

## 34 ESREVIEW HEALTH & FITNESS

# Don't go to the health gurus – let them all come to your home

### HOMEOPATHY

**Orly Moyai, homeopath, nutritionist, herbalist for natural-supplements company Higher Nature, 0870 066 0236; £90 for two-hour appointment.** Orly, a medically trained South African dressed in black, takes my blood pressure, feels my glands and nicks at my tongue, eyelids ("ooch anaemia") and nails for vitamin deficiencies. Perched together on a sofa in my sitting room, Orly then takes a detailed medical history, including about family details.

She asks questions concerning my dreams and the foods I prefer, getting into every aspect of my life. This takes two hours. My symptoms (from sinusitis to premenstrual stress) point to an imbalance in the endocrine system.

She prescribes homeopathic Chelidonium tincture (to balance my body after anti-malarial tablets) and four supplements from multivitamins to something called Mood (for adrenal support for chronic stress and fatigue). All are geared at rebuilding my endocrine system. That's £97.60 a month on supplements! Ouch.

**Verdict:** Impressive. Very thorough and committed. Followed up the appointment with several emails explaining the treatment in detail, and offering extensive nutritional, life strategy and supplements guidelines. The supplements are expensive, but I feel well and realise this figure is the amount I spend on cappuccinos.

### HYPNOTHERAPY

**Max Kirsten, clinical hypnotherapist (quitting smoking to phobias and depression), 020 7917 9878; £280 for a 90-minute session** Max, who has a look of Elvis Presley and piercing eyes, arrives with a stainless-steel suitcase. He asks for a small table, takes it into the medical

If you can't bear the trek to the homeopath acupuncturist or masseur, just put your feet up and ask them to deliver. **Caroline Phillips** samples the lazy route to feeling good

suite (my husband's office), then places on it a small DJ's mixing box from his suitcase.

The builders are banging away next door and I'm wearing my outdoor coat because I can't work the heating. Perhaps not ideal conditions for my Easy Weight Loss hypnotherapy session. We talk then about my eating habits — my long-term recovery from

an eating disorder, recent hormonally caused weight gain and passion for full-fat cheeses. Max explains that he's going to help me eat less, exercise more and deal better with stress.

I put on his headphones to shut out distractions. He tells me to close my eyes, breathe deeply, relax and then he counts me down, while music he

has composed plays in my ears. "Imagine seeing yourself standing on a beach exactly the way you want to be ... imagine a time when you felt happy and confident ... now let the breath out." The music and voice fade then crescendo in unison. "Imagine yourself making healthy choices, enjoying exercise ..."

Forty-five minutes later, he gets me to open my eyes. I feel relaxed.

**Verdict:** Even though he has top credentials, I don't feel entirely relaxed having someone I don't know in my house while I sit with my eyes closed, wearing headphones to shut out external noise.

**His Neuro-Linguistic Programming (the science of how the brain codes learning and experience) and hypnotherapy abilities are very sound. I like the creative visualisations and the positive suggestions he makes. Since treatment I've noticed a healthy change in my daily eating habits and reduction in appetite.**

### TEETH WHITENING

**Tim Bradstock-Smith at The Smile Clinic, home-whitening system for teeth, 020 7255 2559; £470 (including £45 consultation fee)**

Since teeth-whitening products from chemists don't really work well — they contain less than 0.5 per cent bleach — I have a dental consultation with Tim. He sticks something like cold Play-Doh into my mouth to make a mould. From this he creates a plastic cast of my teeth.

I take home these transparent plastic fangs and a Day White Excel home-brightening kit, containing nine syringes filled with bleaching gel and desensitising agent.

After building my courage, I inject a rice-grain-sized piece of gel into each tooth compartment in the trays and fit my new plastic teeth on top of my

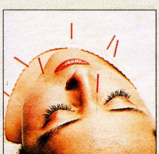
### ACUPUNCTURE

**Robert Ogilvie, 020 8969 5262; £175 (at £70 per hour, work and travel time)**

It's an odd experience having a man I don't know sitting in my home asking me about my menstrual flow and faeces, then probing my emotional make-up with gentle and expert persistence. I feel tearful.

Afterwards, Robert inserts ultra-fine needles into me on his portable couch. "It strengthens your metal element." (This relates to the lungs.) Robert, who featured in *Tatler* as one of Britain's 150 best private doctors, ends the treatment soothingly with reflexology using essential oils and an Indian-head-cum-Zero-Balancing face massage, which works on energy at a skeletal level. All pleasingly holistic.

A first appointment lasts two hours. Robert treats everything — but his main interests are obstetrics, gynaecology, fertility depression and insomnia. He uses Chinese herbal medicine, astrologically — and Five Element-based (emotionally focused) acupuncture. As I've lived in Hong



Kong, this seems natural to me. He says: "I like to tackle the spiritual distress that is the cause of disease."

**Verdict:** Very proficient with a great manner. It's difficult having a medical therapist working on me at home, particularly with the children running around nearby. It's hard to rate the results after one consultation: he'd prefer to see someone like me (not ill, but concerned about my health) for five sessions. But I trust him.

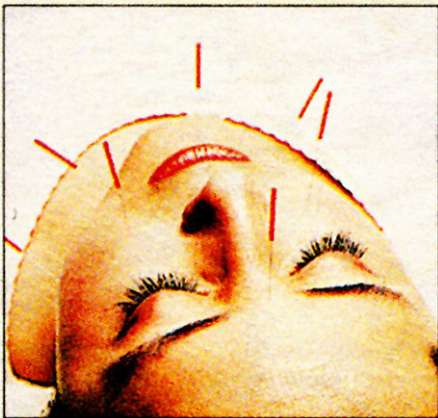
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