

Business profile ADVERTISEMENT FEATURE

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Curbing your cravings

USING a combination of complementary therapies, Rosemary Wiseman offers effective help with a range of emotional and psychological conditions, from giving up smoking and losing weight to fear of flying and anxiety.

Rosemary is a highly-qualified hypnotherapist and Neuro-Linguistic Programming (NLP) practitioner who specialises in a psychotherapy technique known as Thought Field Therapy (TFT). She is a member of the NHS Directory for Complementary and Alternative Practitioners. She also has a degree in music.

Developed by clinical psychologist Dr Roger Callahan PhD, Thought Field Therapy (TFT) works by tapping with the fingers on acupressure points on the upper body and face in a prescribed sequence.

This sequence, which can be done through the clothing, aims to eliminate emotional problems such as phobias, addictions, trauma and anxiety through its healing effects on the energy meridian system.

By using specific muscle testing procedures used in TFT, Rosemary is able to identify sensitivities affecting someone, such as certain foods or other everyday substances such as washing powder.

TFT is also an effective way to beat the cravings for tobacco or food. Rosemary says, "If you find you ruin all your hard work at the gym because you just can't resist a chocolate bar on the way home, TFT is the ideal way to keep cravings under control."

Self-help guru Paul McKenna has frequently demonstrated the benefits of TFT on TV, and he includes it in his best-selling books.

No fear: Rosemary Wiseman's therapies can help overcome stage fright and anxiety, as well as cravings for food or cigarettes



As a musician with plenty of stage experience, Rosemary finds TFT an effective method of treating issues such as fear of public speaking or stage fright.

"Performance enhancement requires the removal of emotional blocks to make the best of your natural talents," she explains.

"A pianist who suffers from performance anxiety can play perfectly well in private, yet go to pieces on stage. I help people overcome their anxiety so appearing in public is no longer a problem. Their big performance becomes a walk in the park."

Everyone receives a thorough consultation before

treatment and Rosemary takes great care to monitor clients' progress following therapy to make sure they are getting the most from their treatment.

Her main practice is based at her home in Edgware, but Rosemary is also available at the Care Chemist practice rooms in Mill Hill. In addition, she gives regular talks and demonstrations on how to reduce anxiety.

For more information or to make an appointment call 020 8958 8083.

Care Chemist
31 The Broadway
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<p>MONDAY</p> <p>Wheatstone Christchurch at Wheatstone, Friary Hall, Oakleigh Park Nth, London N20 6.30pm Sue 07980 032836</p> <p>Borehamwood St Michaels Church Hall, Brook Road, 9.30am, 6.00pm & 7.30pm Karen 0208 207 5862</p> <p>Edgware St Andrews Church, Lynford Gardens, Off Broadfields Avenue, 6.45pm Carrie 0208 950 4781</p> <p>Hendon The Claddagh Ring Function Room, 10 Church Rd, off The Burroughs, 6.00pm & 7.30pm Dyanne 0208 908 5319</p>	<p>TUESDAY</p> <p>Borehamwood St Michaels Church Hall, Brook Road, 6.30pm Karen 0208 207 5862</p> <p>Mill Hill St Michaels & All Angels Church, Flower Lane 6.30pm Karen 0208 950 4781</p> <p>Stanmore Bernays Hall, 25 The Broadway, 9.30am, 6.45pm & 8.15pm Claire 0208 204 2468</p> <p>Kingsbury Lindsay Park Baptist Church, The Mall, 6.30pm & 8.00pm Barbara 01438 840907</p>	<p>WEDNESDAY</p> <p>Hendon The Claddagh Ring Function Room, 10 Church Rd off The Burroughs, 9.30am Dyanne 0208 908 5319</p> <p>Friern Barnet St Johns Parish Centre, Friern Barnet Road, 9.30am Natalie 07889 252548</p> <p>New Barnet Subud Main Hall, East Barnet Rd, (opp Sainsburys) 6.00pm Catherine 07792 142991</p> <p>East Finchley East Finchley Methodist Church, The Fellowship Room, East Finchley High Rd (opp Creighton Avenue) 5.00pm & 6.45pm Natalie 07889 252548</p> <p>Kenton St Gregorys School, Donnington Road, 6.30pm Jeannette 0208 861 4963</p> <p>THURSDAY</p> <p>Edgware The Drive Lawn Tennis Club, The Drive, 9.30am Karen 0208 207 5862</p>
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CARE CHEMIST

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DENTIST - Dr. Freedman BDS, MSC (hon), Dr. Prashar BDS (I'pool 1990) - Committed to making you smile! The practice offers the latest techniques in cosmetic dentistry, general dentistry, teeth whitening and smile makeovers. We are dedicated to offering the highest level of dental care using the latest systems and technologies. Please call 0208 906 7676 or visit the practice.

CHIROPDIST - Paul Baines MSSCh Dip Pod Med FSSCh - Paul qualified as a chiropodist in 1994 and has worked from Care Chemist for the past seven years. Specialising in treatment for Ingrown Toenails, Corns/Callouses, Verrucae, Athletes Foot, and Orthotics, Advice provided on all general footcare, Home Visits Available Tel: 07778 628375.

CHIROPRACTOR - James Bloom BSc, MChiro, DC Dr James Bloom graduated the Anglo-European college of Chiropractic in Bournemouth, with a Masters in Chiropractic. James is very enthusiastic about chiropractic, and believes in a wellness approach to a persons care, therefore aiming to benefit their overall health rather than just relieving their pain. Since graduating he has completed a course in Acupuncture - Dry Needling for muscular disorders, and also currently studying sacro-occipital technique. He has a keen interest in sports injuries and paediatrics, and regularly attends educational course to further his knowledge. Tel: 07983 968 460

TCM PRACTITIONER - Donald Kerr BSc TCM Hons BM China LSOM MATCHM - 90) - Traditional Chinese Medicine can be used to help improve and eradicate many problems that we face with our health in today's society, by using needles, herbs and magnets to improve the body's energy and well-being. Specialist treatments include: Cosmetic acupuncture, Infertility, Dysmenorrhoea. Donald is a published author and is a qualified instructor of Tai Chi and Qi Kung and medical Qi Kung, having an extensive knowledge of Chinese health systems, Tel: 07726 787877.

HYPNOTHERAPIST/THOUGHT FIELD THERAPIST - For effective help with FEARS, PHOBIAS, TRAUMAS, ANXIETY, STRESS, IBS, PUBLIC SPEAKING, WEIGHT LOSS, STOP SMOKING, Learn life skills to get yourself into a CALM and RELAXED state to IMPROVE THE QUALITY OF YOUR PERSONAL AND BUSINESS LIFE. Rosemary Wiseman is a highly qualified and experienced Thought Field Therapy (TFT) Diagnostic Practitioner, Hypnotherapist and NLP Practitioner.

OSTEOPATH - Oliver Gordon Bsc Hons, Registered Osteopath I offer Osteopathic consultations which can aid arthritic pain, back/shoulder/neck pain, whiplash injuries, joint pains repetitive strains, headaches/migraines, posture, pregnancy, diet, lifestyle and more. Also, Cranial Osteopathy sessions are available for babies and also adults, which can help with migraines, sinusitis, colic, feeding, breathing, swallowing and sleeping problems etc. Professional Confidential advice with all sessions.

REFLEXOLOGIST - Shira Schiller MAR - Reflexology is a holistic therapy which gives you a sense of well - being and helps the body to rebalance and revitalise itself. The calming foot massage can help with many conditions including stress, fatigue, digestive complaints, back/neck problems, headaches and pregnancy, and gives you a chance to relax and recharge

PRIVATE DOCTOR - A Private General Practitioner is available on call. If an urgent appointment is required a session can be arranged at very short notice at the above premises. Home visits are also available. Tel: 07812 056588

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