

## Natural ways to take a course

MACARTHUR-BASED natural therapy students can learn new techniques to complement modern medicine.

Sydney-based Australian College of Traditional Medicine is holding courses at Kearns Health Centre.

College director Quentin Strauli said the range of courses would be adjusted to suit the demand.

Courses include remedial massage,

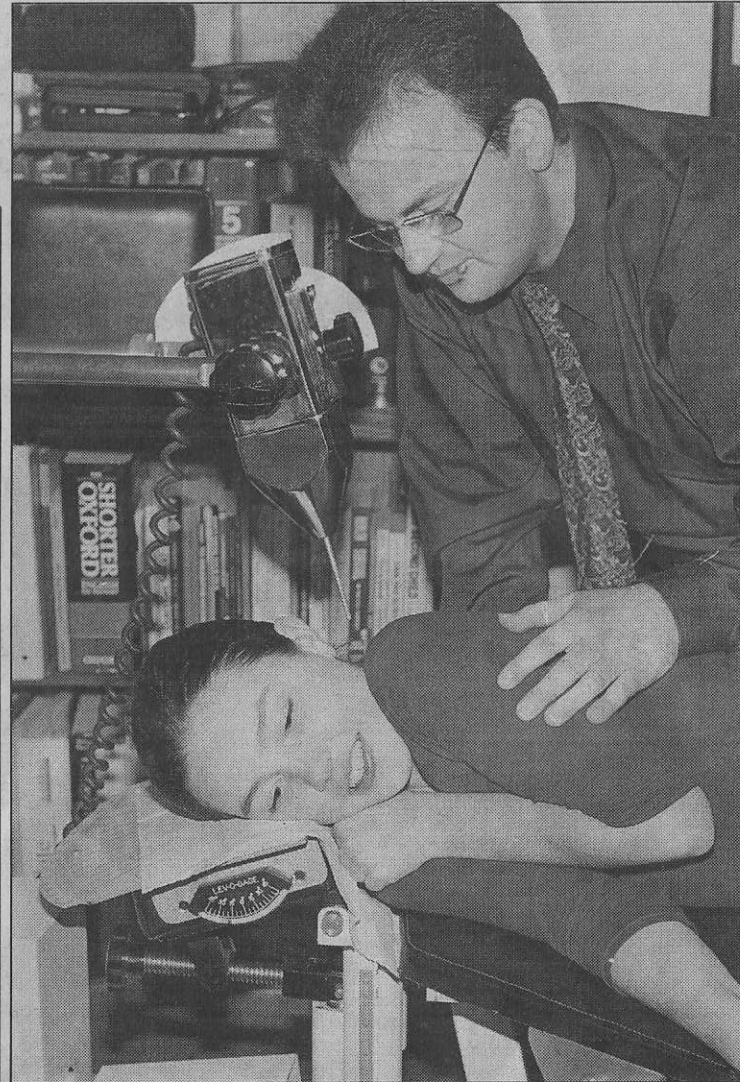
Bowen Technique, hypnotherapy and neuro linguistic programming.

Many of the courses can be done by correspondence.

"This allows students to obtain a diploma accreditation in a time frame to suit their lifestyle and budget," Mr Strauli said.

Details: 4620 0102.

# Avoiding a backslide



**Promoting back care . . . Joseph Ierano helps Kim Goulding overcome a range of problems affecting her posture and well-being**

CHIROPRACTIC Week, from Monday, May 24, promotes the importance of back care and the role chiropractors play in general health.

Camden chiropractor Joseph Ierano wants his patients to know the value of good back care.

Dr Ierano's clinic, Chiropractic Ierano, was established in Camden two years ago. "The only way to form good relationships is to be honest with people, treat them with respect, deliver consistent service and occasionally exceed expectations," Dr Ierano said.

Dr Ierano has been able to correct his patients' various problems, including 12-year-old Kim Goulding's difficulties.

"When Kim came to see me she had severe head tilt, poor posture and was in pain," Dr Ierano said.

"This is not a good state for a young girl or any person of any age.

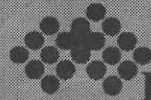
"This case is testimony to the need for research into chiropractic helping children."

Dr Ierano said after one month of care Kim's neck tilt was straightened.

"She was in great need of help as the misalignment of her neck was not only causing posture distortions but headache, neck pain and a general lack of well being."

Dr Ierano uses several techniques including atlas orthogonal which focuses attention on the upper neck and uses low forces; activator methods using an instrument and not manipulation on the spine and body joints.

Chiropractic Ierano is at suites 1-3/2 Murray St, Camden. Phone 4655 4010.



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