



Turner Publications

Try Osteopathy and learn methods of self healing.

Contact: Dr Paul Turner B.App.Sc. (Osteopathy)

Paul has been practicing since 1993 and has years of experience in Cranio-sacral and Biodynamic Osteopathy as well as multi-dimensional healing methods. This form of healing work is gentle and effective in recovery from dys-function and in improving overall health and well being.

Common problems responding well to this form of treatment include:

- Difficulties throughout pregnancy
- Infants and children with a wide range of problems such as colic, reflux, hyperactivity, some behavioral troubles and pain
- Any acute or chronic pattern of pain
- Headaches
- Whiplash
- Sporting and work related injuries

Because all aspects of being are addressed, this type of work can compliment other modalities of treatment by providing support in recovery from general life stresses, fatigue and some organ system dysfunctions such as irritable bowel, asthma, insomnia, menstrual pain, lymphatic congestion, etc.

As treatment is only one component of the healing process, Paul will also help you to learn effective methods of self healing and rehabilitation. This enables you to develop a deeper awareness about your own being and learn how to raise your own level of health.

No matter what your illness, there is always something that can be done to improve your health.

Paul also runs workshops for anyone with any health-science training on self-healing and multidimensional assessment methods.

For inquiries, questions and bookings please contact Paul at;

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Melbourne, Victoria 3000.

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