



The Bridge Centre
For Natural Health



Hello & Welcome

to The Bridge Centre for Natural Health

We are the first choice for natural health in the East Midlands. By choosing us you are able to take advantage of a wide range of treatments, classes and healthcare products so that you can enjoy better health and improved wellbeing.

We are best known for Acupuncture, Osteopathy and Cranial Osteopathy and for Massage Therapies as well as offering many other treatments. The range and quality of the treatments we offer means that we are able to provide a flexible approach to your physical and mental health. Because of this we guarantee to find the right treatment for you.

All of the treatments we offer are complimentary to the work of the NHS, and all of our practitioners are fully qualified and insured as well as being totally committed to helping you to be the best that you can be.

We have so much to offer you. Please get in touch with us to find out more.

We guarantee to find the right treatment for you.

Working with the Body

Osteopathy, The Emmett Technique,
The Bowen Technique, Pilates,
Massage Therapies, Acupuncture

The human body is a remarkable and complex machine that for the most part works extremely well.

Sometimes though things can go wrong and we may experience pain and dysfunction and need help. Pain and malfunction of the back, neck or any of the joints of the body are common and it is estimated that around 80% of all adults will experience back pain at some point in their lives. The symptoms of back pain often occur suddenly and can be triggered by a particular movement, but the causes may have been building for some time. Joint pain may occur suddenly or may have been building in intensity until it is no longer bearable and may have been caused by a mechanical

malfunction or have a link to diet or an underlying medical condition. When you are in pain you need to find someone who understands this complexity and who can begin work straight away to relieve your pain. There are many ways to treat back, neck and joint pain and sometimes a combination of approaches is needed.

Often people are told by doctors that they have pain because they are getting old or that they must learn to live with pain, but we believe that in most cases something can be done to significantly improve the situation.



Working^{with} the Mind

Hypnotherapy, Psychotherapy,
Sound Healing, BodyTalk,
Counselling, Liquid Crystal Therapy

Modern life brings with it many pressures, most of us will struggle with our mental health from time to time.



It is important to seek support though because we all deserve to be happy and well.

Sometimes talking things through, being listened to and really heard is what we need to do, and so Counselling, Psychotherapy and Hypnotherapy can be really helpful for many people. Mind and body are inextricably linked though and this means that we can treat your mental state by treating your body using Acupuncture, Massage and other approaches like BodyTalk and Sound Healing.

If you are feeling low, anxious or stressed or are worried about someone you love, do get in touch with us to find out how we can help you. We offer a safe and supportive environment where confidentiality and respect are guaranteed.

“ I see many of the practitioners and besides their brilliant knowledge, I have wonderful conversations with kind and caring people.

Tracy H, Derby ”

Working Holistically

Reiki, Crystal Therapy, Hopi,
Nutritional Therapy, Shiatsu,
Energy Field Healing, Reflexology

We work with the whole person and with an awareness of the relationship between Body, Mind and Spirit.

Indeed some of our practitioners do not make a distinction between these things and certainly all of them understand the interwoven nature of these three elements. A troubled mind or spirit will often result in sickness or injury and an injured or sick body can weigh heavily on the mind and spirit.

Acupuncture lends itself particularly well to this kind of holistic approach but in fairness most, if not all of our treatments have the capacity to work on body, mind and spirit.

One of our clients recently commented that the Practitioner she sees for treatment at The Bridge Centre "treats me holistically, not just the bit of me that hurts at the time (the way the NHS does!)" and that comment makes us happy because that is what we are striving to do.

“ Best holistic resource in Derby!
Tracey W, Derby ”



For all People

Cranial Osteopathy, Kinesiology,
Fertility Reflexology, Moxibustion,
Fertility Acupuncture, Holistic Facials



We enjoy working with people of all ages and through all the significant events in their lives.

From pre-conception to end of life care, the treatments we offer can work alongside mainstream approaches to improve health and wellbeing. We have a special interest in Fertility work and also in supporting women during Pregnancy and in the Post Natal period.

We have much success treating babies and children with Cranial Osteopathy and also offer Acupuncture, Counselling and Kinesiology for children.

We are for all people at all times so however poorly, in pain or incapacitated you are please do get in touch with us because we would love to help you to be the best that you can be.

“ Fantastic place, fantastic people, fantastic results - thank you!

Katie, Morley ”

“ Coming here acts like a medicine itself.

Sonya, Willington ”

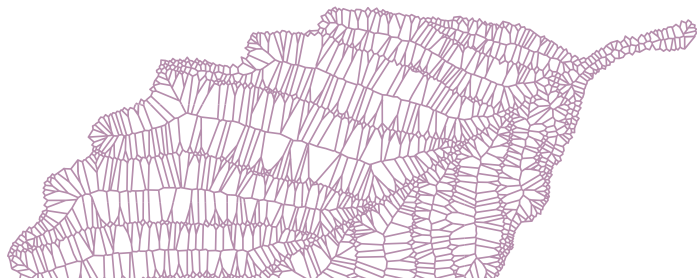
The Studio

Pilates, Yoga, Tai Chi, Mindfulness, Kettlebells, Meditation, Baby Massage, Hypnobirthing, Baby Yoga, Pre & Post Natal Fitness, Weight Loss

Where we offer group activities for people of all ages in a lovely space.

We take a broad view of what contributes to good health and our Studio allows us to expand our offer further. We offer many Pilates and Yoga classes as well as having a separate Pilates studio upstairs. We also offer classes in Tai Chi, Kettlebells, Pre and Post Natal

Fitness, and have a weekly Weight Loss support group. Baby Yoga and Baby Massage classes are popular as are Hypnobirthing classes. And if you are feeling overwhelmed then our Meditation classes or Mindfulness courses may be just the thing for you.





Our People & Products

Our greatest strength is our people. We have a team of over 30 practitioners who are able to offer over many treatments between them. It is the confidence we have in the skill and integrity of our practitioners and of our reception team that allows us to stand behind our guarantee to find the right treatment for you.

We stock a wide range of healthcare products, orthotics and supplements as well as being Independent Consultants for the Neal's Yard Remedies range of organic health and beauty products.

For more information about our products please speak to a member of our team.

Get in Touch

We are open 6 days a week and open till late on weekday evenings, so please get in touch by phone or by email. To find out more about us, our treatments and our practitioners please visit our website. We look forward to meeting you.

Mickleover

185 Ladybank Road
Mickleover
Derby DE3 0QL
Tel: 01332 521270

Repton

40 High Street
Repton
DE65 6GD
Tel: 01283 701568

e: reception@bridgenaturalhealth.co.uk

f [TheBridgeCentre](#) **t** [TheBridgeCentre](#)

www.bridgenaturalhealth.co.uk