



The Rosedale Clinic



Dear Friends,

This year I celebrated my 40th year of working for you.

The foundations of this journey go back to me age 20 being inspired to help people with their health, well-being and vitality.

I visualised a centre where natural healing methods, martial arts, meditation and a bit of sanctuary from the outside world could be founded.



My martial arts life began with Judo at about 8 years old, at 16 I took up Aikido which I do to this day, which led in turn to a life of meditation practice.

I am a Christian who meditates in the Tibetan and Zen styles, working this into the work I do for those I treat and part of deeper work on cellular ageing which I am engaged in now.

My first teacher was the renowned acupuncturist Eleanor Robertson, she suggested that I go to a lecture on acupuncture, given by Dr (ac) Joe Goodman, This was a "eureka" moment, everything galvanised and I knew what I had to do with my life !!!!

I qualified in 1979 and started practice in Reading, I was the only resident acupuncturist in the town at that time and for a few years afterwards, moving to The Rosedale Clinic in 1982 where I still have my base.

Acupuncture is wonderful, however it does not cover everything so, over time I trained in Homoeopathy with the help and friendship of Dr Lambert Mount, qualifying in 1985 in Classical homoeopathy, which you may be glad to know, despite all the press and political propaganda is a highly effective form of medicine!!! I trained with Prof George Lewith and Dr Julian Kenyon in the VEGA – TEST method and became close friends with Dr Helmut Schimmel the VEGA inventor

who mentored me until his death a few years ago, in many aspects of the German Heilpraktik methods.

I trained in Russian scenar tech, Bioresonance and ozone therapy, thus far, to bring a one-stop-shop in complementary medicine to Reading and Oxford.

People often ask me what the difference is between our approach and that of the allopathic medical world of GP and hospital, particularly when it comes to testing peoples bodies.

ALLOPATHIC testing be it tissue, biopsies or blood, is targeted at pathology, that is, have you got something you might be dangerously ill with or die of.

They will then cut out, suppress, eg steroids for severe inflammatory responses or medicate to control.

FUNCTIONAL testing is to look at the way in which systems operate, a bit like tuning the piano for optimum performance and targeting which organs and systems need strengthening so that the body can balance back to good health.

When I founded my practice in 1979, there were no mobile phones, i-pads or indeed the internet, people just phoned and we chatted. Much simpler and less stressful than our life now!!!!

However it is also true that I never stop looking for new methods of improving health, I have just taken delivery of a whole body laser which will be used for energy deficiency work.

My Rejuvu project is under way, a programme for optimising health to make best use of the myriad of exercise and dietary methods for longevity that are available to us nowadays.

The first **rejuvu** bullet point is;

Eat half what you think you need and take twice the exercise you would like!!!

I leave that one with you!!!!!!!!!!!!!!

No-one can do their best delivery without their team of helpers, I take this opportunity to thank Sarah who has worked for and with me as my right hand, for, must be, 33 years now, my practice manager, Clare our computer whizz, whose hysterical laughter at some of my copy and paste efforts has to be heard, to Myra and Helen doing front of house. Nick who keeps the business side of the clinic on the rails.

In Oxford the long suffering and amazing Ruth, Clare and Becky on the desk.

Not so many people in this world have the opportunity to work in their service to humanity, their academic interest and spiritual commitment all rolled into their daily work, I am most fortunate.

I look forward to being of service to you for years to come and thank you for your fellowship, being part of my extended family and sharing your life stories with me.

Best wishes

Chris



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