

About Michael Thompson

Michael Thompson is a homeopath, acupuncturist; & kinesiologist; and has been in practice for 35 years. He practices in *Northampton, Stony Stratford & Ennis*. Over the years Michael has developed his unique way of working with patients. In particular he has created hundreds of new remedies for specific complaints such as injuries, arthritis, respiratory conditions, hay fever, digestive conditions, back pain, sciatica, menstrual conditions, cystitis, menopause, eczema, psoriasis, infections, allergies, migraines etc - the list goes on and on! Most of these remedies have been created from clinical necessity. Michael also uses *Health Kinesiology* (muscle testing) for allergy testing & various psychological issues - fears, phobias, addictions etc.

At the *Natural Medicine Works Clinic* different therapies are practiced; a short explanation of each is as follows; more detailed and specific leaflets are also available.

Homeopathy

Over thirty million people in Europe already benefit from homeopathic treatment. *Homeopathy could help you too!*

Why is it so popular?

- Homeopathic treatment works with your body's own healing powers to bring health and well being.
- Patients are treated as individuals, not as a collection of disease labels.
- Homeopathy treats all your symptoms - mental, emotional and physical.
- Homeopathic remedies are gentle, subtle and powerful.

What is homeopathy?

Homeopathy is a gentle, holistic system of healing, suitable for everyone, young and old. Homeopathy focuses on you as an individual, concentrating on treating your specific physical

and emotional symptoms, to give long lasting benefits.

How long has homeopathy been used?

Homeopathy has been used in the UK for over two hundred years, but has an honourable tradition dating back to ancient Greece. It was Samuel Hahnemann, a brilliant doctor working in 1796 who developed the scientific and philosophical foundations of this gentler way of healing. These scientific principles form the basis of successful homeopathic practice today.

What happens when you see a homeopath?

A homeopath understands that establishing good health involves treating both mind and body, so time is taken to listen to your emotional and physical symptoms. To stimulate your body's own healing process, a remedy closest to your individual symptom picture is prescribed. Healing beings from within your body, strengthening your health and immune system, without any danger of damaging side effects.

Are homeopathic remedies safe?

Homeopathic remedies are a unique, potentised energy medicine, drawn from the plant, mineral and animal worlds. They work by gently boosting the natural energy of the body, and are very safe, even for pregnant and sensitive patients. There is no danger of addiction or toxicity.

What can homeopathy treat?

Homeopathy is used to treat everything from acute fevers, sore throats and toothache, to chronic illnesses such as arthritis, eczema, asthma, anxiety and insomnia.

Acupuncture & Chinese Medicine

Acupuncture is a complex medical system that is used to diagnose and treat illness, prevent disease and improve well-being. It can focus on physical, psychological, emotional or spiritual problems.

Acupuncture originated in China more than 3,000 years ago and due to its proven effectiveness, has been embraced throughout the world.

Acupuncture involves the insertion of extremely fine pre-sterilised needles at predetermined points on the body's surface to restore health.

Acupuncture can be used alone or combined with other forms of Traditional Chinese Medicine, commonly referred to as TCM.

What Acupuncture treats

Since TCM promotes the body's natural healing ability, many conditions can be treated. It is also a comprehensive system of preventative health care and maintenance. The effectiveness of acupuncture and TCM is well documented. Throughout its past history, and in present ongoing practice, TCM has established a solid reputation as a system of medical health care that works.

Commonly treated conditions

The WHO recognizes acupuncture and TCM as a viable means of treatment for a wide range of conditions. Some of the most commonly seen complaints in the acupuncture clinic are:

- **Respiratory:** sinusitis, hay fever, rhinitis, catarrh, colds, 'Flu, viral infections, asthma, bronchitis
- **Skin:** eczema, psoriasis, acne, warts
- **Emotional & psychological:** stress related illnesses, anxiety, depression, insomnia, childhood behavioural problems
- **Musculo-skeletal:** arthritis, sciatica, back pain, sports injuries, neck pain, joint problems
- **Digestive:** indigestion, bowel problems, constipation, IBS
- **Heart & Circulation:** hypertension, angina
- **Genitourinary:** infertility, impotence, premenstrual syndrome, menstrual problems, menopause, cystitis

● **Other conditions:** M.E., headaches and migraines, allergies, addictions

This is just a sample of commonly treated conditions.

A typical acupuncture session

Attending a TCM practitioner for a course of acupuncture treatment can be somewhat different from visiting a GP. The initial consultation can last anything between 30 and 60 minutes. A detailed case history is taken and all patients currently on a course of medication should bring them along at the first (or second) consultation. An examination of both tongue and pulse will be carried out, and a brief physical examination will be conducted where appropriate. The entire proceedings are safeguarded by total confidentiality. Subsequent treatment sessions will last from anything between 20 and 30 minutes.

Patient safety

All acupuncture needles are single use, pre-sterilised, disposable needles. Consequently a patient can be confident that no infection can be transmitted.

The use of acupuncture in the hands of fully qualified professional practitioners is entirely safe and free of any harmful side-effects.

Allergy & Food Sensitivity Testing

Food Sensitivity Testing is a technique used to identify the various foods your body does not cope well with during the digestive process. Your body is not at its optimum digestive level if you feel bloated, experience heartburn, belching, or get frequent headaches after eating; have diarrhoea or constipation that you think may be food related. Nowadays many chemicals are used in food production so unless you are sure of your food sources you are more than likely exposed to these chemicals. The body through diet can be over exposed to these chemicals and it may respond with tiredness, unrefreshing sleep, and a general sense of apathy.

Through Food Sensitivity Testing it is possible to aid the body in detoxifying and achieving greater levels of health. When the body is attempting to detoxify itself in certain cases the toxins are pushed out into the skin; this may result in acne, eczema, hives and various skin conditions. So by avoiding certain foods these conditions can be alleviated.

Individuals who are sensitive to specific substances such as animal hair, detergents and cosmetic ingredients can develop contact allergies. By identifying the specific substances that aggravate conditions relating to them can be improved.

Health Screening

AcuGraph, CoRe program - leaflets available

Other Therapies

Kinesiology, Diet, Nutrition, Wellbeing etc.

Clinics

The ***Natural Medicine Works Clinic*** is on the ground floor of 4 Market Walk (off Market Street) which is just off the Kettering Road not far from Abington Square (and Northampton Town Centre). The centre is convenient both for parking and wheelchair access. Evening and weekend appointments are available.

The ***Health Haven*** is on Market Street, it has the same doorway as the dental surgery at No. 43 and is on the second floor.

Boutique Organica is down Odells Yard, which is off the High Street opposite the church in Stony Stratford.

If you wish to discuss whether a therapy will be helpful for your condition or if you want more information about any therapy please phone or go to www.naturalmedicineworks.net.

© Michael Thompson 2013

HOMEOPATHY ACUPUNCTURE FOOD INTOLERANCE & ALLERGY TESTING HEALTH SCREENING

Michael Thompson

FSHOM LIC.AC MTCMCI

Natural Medicine Works Clinic
4d Market Walk
Northampton NN1 4BU
01604 628767

Boutique Organica
4 Odells Yard, High Street
Stony Stratford MK11 1FA
01908 569259

The Health Haven
43 Merchants Square, Market Street
Ennis, Co. Clare
065 68 40613

michaelthompson@eircom.net
www.naturalmedicineworks.net