

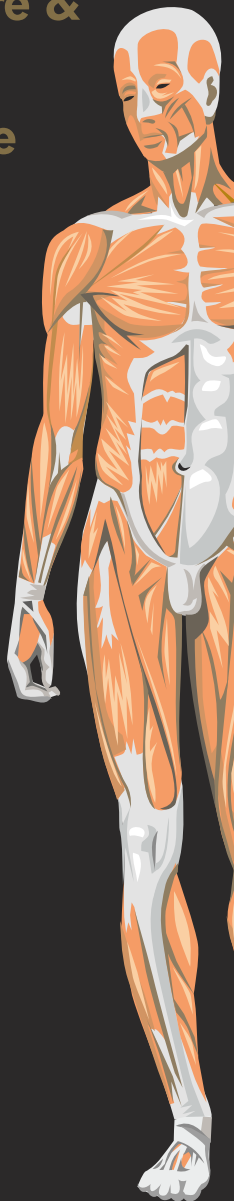
Professional  
Complementary  
Healthcare &  
Sporting  
Excellence



K.O.R.E. Therapy<sup>®</sup>

Head Office:  
2a Leach Lane  
Lytham St Annes  
Lancashire FY8 3AP

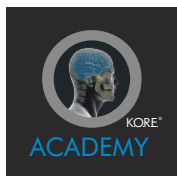
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## Partners, Friends and Family



Peninsula, Four Seasons, Chiva Som, Steigenberger, Mercure & Rocco Forte hotels, GOCO, Aromatherapy Associates, IFAA, Pfitzenmeier and Amiga Fitness, Ladies' & Men's European Golf Tours, Bank of America, Fiat, UK Police, DSM, Six Senses...



We have successfully been providing healthcare support to the general public, business organisations and sports people for over 15 years.

We have thousands of satisfied customers across the world. This booklet contains an introduction to our services.

We look forward to hearing from you  
01253 728035

 koretherapyinternational  
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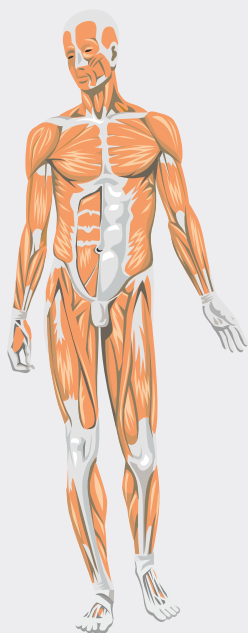
After 25 years of development KORE Therapy has proven itself outstandingly successful in many areas of health and recovery, sporting performance and fitness. Often, positive results can be seen and felt after just one treatment!

Here at our clinic in St. Annes we offer a wide variety of therapies and techniques to get people back to optimum health as quickly as possible. These techniques are conducted by our highly trained therapists who integrate the best of both Eastern and Western medical assessment and treatment skills. By using unique tests we can quickly ascertain the root cause of many conditions, injuries and imbalance.

For a fast recovery all systems of the body need to be evaluated and treated as they all influence each other including the nerves, muscles, blood, organs, stress, lymph, digestion and more.

KORE uses a variety of assessments to ascertain the combination of your symptoms and why you personally are suffering from your condition.

KORE's success has led it to be used all over the world by individuals, European Golf Tours, police, government councils, 5-star spas and health resorts, English Golf Union, Fiat, international and premiership football teams and many more companies and sporting organisations.



KORE Therapy is a fully clothed gentle treatment focused on activating your nervous system and immune system to initiate a self-healing process supported by your therapist's decision on your exact personalised treatment.


Each treatment will take between 45 minutes to an hour covering consultation, medical history and treatment for your combination of symptoms.

If you have any questions or are unsure of anything please feel free to contact us so that we can put your mind at ease.



KORE Therapy  
**K.O.R.E.**<sup>®</sup>

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## Typical Conditions We See In Our Clinics

- Back Pain
- Headaches
- Constipation
- Diarrhoea
- Menstrual Difficulties
- Fatigue
- Depression
- Migraine
- Arthritis
- Frozen Shoulder
- Asthma
- Weight Loss
- Skin Complaints
- Vertigo
- RSI
- Colds
- IBS/Chron's Disease
- Sports Injuries
- Insomnia
- Stress
- Neck Problems
- Tennis/Golfer's Elbow
- Impotence
- Infertility
- ...and many more.

## Some Methods Used In Kore Therapy

- Acupuncture
- Cupping
- Specialised Massage
- Neck Release
- Functional Testing
- Deep Organ Massage
- Muscle Testing
- Pelvic & Cranial Balancing
- Homeopathy
- Sports Science



## WHAT CAN KORE® DO FOR YOU?



Through our unique assessment and treatment process we first evaluate the best procedure to follow in each person's case, as everyone is different. By using palpation of the abdomen, pulse, different areas of the spine and muscle testing we can quickly calculate each client's needs to ensure the most appropriate treatment.

Treatment can cover:

**Deep Organ Massage** - gentle abdominal massage to unwind stressed, inflamed and tensioned tissue, balancing bowel flow, correcting absorption, reducing stress, clearing toxins, IBS, Crohn's, colitis, food intolerance and bloating.

**Spinal Correction** - gentle adjustment of the spine's position (without cracking!) reducing stress and irritation on the nerves (pain and heat).

**Food Intolerance Testing** - to ensure you are eating (not a 'healthy diet') the right foods for you that don't inflame and irritate your digestive tract and drain energy.

**Acupuncture** - strengthens and balances internal organs, clears toxins, reduces pain and balances the spine.

**Stress and Emotional Support** - Clinical treatment, verbal advice and home work techniques to reduce stress, bringing your life back into balance.

**Cranial Balancing** - gentle adjustment of the misaligned bones in the head that often lead to eyes, ears, nose and throat issues.

**Tuina Massage** - a clothed massaged system that balances the spine and pelvis, releases inflammation and clears pain.

**For any further details please don't hesitate to contact one of our qualified therapists.**



## WHAT CAN CAUSE CONDITIONS?

### 1 Leaky Bowel Syndrome

The ICV (the Ileo-Cecal valve) often fails to control the flow of toxins in the bowel leading to either loose bowels or constipation or a combination of both (IBS). This condition causes an increase of toxic absorption into the blood stream which could lead to a variety of symptoms listed below.

Symptoms vary from each person but the list can be a clear sign of ICV imbalance:

- Fatigue and muscle weakness of the limbs
- Joint problems (arthritis and inflammation)
- Psoriasis, acne and eczema
- Migraines and headaches
- Lower back pain
- Food intolerance and sensitivity
- Bloating
- Thrush and Candida (infections)



## 2 Old Injuries

Often due to an old injury in the spine, neck or pelvis, tension builds up in the neck and shoulders affecting major nerves that control many of the body's functions - from your thyroid through to your breathing and blood pressure. It can also affect the blood flow to the brain and back to the heart, causing changes that can deeply affect the brain and nervous system leading to emotional and other physical issues.

## 3 Food and Drug Intolerance

Our digestive systems are very different from one person to the next, due to our different stresses, strains and dietary histories. Therefore our reaction to different foods can be dramatic - for example spinach can be a life saver for some people, but for another it could cause inflammation and irritation leading to fatigue, bloating and diarrhoea. We need to be sure that what you put in your mouth gives you energy instead of robbing you of energy.

## 4 Stress and Poor Blood Flow

Stress plays a major part in our complete health. Blood is moved in and out of the digestive system as we go through different levels of stress. Problems can lead to muscle spasm and tension in the abdomen constricting natural digestive flow, leading to inflammation, emotional changes, pain, along with the usual digestive issues.



## Do you suffer from any of the following?

Anxiety

Aches and Pains

Asthma

Sinusitis

Depression

Fatigue

Migraine

Arthritis

Stress

Nausea

Lethargy

M.E.

Loss of Appetite

Diarrhoea

Eczema

Acne

Tension

Dizziness

Psoriasis

Hyperactivity

Weight Problems

Headaches

Constipation

I.B.S.

Abdominal Pains

Fluid Retention

Bloating

Urticaria

Tinitis

If you suffer from uncomfortable bloating in your abdomen, especially after meals, IBS (i.e. constipation and/or diarrhoea), less than one, or more than three bowel movements per day, flatulence every day, gurgling noises in your gut, you burp after eating, get indigestion, acid in throat or heartburn more than once per week; or if you struggle to lose weight and even if you succeed, you rarely maintain the loss you suffer from food intolerance.

Food Intolerance, sometimes called 'sensitivities', is an allergic reaction to foods and fluids that you are personally sensitive to. We practice live food testing via your neurologic reaction to the smell of each food - clients bring and sample of their diet

**8** into the clinic where we directly test it.



The World's Leading Physical Performance Enhancement

Physical and Psychological Performance Enhancement  
and Accelerated Injury Recovery

*Award Winning Clinic and Training Centre  
'Best Sports and Fitness Training Provider 2006'*

## The Problem

Muscle weakness is the reason for all underachievement in life and sports. Understanding the mind and body helps us understand the causes of this weakness which enables us to keep you consistently at your peak performance.

When you are at your peak you have a much higher resistance to injury, your mind and senses are sharper and your body is both flexible and pain free.

## The Causes and Diagnosis

KORE utilises unique functional muscle tests used in your sport to discover the root cause of your problem that can degrade your performance even when you have no pain or injury.

Assessment of injuries and performance issues must cover the following as a minimum:

- Spinal & Pelvic Alignment
- Neurological Flow
- Muscle Weakness & Strain
- Food Intolerance
- Muscle Balance Joint Position
- Cranial Balance
- Internal Organ Balance



Paul Simpson

Manager of Carlisle / Preston / Shrewsbury FC and Derby County said:

"It quickly became very obvious that KORE had skills I had not experienced before, I was happy to travel the 3 hours for my treatment as I could see the immediate results. It has had a dramatic effect on lengthening my playing career along with reducing the stresses and strains of being a manager.



## The Treatment

Once the issues have been fully assessed, treatment can often be quick and easy. Utilising gentle hands-on skills the body is unwound and rebalanced often resulting in an instantaneous recovery of muscle strength, pain relief and confidence.

We start the treatment by testing muscle strength around the body, each weak muscle gives us clues as to where and what needs treating. Once the treatment is completed we retest the same muscles to prove that they are now powerful and fully restored. This proves that the treatment has been a success.

## The Outcome

Imagine the psychological and physical impact when you step off of the treatment couch and your muscles test 100%! Stronger than when the treatment started. Now imagine feeling that powerful and your pain has also disappeared. Welcome to the ultimate you, stronger and sharper, championship material!

## Our History

- European Golf Tours and County Organisations
- Bolton Wanderers FC
- Preston North End FC
- Carlisle United FC
- Jamaica International Football Team
- Thailand International Football Team
- Olympic and Local Athletes
- Individual Professionals and champions from a wide range of sporting backgrounds including golf, track and field



Best Complementary  
Medical Training Provider

Best Health, Sports & Fitness  
Training Provider

Overall Winner -  
Outstanding Training Provider  
*(Health & Beauty Training Awards)*

Our Academy is renowned for its award-winning inspirational courses leading both spas and therapists to exceptional success and increased reputation.

Courses run throughout the year and include full diplomas and CPD courses. Titles include KORE Therapy, Acupuncture, Cupping Therapy, Abdominal Massage to name but a few.

### Career Change?

Courses are available for students with no current qualifications of a physiological nature. For qualifying requirements, please enquire.

**For full details of courses contact our head office on  
+44 (0) 1253 728035  
or email us on [info@koretherapy.com](mailto:info@koretherapy.com)**

#### *Lesley (Therapist)*

"Even before the course finished I had to open my clinic for an extra day due to my new skills and success. The course paid for itself before it finished!"

#### *Liz (Therapist)*

"Absolutely amazing. I have just treated my first client with emphysema / asthma / eczema - in one week she is amazed at her recovery."





**SPECIALISTS IN COVERING FULL DUTY OF CARE,  
INCREASING PRODUCTIVITY  
AND REDUCING ABSENTEEISM AND BURNOUT**

The Corporate Dr. is a sister company of KORE. It specialises in pro-actively supporting companies that want to provide full proactive health and wellbeing employee support.

We offer unique integrated medical assessments, treatment and education to help employees achieve complete work / life balance, especially those working within high stress environments.

**Unique HR Seminars**

- Health & Wellbeing
- Work-Life Balance
- Reducing Stress
- Empowerment

**History**

Blackpool Council  
The FIAT Group  
Lancashire Police



**Occupational Health Support**

- Executive Treatment
- Musculo-Skeletal Screening



Contact Dr John Brazier at [jbrazier@thecorporatedr.com](mailto:jbrazier@thecorporatedr.com)

[www.thecorporatedr.com](http://www.thecorporatedr.com)

## CORPORATE SEMINARS (HR SUPPORT)

The Corporate Dr. provides corporate healthcare and educational seminars on Stress, Health and Wellbeing and Relaxation to a number of large organisations in the UK and around the world.

All our seminars are both theoretical and practical in nature. This actively encourages attendees not only to understand the 'hows and whys' of the conditions that we all suffer from, but also to get physically involved with treating and controlling their own family problems and issues.

The Corporate Dr. has supplied treatment and education to:

The FIAT Group

The Chamber of Commerce

British Petroleum

Chromalloy (Thailand)

Victoria Hospital (Blackpool)

Blackpool & Fylde Borough

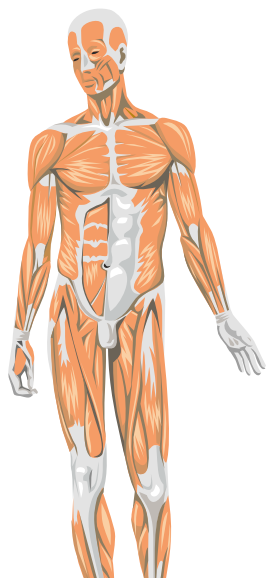
Councils

Bolton Wanderers Football  
Club

Lancashire Ambulance Service

Royal Preston Hospital

Bank of America



## MUSCULO-SKELETAL SCREENING

The Corporate Dr. offers an on-site Musculo-Skeletal Screening service to pro-actively catch employee issues that will generally cause absenteeism or reduced productivity in the future.

We utilise standard fully clothed orthopaedic and muscle testing procedures, offer a treatment and recommend a 'return to health' plan.

Contact Dr John Brazier at [jbrazier@thecorporatedr.com](mailto:jbrazier@thecorporatedr.com)

[www.thecorporatedr.com](http://www.thecorporatedr.com)

# Testimonials

*Trish Johnson, 23 times European and USA Golf Champion.  
"Absolutely amazing. After 10 cortisone injections that didn't work, KORE fixed me in two treatments."*

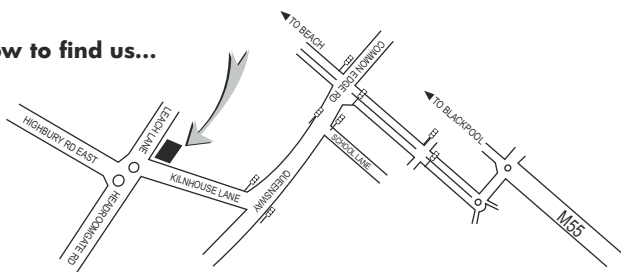
*Paul Eales - European Golf Champion  
"The power and distance increase and my renewed flexibility helped me to get back onto the tour again."*

*Ben Giles - PGA Professional  
"It was simply incredible. I tested straight after my treatment and increased 15-25%."*

*Ian McCulloch - Professional Snooker Player  
"Career saved by KORE after a severe shoulder injury. Can't thank them enough!"*

*Stephen Porter - Athlete  
"Lower back and knee injury treated. - leading directly to a personal best and Lancashire County Champion."*

## How to find us...



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