

# The Sunday Telegraph, Australia Oct,3, 2004

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## [Alternative Healing] You did what?

The Sunday Telegraph, Australia  
Oct. 3, 2004

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Your body is pretty complex, sometimes needing an unconventional approach to soothe ills. Rosamund Burton checks out some [alternative therapies](#).

Alternative medicine is more popular than ever so as new therapies become available it's important we know how to use them.

"Many therapies work in a way we understand little about, so it's hard to evaluate them. The most important thing you can do is find treatments that are safe," says Dr Giselle Cook, who combines orthodox and complementary medicine in her Sydney practice.

While results can vary from person to person when it comes to alternative therapies, many people report life-changing experiences.

"Alternative medicine can be unregulated so it's a good idea to get a personal recommendation from someone who has been to the practitioner and was happy with the results," advises Dr Cook. Check out these alternatives.

### See Also

[Research resources on alternative healing](#)

### Neuroskeletal therapy

- Heralded as the new approach to back pain, this skeletal alignment technique has helped many people. It can assist patients experiencing pain or limited movement associated with joint misalignment, unsatisfactory muscle condition and bad posture. This new treatment builds upon 20 years of clinical practice, and groundbreaking scientific research. It has impressed many thousands of patients with spectacular

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success rates.

"The treatment is very safe," says Sydney practitioner, Robert Dehn from the Sydney Back Clinic. "It realigns the body without manipulation. The light pressure on specific parts on the body stimulates the nervous system, causing the body to readjust and move into its alignment."

Dr C. Lovell, a Sydney-based GP says, "I've been very impressed with the treatment's success rate. A number of my patients have been relieved of painful conditions which had previously been resistant to physiotherapy and medication."

for more info, [www.sydneybackclinic.com.au](http://www.sydneybackclinic.com.au)

### polarity therapy

- Based on his understanding of Ayurvedic healing, Dr Randolph Stone devised polarity therapy in the 1940s, which works with the energy fields that surround our bodies and electromagnetic patterns.

"When you re-establish the power that put you together in your mother's womb, you heal yourself," says agile and healthy-looking 76-year-old Sydney-based practitioner, Bill Hutchinson.

### the natural facelift

- This revolutionary non-surgical treatment irons out wrinkles and slows down the ageing process. The hour-long face massage, incorporating Ayurvedic techniques, acupressure and Swedish-style massage, leaves you looking visibly younger.

Creator and Sydney-based practitioner Kundan Mehta explains, "It works the face systematically, releasing deep-seated tensions and freeing layers of muscle and connective tissue, so that the facial muscles can relax."

You'll need a course of eight treatments, and then a top-up treatment every three months.

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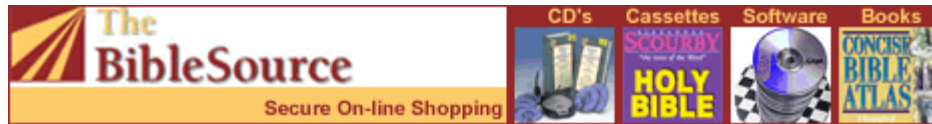
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