. Various muscles have reflex links to particular body organs and systems. If when tested in a certain way, called 'muscle testing', a muscle suddenly becomes weak, this gives an indication as to where an underlying problem might exist.

If this weakness resolves when a substance – herbal, homeopathic or nutritional – is brought into close proximity, this is a strong indication that application of that substance might well improve or even resolve the underlying problem.

Muscle testing is a highly developed skill attained only after many years of experience.



**You are a Totality of many different systems,
Some not yet widely understood.**

Reflexology

A useful and effective minor therapy. It is not a major treatment modality and must not be considered as such. Very often it has an important part to play in the overall care of the Totality. But do not be diverted by those therapists who practise only Reflexology and claim it can 'cure everything' – it cannot.

But we certainly provide it as a valuable adjunctive therapy for those aspects of the Totality where it is particularly indicated.

It is known to have an effective part to play in such conditions as back pain, arthritis, migraine; digestive, hormonal, sleep and stress disorders. In as much as these problems reflect an 'out-of-tuness' of the Whole Person.

There are zones on the feet (and elsewhere) that have reflex links to other organs and parts of the body. Stimulating these zones can often bring about a harmonizing or healing response in these linked systems. Sometimes the results can be quite remarkable, and we have seen even long established conditions respond excellently to a course of treatment.

But it must be said, Reflexology is definitely not a comfortable therapy. The zone areas on the feet can be very tender, even painful. A reflex 'shock' effect. Doreen maintains that if there is no discomfort at all, then the treatment has been ineffective. She has been in Reflexology practice since 1983, having trained with Nicola Hall, Principal of the Bailey School of Reflexology, who herself was a direct pupil of Eunice Ingham, the originator of the therapy.

As with all the complementary therapies Reflexology seeks to treat and balance the whole system, not just the symptoms complained of. Many patients come back at intervals to be 'serviced' and kept 'in tune', as it were. Rather like a car's MOT!

It is of particular value for the elderly person who may not be able to tolerate more strenuous therapies. It cannot do any harm. And very often can do a great deal of good.

In this respect Reflexology is an effective and safe minor therapy very well suited as a stimulating area of study for the person seeking a new and valuable field of interest in life.

Homeopathy



Indeed a mysterious subject!

But it works!

Despite what the scientists say, It has stood the test of time.

The Principle: Like Cures Like.

If when taken by mouth a particular substance - botanical, mineral or even animal - produces a certain reaction, then when taken in an infinitesimally small dose it will often cancel out the symptoms of such a reaction in a sick patient.



Some vials of remedies

It is essentially a 'safe' therapy. If the remedy – the 'simillimum' – is not correctly indicated, it will have no effect at all. Useful for home first aid, it can easily be learnt to this level. But the full-time practitioner has an enormous amount of studying to do. Even with the use of a computer 'repertorising' a case can take a very long time. It is not easy. Many practitioner use radionics or radiesthesia to help.

But if the correct remedy is found, the results can be quite miraculous.

However I certainly would not use homeopathy for structural problems, such as spinal involvements. For the symptoms, yes; but for the causes – most definitely not.

This is why it is positively wrong to attend a therapist who only practises homoeopathy. Mechanical problems need – mechanical therapies: SCT, osteopathy, chiropractic, (very rarely physiotherapy). Many a homeopath will swear blindly that he can correct a spinal mal-alignment. Wrong: he cannot. But he certainly can affect the symptoms of that mal- alignment.

Bearing in mind that most problems and diseases can involve spinal nerve aspects, homeopathy therefore may well have a part to play in the Totality of the case – but only a part!

If you attend a full-time homoeopath, you must expect him to also refer you to other practitioners able to handle the various aspects of the Totality. If he doesn't: Be Concerned! The body is so complex, it is so multi-faceted, that no therapist has the total answer. Not even many an Osteomyologist!



What connection does this photo have with homeopathy?

None, actually, it's just that I like it!

Acupuncture

may be considered to have two aspects: pain relief and body re-tuning. Apart from medical emergencies, I am against using acupuncture for pain relief: it does not get down to causes. If there is a thorn in one's backside, putting a needle into the other cheek to relieve the pain just does not make sense! The precipitating cause may still be stuck in there.

But re-aligning one's body energies is a different kettle of fish. And this is where acupuncture comes into its own. It often has a major part to play in assisting the body's forces to recover and restore vibrant health.

I am not sure that I agree with all aspects of the underlying theory. Suffice to say that – where correctly indicated – it has a major part to play in healing and regaining health.

One assesses the tongue and palpates twelve different pulses on the wrists, assisting a working diagnosis. Indeed the pulse diagnosis is remarkably accurate and is in constant application.

There are certain 'points' on the body where a shock will elicit a healing response. This 'shock' can be the prick of a needle, a focussed point of heat, a finger pressure, or a mild electric shock.

We use the latter, an instrument which both locates and then treats a 'point' with a minute electric current. Quite painless and with no risk of infection. If the points are correctly chosen, the pulse will respond and 'harmonise' within seconds.

Of course, this may not necessarily be treating the root level cause. As with the Chinese approach, frequently there will be the need for physical substance, such as herbal or nutritional care, not to mention attending to spinal integrity.

In other words, an acupuncturist should also be an osteomyologist – in action, if not actually in physical membership of the Association!



Think widely! Think Totally!

Radionics

Now here really is Magic – or would appear so.

Answers really seem to come out of nowhere.

But - very often – out they do indeed come.

You have heard of Dowsing? Where attuned cognoscenti can – do! – discover water or whatever else they are searching for. How do they do it? What are the natural (or un-natural!) forces involved? There is an established Association of like-minded members with demonstrable skills in this field.

And so with Health matters. Radionics is a fascinating aspect of Distant Healing. I don't know *how* it works; I do know it may well have a part to play in many difficult and serious cases.

Many years ago a Radionics colleague correctly 'dowsed' and found my horrendous eye problem, sustained from a Judo accident years before. And in which I am now blind. I was so impressed with her abilities that I took the Licentiate course offered by the Radionics Association: <http://www.radionic.co.uk/>

There is one difficulty with this therapy – it can be very time consuming. So that where I encounter a case needing Radionics I usually refer on to a qualified practitioner able to handle the issue.

When I retire (I am 75 now!) I will probably find more time to devote to this fascinating field.

What equipment is needed? A pendulum. A hair sample ('witness') from the patient. Total cost: Sixpence?

One takes a hair sample to be used as a 'link' to the patient. Then using the pendulum to elicit 'yes' or 'no' answers, one seeks to track down health areas where help is needed. It can actually be a fairly long involved workout. But I thoroughly enjoy it.

There are in fact various 'instruments' available that assist in focussing one's healing intent. While I do indeed have several from my Licentiate days, undoubtedly my favourite is the Base 44 Diagnostic and Treatment Instrument. I do not actually need it, but it motivates and enthuses me.

The Base 44 Diagnostic & Treatment Radionics Instrument



Do remember – these instruments do nothing in the practical, mechanical sense. They serve only as conduits for your innate 'dowsing' powers. They certainly 'alert' and focus my own healing intent. You can see my favourite pendulum at the front.

For your possible interest, here is a photo of some of the other Radionics instruments I have at my disposal:



Two Peggoty's flanking two 12-Dial Black Boxes.
The 'witnesses' can be seen on top of the 12-Dials.

If you can 'dowse' for water, you can do Radionics

What are the dangers of treatment?

Essentially all therapies carry a slight risk. As also does medical or hospital treatment. But in competent qualified hands this is negligible.

The main danger is faulty diagnosis, where life-threatening conditions can be missed. This is very possible. But it is equally so among medically qualified doctors.

Homoeopathy: there is only one danger here – that of delay. Where a poorly indicated and ineffective course of treatment is continued, allowing an underlying serious condition time to develop until it is too late. This is why all health problems should involve one's GP to (attempt to) rule out serious disease. Otherwise, if a remedy is not the correct one, nothing will happen.

Acupuncture: as with Homoeopathy, the essential danger is that of delay, as the actual treatment is harmless. Unless the operator is cack-handed and sticks a needle into a nerve or eye or whatever. Most unlikely, as every practitioner has to be registered and insured. I have no problems here.

Herbalism: Again perfectly safe. If a medicine were contraindicated, at the small doses involved, there would be an adverse reaction which the herbalist would take into account and revise his prescription. But this of course also applies to the side effects of some orthodox medicines.

Manipulative Therapies: here meaning Spinal Corrective Therapy (SCT), Osteopathy and Chiropractic. These major therapies involve adjusting spinal vertebrae and certainly carry a degree of risk. Though in trained and experienced hands this risk is small. But it certainly is there. This is why the procedures must be carefully explained and patient consent to treatment must always be first obtained.

I have no misgivings about **SCT**, where the result of every procedure is carefully assessed immediately it is done. And where an improvement is expected within say three minutes or less of a technique being applied. There is a carefully planned sequence of both examination and treatment producing excellent and measurable therapeutic benefits.

Osteopathy is somewhat similar to SCT. Not so refined, and missing many important diagnostic tests. Many recently qualified osteopaths seem lacking in good manipulative skills, and often treat pain rather than the person who has the pain. The general standard seems lower than it used to be, and my seminars are well received.

Physiotherapists certainly lack manipulative skills, even so-called Consultant Physios. In general they are rough and unfocussed, very capable of causing harm. I speak from personal experience here. As a former Chartered Physiotherapist myself, I do not advise a back pain sufferer to take his problem to a physiotherapist. And certainly not to a Sports Therapist. Again I speak from personal knowledge.

Chiropractors: Now here there can be danger! I went to a Chiropractor seeking help for my bad neck; I came out with two partially paralysed legs! He crushed my spine. The case was settled out of court in my favour. But the financial damages received bear no relation to the sixteen years of pain and misery sustained.

I cannot walk properly and am in constant pain as a direct result of this disastrous careless and badly directed 'treatment'.

I have had extensive chiropractic training, and know that there is a marked tendency to wrongly use grossly excessive force. Frequently the spine is manipulated in the wrong direction, moving into pain: the imperative rule is never to move into pain. That way can lead to disaster. As I found to my cost.

Another bone of contention is their use of the treatment bed with a drop-down segment. This allows no manual control of the movement, and if the direction is incorrect, disaster can result.

Of course, not all chiropractors are bad: I know one or two who are excellent.

But do you know who they are?

Screening to avoid future problems

Far better spot the risk of future problems, and take appropriate action to modify or even prevent them. Particularly genetic traits which pass on from your parents, and which can often jump a generation.

For this we have several effective tools at our disposal:

Spinal Assessment A spinal bone can easily get twisted or jammed, causing pain, swelling and overall distortion often affecting other segments elsewhere. Nerves exit from between these vertebrae to supply related vital organs. In effect shortening their 'electric supply'. So that the organ becomes weakened and prone to malfunction and even disease. For example a back strain at about the 4th thoracic vertebra can be a factor in a future heart involvement; a 'lesion' at the base of the skull can also be a factor in a future heart problem; a twisted 8th backbone can predispose to diabetes. High or hard shoe heels can cause a distortion up in the spine, with unwanted weakening of vital organs.

A skilled osteomyologist, osteopath or chiropractor can find and correct these lesions, with immediate health benefits. I have never found a chartered or state registered physiotherapist able to do this, even so-called 'expert' ones. I speak from bitter experience!

Acupuncture Pulse Diagnosis. Remarkably accurate. By assessing twelve pulses at the wrists many organ weaknesses can be found, and treatment instigated to correct them. One routinely finds early-warning signs of gynaecological, cardiac, lung and even spinal troubles.

Iridology. Par excellence, a vital modality. The markings in the iris of the eye, the coloured part, have reflex links to organs elsewhere in the body. Often clearly pointing to where treatment is required, long before actual pain or distress starts.

I urgently advise you before choosing a therapist, to confirm that they are competent in this field. If they cannot do it, preferably go elsewhere. My teacher, Dr Bernard Jensen maintained that one cannot spot cancer signs from the eye. I have to disagree with him. You can, in many instances. So that modifying treatment or surgery can be carried out while there is still time.

Applied Kinesiology (AK) is an important and effective pointer to fundamental imbalances where directed treatment can profoundly change, correct and restore towards health.

These are the main assessment tools that we use in this Clinic. There are of course many others.

Especially the newest modality, **Genetic Testing.**

Genetic Testing

This is new, exciting and of the greatest importance.

Every Daffodil is Yellow. Because each individual flower carries essentially the same genes.

Of the child, one remarks, “She is just like her Mother”. Or “He smiles just like his grandfather does”. Because the same genetic pattern runs on through – or sometimes appearing to ‘jump’ a generation.

A personal example: I myself have diabetes; and so do my children. I fully expect my grandchildren to follow the same genetic line. Or the combined line of the other parent. My mother had a stroke – I have (controlled) high blood pressure and have had several TIA’s, mini strokes.

Certain diseases have characteristic genetic signatures. Manifested in the DNA. It is now possible to run tests to look for genetic patterns indicating the likelihood of certain specific health problems. While not all that helpful for the mature or elderly person, for the children or grandchildren this is of vital significance. Giving the parents the chance to instigate preventive or modifying measures.

The test is simple: spit in a test bottle and send it off to the laboratory. That’s it! To find a laboratory, do an Internet search on <Genetic Testing >

I cannot overstate the importance of this facility.

Doctors will have their part to play in appropriate preventive measures. But equally so do the alternative therapists as mentioned above.

Remember, search for <Genetic testing > !



“Every Daffodil is Yellow”

The Internet



I suggest you do a UK Internet search on:

John Roberts-James
Acupuncture
Dowsing
Herbalism
Homoeopathy
Chiropractic
Osteopathy
Physiotherapy
Radionics
Reflexology

<http://www.johnroberts-james.co.uk>

<http://www.alternativetherapyclinic.co.uk>

<http://www.sjambok.co.uk>

<http://www.effectiveselfdefence.co.uk>

<http://www.personalprotectionpublications.co.uk>

<http://www.musicsolo.com>

<http://www.musicforsolohorn.co.uk>



