

In the UK, there are two main organisations teaching the Bowen technique. The oldest is the independent European College of Bowen Studies (ECBS). For a full list of accredited therapists, visit www.thebowentechnique.com. The other is the Australia-based Bowtech (www.bowtech.com), whose affiliated UK branch is the Bowen Association UK (www.bowen-technique.co.uk). Bowtech claims to teach the original technique, whereas ECBS work with modern approaches.

Q. My 15-year-old daughter suffers badly from period pain. Sometimes it is so severe that she cannot move; it even causes her to vomit. Are there any alternatives that might ease the condition?

Name and address supplied

A. Proper nutrition is important in the prevention of period pain (dysmenorrhoea), so ensure that she includes a high percentage of complex carbohydrates in her diet to keep bowel movements regular. She should also limit her intake of saturated fat, as this can contribute to pain. Instead, she should favour omega-3 and omega-6 essential fatty acids, which are obtained from nuts, seeds and oily fish. To reduce cramps, she should choose foods rich in calcium and magnesium. These include dark green vegetables, parsley, almonds, pulses, canned salmon and brown rice.

I have had great success with Planetary Formulas Cramp Bark Squaw Vine Complex (£15.99 for 120 tablets, from the Nutri Centre; 0800 587 2290). Take one or two tablets, three times daily before meals, and stop during menstruation.

If this does not help in a few months, seek the advice of a naturopath (contact the General Council and Register of Naturopaths; 0870 745 6984), who can monitor your daughter and identify any underlying problems that may be causing her pain.

Q. I have heard that facial acupuncture can help reduce wrinkles. Do you have any more information about it, and can you recommend a practitioner in the London area?

Mrs E Stanley-Jones, London

A. In China, acupuncture was used for cosmetic purposes as early as the Sung Dynasty (from AD960) to improve the circulation of blood and chi (energy) to the extremities, including the face and hair.

The Chinese concept of "beauty from within" is expressed in terms of having a healthy body that transforms itself into "exterior" beauty". Today, in the West, cosmetic acupuncture is becoming increasingly popular as an alternative "non-surgical procedure" to reduce signs of ageing. However, I must stress that for it to truly work, your practitioner must treat you holistically.

Before you have treatment, your acupuncturist will diagnose your general health by a variety of techniques, including examining your



The lifestyle 50 Meet the top fifty people who influence the way we eat,

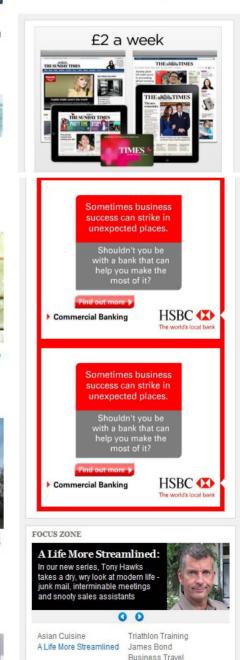
ourselves

8 top holistic spas to reconnect with nature



Do my children need a vitamin D supplement? Times nutritionist, Amanda Ursell, answers your questions





tongue and measuring your pulse. This will help them to understand the causes of your problems and what should be focused on to improve the condition of your skin. A good acupuncturist will put needles into acupuncture points on your body, as well as specific facial acupuncture points, to treat you and any underlying health problems that could be contributing to your wrinkles. The treatment is finished with a mini facial massage.

Dr Lily and Dr Chen are experienced Chinese doctors who practise this form of facial acupuncture at AcuMedic, in Camden, north London. A one-hour session costs £40. Contact 020 7388 6704 or e-mail clinic@acumedic.com for an app

Jennifer Harper-Deacon is a registered naturopathic physician. For more information visit www.jenniferharper-deacon.com

If you have any questions or tips, write to What's The Alternative? Style, The Sunday Times, 1 Pennington Street London E98 1ST. We can only provide replies to published letters

Before following any recommendation in this column, it is important to consult your GP if you suffer from any health problems or special conditions, or are in doubt as to its suitability

PRINT	EMAIL	POST TO DEL ICIO.US
POST TO FARK	POST TO YAHOO!	POST TO DIGG

Ads by Google

Discounts on Pain Relief Save up to 70% on Pain Relief Treatments for an Easier Life.

Massage Therapist Deals Amazing Deals! Save up to 90% At Local Salons & Spas. Sign Up Now.

Beat Back Pain Today Hire a Spinal Mobiliser @ £5 a day. Sir Redgrave & Sally Gunnell use o.uk/--Back

Back Pain Treatment Expert Physio, lasting solutions to back pain and sports injuries

Times Health Club Get motivated, meet likeminded people and get

healthy, with our free Times Health Club



Giving celebrities a thorough check-up This week, Strictly Come Dancing's, Arlene Phillips and former Private Eye editor, Richard Ingrams

> **Restaurant Offers** 50% off top restaurants, book online

SERVICES

Health Insurance

Dental Insurance

get in shape

Business Directory

Times Health Club Join now and

Andrew Davidson meets Peter Sands

RELATED FEATURE Life: Streamlined

Tony Hawks' wry look at life

SPECIAL. **Triathlon Training** Tips for successful training



Times Health Club

Income Protection

Life Insurance



books | chess | credit crunch | currency converter fashion football formula 1 Iondon film festival mortgages pensions podcasts property recipes redundancy calculator savings sudoku us election wine

Shortcuts to help you find sections and articles

CLASSIFIEDS

CARS JOBS PROPERTY TRAVEL

