

Michael Lingard BSc. Dip Ost. BIBH

Michael has 25 years experience integrating the best of alternative and orthodox healthcare in a multi disciplinary clinic.

He has been practising physical medicine, osteopathic treatment and cranio-sacral therapy since gaining his Diploma in Osteopathy from the European School of Osteopathy in 1981.

In 2005 he trained as a Buteyko practitioner to add correct breathing to his structural work to promote better health. ...



Over the past ten years he has been researching the nature and aetiology of health.

In 2004 he presented some of his work "A 21st Century Vision of Healthcare" at the International Public Health Conference in Brighton "Vision to Action"

He has had articles published in the BHMA Journal on the subject of a better health service.

This year he has established the first BIBH Buteyko Centre in Kent.

The website <[www. totalhealthmatters.co.uk](http://www.totalhealthmatters.co.uk) > outlines some of his ideas for a better NHS based on a philosophy of health promotion rather than the traditional focus on pathology and negative health.

WHAT IS AN ORTHOPATH?

An Orthopath is a practitioner of orthopathic medicine.

Orthopathic Medicine: The art and science of restoring normal structure, health and dynamics to the body using physical treatment allied with other adjunctive therapies/approaches that aid the restoration of natural balance and health. Adjunctive therapies and approaches usually include Nutritional advice, Lifestyle advice, and other Therapeutic systems as appropriate that will help restore health. The individual supportive therapies and approaches will depend on the speciality or training each orthopath brings to their work, some may use energetic medicine such as acupuncture, or applied kinesiology others may use medicinal treatment such as homoeopathy or herbalism, others may work with relaxation, breathing or NLP all will give their attention to the patient's nutrition.

Here are a few hints to help your back:

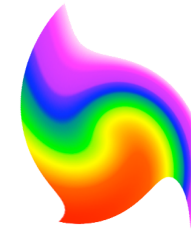
- B**end from the knees, not at the waist when lifting.
- A**void stacking or reaching for loads above shoulder height.
- C**arry heavy objects as close to the body as possible.
- K**ee your back straight and use your legs, not your back, to lift.
- S**top & think before lifting heavy weights, get help if possible.

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ORTHOPATHIC & CRANIO-SACRAL TREATMENT

BUTEYKO METHOD



TOTAL HEALTH MATTERS!

**MICHAEL LINGARD BSc. Dip Ost. BIBH
ORTHOPATH &
BUTEYKO PRACTITIONER**

**TOTAL HEALTH MATTERS!
STRUCTURE GOVERNS FUNCTION
BETTER BREATHING FOR BETTER HEALTH**

How Can Osteopathic Treatment Help You?

The benefits from osteopathic treatment may include; pain relief, improved immune response, better organ functioning, and generally enhanced health and increased energy.

Thus osteopathy is not just “for bad backs” as is often thought,, but can be used with benefit in the treatment of almost any disorder.

Conditions which are not normally associated with osteopathy which have been treated successfully include; circulatory problems, asthma, hormonal problems, ear nose & throat conditions, many childhood ailments, eye disorders, etc.

How Does Osteopathic Treatment Work?

Systematic treatment to improve the structure of the body is the essence of osteopathy. Freeing the circulation of blood, lymph and cerebro-spinal fluid and removing irritation to nerve supply, thus encouraging normal healthy functioning to be regained.

The limits set on success depend on the severity of the structural problem, how much permanent damage to tissue from long term stress, the practitioner’s skill and understanding and the patient’s own efforts and will to be well.

The Treatment

This may involve a wide variety of approaches depending on the patient’s age, condition and medical history. Generally gentle articulation, the moving of limbs, spinal structures and tissue whilst the patient is relaxed, enables the practitioner to assess the areas of restriction (diagnosis), to encourage movement in such areas (treatment) and to prepare the way for any adjustments which may be needed (manipulation or other release techniques).

Adjustment to any structures which are “out of alignment” or restricted in movement may be achieved by, articulation alone, functional release techniques, cranio-sacral technique, manipulation, advice on postural changes, etc.

Helping Yourself

Where there is inflammation (areas tender and hot) an ice pack may ease the pain and will reduce the inflammation. Apply for five minutes every half hour or as required.

Do not apply dry heat to inflamed areas - this will aggravate the condition. Hot showers or baths can relieve spasm without increasing inflammation.

Usually gentle movement from time to time is found to be more comfortable than complete rest for long periods. You are the best judge of how much.

Find the most comfortable position to rest in, this will often not be flat on your back, however the position that gives maximum comfort usually will be helpful, reducing the pain reduces the spasm which may reduce the mechanical strain.

If you have been prescribed “pain killers” use them with discretion, to help you sleep but not to help you carry on working and aggravating the condition.

Should you have any reactions that give you cause for concern do not hesitate to contact us to ask for advice or to arrange an earlier follow up treatment.

Fees

Adults	
Initial Consultation	£55.00
Follow up Consultation	£40.00
Children	
Initial Consultation	£40.00
Follow-up	£30.00

**Please avoid full cancellation fee by giving
24 hours notice, thank you.**

Drug-Free Asthma Therapy & Breathing Therapy

www.ButeykoKent.co.uk

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