

**Come and Experience the launch
of our new A.O.A. Centre!
(Advanced Osteopathic Acupuncture Centre)**

**Increase Athletic Performance
Improve Spinal Health
Rejuvenation of Body and Mind
Enhance Beauty**

Charles Papapetrou (BSc.Hons) Ost. Med. N.D., D.O., Lic. Ac. is a Registered Osteopath, Naturopath and Acupuncturist. He is a British born Greek Cypriot from London, and has been in private medical practice for over 17 years. He is a Member of the General Osteopathic Council (GOsC) and Member of the British Acupuncture Council (BAC). He has worked in one of the most prestigious clinics in Marble Arch, London, treating Royalty, Lords and Ladies of the Realm. He also worked in a Chiropractic clinic in Santa Monica, Los Angeles. He has travelled to India and Nepal, and is deeply versed in the theory and practical application of the Buddhist form of classical medicine known as the Vajrayāna path (Diamond Healing).

Charles Papapetrou combines Osteopathic medicine with an ancient trans-Himalayan system of medicine which incorporates yoga philosophy at its basis. It involves a specialised form of diagnostic and therapeutic procedure which is based upon the five elements of antiquity i.e. Earth, Water, Air, Fire and Ether, which make up the energy channels (Meridians) of the body.

A typical consultation consists of taking a full medical history, which can involve looking at scans (X-Ray, MRI, CT) if the patient has them to hand.

This will be followed by an Osteopathic spinal examination, where the structural and functional biomechanics of the body are assessed i.e. Orthopaedic testing of the joints and tendons.

According to Osteopathic theory and practice, 'pain' is viewed as a 'reflex' reaction to a series of dysfunctions within the biomechanics of the body i.e. a chain of stiff muscles and joints being the root cause of the pain. For example, a patient with a history of Headaches can be found to have a chain of muscular and skeletal blockages in the neck and shoulder region.

Therapy consists of improving mobility using manual physiotherapeutic techniques i.e. mobilisation of the joints, manipulation of the spine and deep tissue massage to help awaken the circulation of the blood, loosen muscular tensions and drain inflammation of swollen joints.

Acupuncture uses ultra-fine sterilised disposable needles that are applied to specific points on the body. Acupuncture is very useful for pain relief and also helps to regulate the nervous system. Acupuncture has many benefits, from easing acute pain, reduces swelling around the joints from sports injuries e.g. fluid around the knee, tendinitis and arthritis.

Acupuncture is very effective for natural face-lift, weight loss, fertility and hormonal balancing.