

## About Lifeline

Lifeline—Mind Body Soul is the result of three years of hard work. Retraining to be able to offer my clients the help and assistance to get their Mind, Body and Soul back into balance, allowing them to lead a full, happy, pain free life. I am here to help you banish the toxicity of life and achieve the inner peace that you desire and deserve.

I have had a weight issue all my life, I have suffered from mental illness and I have been in the depths of despair because I live with chronic pain. I am now nearly 10 stone lighter, my mental health issues are resolved and I manage my chronic pain using the therapies that I am now offering to you.

The journey hasn't been an easy one, but it has been worth it. I have walked the walk, and I want to give you the benefit of my experience.

Please, don't continue to suffer, there is a better way, get in touch and let me throw you the Lifeline you need.

With love, Michelle x

## Prices

Clinical Hypnotherapy	From £60
Kinetic Chain Release	£35
Reiki	£35
Lifeline Packages	From £80

Lifeline Packages offer a variety of the treatments available and will be tailor made to suit your personal requirements. Some of the areas where Lifeline Packages can be worthwhile are:

- Smoking Cessation
- Eat Live Enjoy Programme
- Pain Management
- Gastric Band Hypnotherapy
- Increasing your self-confidence

Please get in touch to discuss your requirements, I look forward to helping you.

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## Hypnotherapy

Hypnotherapy is a collaborative process between a therapist and client which, whilst the client is in a trance like state, utilises the power of positive suggestion to bring about changes to thoughts, feelings and behaviours.

Hypnotherapy is a safe, deep relaxation which can be used in helping the client deal with numerous situations. Here is a small selection of issues where hypnotherapy can have a positive impact:

- Pain Management
- Anxiety and Stress Management
- Weight Management
- Smoking Cessation
- Addictions – Food, Alcohol, Gambling, etc
- Phobias
- Panic Attacks
- IBS Relief
- PTSD
- Exam Preparation
- Overcoming past trauma
- Confidence Building
- Self-esteem
- Sporting Performance
- Insomnia
- Motivation
- OCD



## Reiki

A healing technique based on the principle that the therapist can channel healing energy into the client by means of touch, to activate the natural healing processes of the client's body and restore physical and emotional well-being. Reiki treats your mind, body and soul. In short, Reiki gives you what you need, the healing energy goes where it will do the greatest good.

Reiki is a safe and soothing treatment that can help in numerous situations. Here is a small selection of areas where Reiki can have a positive impact:

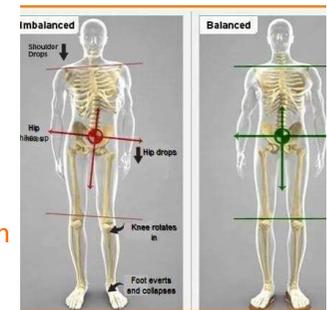
- When life gets tough!
- Pain Management
- Anxiety
- Depression
- Improve sleep
- Improve digestion
- Enhance well-being
- Boost self-esteem
- Reduce side effects from cancer treatments
- IBS Relief
- Chronic fatigue
- End of life care and bereavement
- ADHD/ADD

## Kinetic Chain Release

KCR is a simple yet extremely effective system of mobilisations and stretches, developed by Scottish Physiotherapist Hugh Gilbert, which brings the physical body back into balance quickly and easily, often bringing instant relief from painful, chronic ailments.

KCR is a safe and effective treatment which will help with 100s of ailments. Illnesses known to be effectively improved with KCR include:

- Chronic Back, Knee, Neck, Shoulder Pain
- Chronic Fatigue Syndrome
- Behavioural Difficulties in Children
- Breathing Difficulties
- Migraines/Recurring Headaches
- Teeth Clenching/Grinding
- Hamstring Issues
- PTSD
- Menstrual Pain
- Groin Strain
- Fibromyalgia
- Scoliosis
- Sleep Issues
- TMJ Dysfunction
- Plantar Fasciitis



KCR is also **GUARANTEED** to improve your sporting performance, so whatever your chosen sport, be it rugby, football, hockey, cross fit, kettlebells, gymnastics, swimming, athletics, boxing, horse riding, the list is endless, KCR will help you get those PBs.