

IN A NUTSHELL



WALNUT GROVE CLINIC. Slade Road, Portishead, North Somerset. BS20 6BB
Tel: (01275 818303) Website: www.walnutgroveclinic.com

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Who's Who?

Osteopathy

Zara Ford
Alex Prince
Sam Maddock
Kathryn Harper
Steve Harper
Annastasia Fraser

Traditional Chinese Medicine/Acupuncture

Dr Zhang Tong

Sports Massage

Tom East

Holistic Massage

Michelle Jenkins

Physiotherapy

Linda Isaacs

Hypnotherapy/ Psychotherapy

Gary Condon

Homeopathy

Wendy Heath

Nutritionist

Philippa Parish

Orthotics

Lisa Williams

Pilates

Sue Gilbert
Justine Blaber

Alexander Technique

Bethan Evans

Clinic Manager

Pat Baines

Reception

Sheelagh, Raffy & Sue

Justine Blaber joins us for Pilates

Justine has always been involved in fitness from a very early age. Her father was a ski instructor in the Royal Marines! Weekends and holidays were always spent hiking, skiing and climbing mountains! Strangely enough she still enjoys these activities now.

Whilst working as airline cabin crew, Justine developed a passion for Pilates. She found that it really helped with a job which is both physically and mentally demanding. She went on to qualify as a Pilates instructor.

Qualified to teach a variety of fitness techniques, Justine is also a swimming instructor.

For relaxation Justine competes in half marathons and triathlons and has just completed a charity cycle ride from Bristol Airport to Luton Airport!

Justine's classes take place on Tuesday evenings at 6:30pm and 7:30pm at the Jubilee Hall (just along the road from the Clinic) and Thursday evening at 6:30pm in our studio.



The Alexander Technique

From Monday 7th February 2011 the Clinic will be running a six week course on The Alexander Technique.

1 Hour group class starting at 2:30 pm
(Feb 7, 14, 28 and March 7, 14, 21)

Maximum 6 in a class – Fee £69.
(to include a ½ hour 1-to-1 for each participant).

Booking can also be made for 1-to-1 lessons with Bethan who will be in the Clinic on Mondays or for a free 15 minute consultation.

For further information or to book a class or 1-to-1, please contact reception.

SynerProTein Energy Drink

Would you like:-

- More energy and stamina?
- Improved concentration?
- Better hair, skin, and nails?
- Eliminate many food cravings?

SynerProTein is a unique formulation of non-genetically modified soya protein providing all the essential amino acids, combined with cruciferous vegetables, vitamins, minerals and herbs. SynerProTein is designed to give you a powerhouse of nutrition and energy providing a high quality protein supplement which is dairy free, wheat free, yeast free, gluten free and virtually fat free.

Protein is the first food category that should enter the stomach in the morning and can help balance our blood sugar, reduce sugar cravings during the day and provide sustained levels of energy.

As you age, your metabolism slows down, which means you need fewer calories, however your daily protein requirement remains the same.

Thanks to sophisticated nutritional engineering, SynerProTein will help you obtain complete, high quality vegetable protein without the calories, cholesterol and fat of other protein sources.

SynerProTein does not contain milk, eggs or animal derivatives and is therefore also an excellent source of complete protein for vegetarians and those with milk allergies. SynerProTein contains no artificial flavours, sweeteners, colours or preservatives.

SynerProTein is available in original or chocolate flavour and is taken, mixed with a glass of water.

Check our website: www.walnutgroveclinic.com to receive a 15% discount on all Nature Sunshine online orders.



Lounge
View from back garden
Patio area

Cottages for Rent

Warm comfortable Cottages backing onto beautiful Chesil Beach. Sleeps up to eight people in three bedrooms.

This is the perfect base for a beach side holiday.

Close to many water sports, fishing activities, cycle trails, walking, climbing, and bird watching.

For more information contact Pat at

Walnut Grove Clinic. Telephone no. 01275 818303

or visit the Websites: www.Beachcomberscottage.com

www.Pebblepickerscottage.com

If You Love a Vegetarian



Cabbage always has a heart; Green Beans string long.
You're such a Tomato; will you Peas to me belong?
You've been the Apple of my eye, you know how much I care;
So Lettuce get together, we'd make a perfect Pear.
Now, something's sure to Turnip, to prove you can't be Beet;
so, if you Carrot all for me lets let our Tulips meet.
Don't Squash my hopes and dreams now, Bee my Honey, dear;
or tears will fill Potato's eyes, While Sweet Corn lends an ear.
I'll Cauliflower shop and say your dreams are Parsley mine.
I'll work and share my Celery, So be my Valentine.

Contact Details

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