

2,050,000 Complementary therapies carried out annually in the UK SOURCE:MIND.ORG.UK

I feel I lost my virginity that day again in so many ways" BEN AFFLECK TALKS COLONIC IRRIGATION



12m People visit a wellbeing practitioner each year SOURCE: NHS.CO.UK

Dr Gordon's pregnancy techniques are the ideal preparation for the thunderbolt of parenthood" EMMA THOMPSON ON GYNAECOLOGY



PART 1

LONDON'S TOP 50 WELLBEING GURUS

You've made your new year's resolutions, now it's just a matter of putting them into practice. So whether its stubbing out the fags, shedding pounds, or restoring your work/life balance, thelondonpaper's exclusive guide to the capital's alternative health experts can put you in touch with a guru who can help. Today we present part one of Lucy Mayhew's exhaustively researched list

ACUPUNCTURE

Gerad Kite Kite is renowned for his success rates with couples who are trying for a baby. An acupuncture master, he started training in 1993 and began an acupuncture service for HIV and cancer patients at Kings College Hospital. Favored by Gillian Anderson and Radiohead. Kite Clinic, 73 Bond Street, London W1; prices start at £85; 020 7701 0980 or visit www.kiteclinic.co.uk

ADDITION

Sue Beer If you're desperately trying to give up smoking, drink or drugs, Sue's combination of hypnosis, neuro-linguistic programming and a popular American therapy called emotional freedom technique, can help where others



ALTMAN | Specialises in overcoming addictions

have failed. She unlocks and combats the underlying unconscious patterns that lead 80 per cent of recovering addicts to relapse. 116 Pemberton Road, N4; prices start at £15 for groups; 020 8348 5305

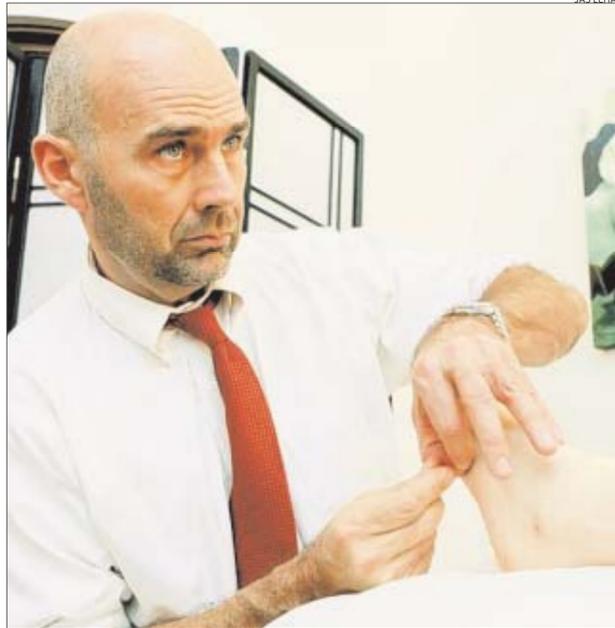
Marc Altman Psychiatrists whose patients are former Marc Altman clients comment that a session with him can be as beneficial

I saw him regularly and I'm now the happiest I've ever been" FORMER PATIENT OF MARK ALTMAN

as 10 counselling sessions. He specialises in addiction and co-dependency problems. Former patient Hannah Johnson says: "I saw him regularly and now I'm the happiest I've ever been." Home visits; prices begin at £140 but can vary; for an appointment 07748 665609 or email marcaltmann72@yahoo.com

ALLERGY EXPERT

Dr Damien Downing Dr Downing uses nutritional medicine to treat patients with ME, irritable bowel and immune dysfunction. A stint as director of mental health



KITE | Acupuncture master renowned for helping couples trying to conceive

services in the Solomon Islands has stood him in good stead. He's also president of the British Society of Ecological Medicine. 144 Harley Street, London W1; prices from £250; call 0845 166 2058 or visit www.natld.co.uk

AROMATHERAPY

Dolly Garton As her mother is one of the world's leading orchid experts, it is no wonder Dolly grew her first healing garden at the age of seven. Insomnia and rheumatoid arthritis are relieved by her home-made aromatherapy oils as she blends them for the needs of the individual, fusing reflexology and the principles of Indian ayurvedic medicine in her treatments. The Ladbroke Rooms, 8 Telford Road, W10 and across London; prices start at £45; call 020 8960 0846 or 07985 521136; visit www.theladbrokerooms.com

ASTROLOGER

Rania James Forget what you know about horoscopes, Rania's birth charts delve deep into the ancient science with an accuracy that transcends any "tall, dark stranger" prophesies. Even hardened sceptics have remarked their sessions with

her are among the most significant experiences of their lives. "Without question, my contact with Rania has been the most life-altering experience - she is clearly in a class of her own," says client David Price, 33, from Islington. "Through her I have been offered hope and see things with a new clarity." 5 Drewery Court, London SE3; prices start at £75; in person and by telephone; call 020 8318 5211 or email rania@gis.net

BACK PAIN

Pete Roberts Drawing on his own crippling experiences with back pain means Roberts has a unique empathetic edge. A former sports therapist for the Lawn Tennis Association, he developed MRSA in his spine and has since created his own rehabilitation programme, Backworx, a combination of pilates and eastern body-work stretches. Love her or hate her, Madonna is a huge fan. Home visits; prices start at £85; visit www.peteroberts.net

COLONIC IRRIGATION

Margie Finchell With 30 years' experience, Margie really knows how to

make blocked-up, bloated patients feel light and well. Princess Diana paid her regular visits. While carrying out her treatment, she delivers insightful advice on how to eat and live better. 58B Crawford Street, London W1; prices start at £70; call 020 7724 1291

DIET EXPERT

Professor Charles Clarke A nutritional expert, diabetes specialist and fellow of the Royal College of Surgeons, Professor Clarke has written more than 80 scientific papers, two best-selling books on diet and nutrition, and claims to be able to help any-



KAHN | Restoring the body's balance

one achieve weight loss in weeks. 14 Devonshire Place, London W1; prices from £140 (insurance cover for medical conditions); call 020 7935 0640

ENERGY MEDICINE

Dan Kahn You might not be familiar with energy medicine, but it has caught the attention of healthcare workers because it seems to work. Dan works with the bio-energy field - an energy field surrounding the body that even the World Health Organisation is said to recognise. Using his hands to sense blockages that may be affecting the health of the body, he works to restore balance and return the body to wellness. Wandsworth and Battersea Chiropractic Clinic, 207 St John's Hill, London SW11 and also 10 Harley Street, London W1; prices start at £60; call 07785 304724 or visit www.bi-aura.com

ALTERNATIVE DIAGNOSTICIAN

Elizabeth Brown If you skimmed through her patient database, you'd see a list that reads like the Who's Who of the film, political and corporate world. People trust Elizabeth's powers to pinpoint the precise cause of people's illnesses. Her methods are mysterious - apparently she taps into the universal energy field - and she's helped people with conditions ranging from ME to cancer who thought they were beyond saving. Home visits and telephone consultations; prices start at £100; call 07974 918927 or visit www.gentlepowers.com

FACIALIST

Diana Zouppas If you're interested in transformative natural skincare, you'll love Zouppas's tailor-made facials at the Cavallieri skincare company, incorporating Chinese face mapping and manual lymphatic drainage. Having been trained by medicine men and women across Brazil and Indonesia, all her products come from the finest plants and herbs grown on a farm in Greece. Cavallieri Retreat, 61 Holland Gardens TW8, as well as home visits; prices



ZOUPPAS | Treatments that include tailor-made facials using natural plants and herbs grown on a Greek farm

start at £65; 020 8568 4565 or www.cavallieri.co.uk

FENG SHUI

Simon Brown One of the first to bring feng shui to the West, it's no wonder Alicia Silverstone, Boy George and British Airways are among his clients; his enthusiasm is infectious. If you like, you can also book him for macrobiotic dietary advice, facial analysis or shiatsu. 240 Kensington High Street, W8; treatments start at £35; feng shui prices are on application; 020 7431 9897 or www.chienergy.co.uk

GASTRO-ENTEROLOGY

Dirk Budka Trying to upgrade the way the UK deals with digestive problems and irritable bowel syndrome, Budka's treatments are the latest in the

field. He's considered an authority on the subject, currently doing research with Birkbeck College and the University of Frankfurt. Neal's Yard Therapy Rooms, 2 Neal's Yard WC2 and clinics across London; prices from £90 for the first consultation, £75 thereafter; 020 7379 7662 or www.nutritionlondon.net

HEALER

Jude Curriwan From the age of four, Jude was able to "psychically feel" other people's emotions. Her successful business proves that science and the spiritual world are reconcilable. After gaining an Oxford degree Curriwan had a successful business career. Since then, she has worked across the world, helping those with MS, ME, depression and mental and emotional trauma. 16 Queensbury Place, London SW7; prices start at £65; 020 7589 3292 or www.judecurriwan.com

GYNAECOLOGY

Dr Yehudi Gordon The pioneer who brought water births to Britain, he also founded the maternity clinic at the Hospital of St John and St Elizabeth, where Elle Macpherson, Kate Moss and Cate Blanchett gave birth. Using a combination of complementary practices fused with orthodox medicine, he is passionate about uncovering the causes of gynaecological problems. St John and St Elizabeth

Hospital, 60 Grove End Road, London NW8; prices from £125; 020 7806 4090 or www.viveka.co.uk

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O'FLAHERTY | Coaxes the brain to slow down

cessful business proves that science and the spiritual world are reconcilable. After gaining an Oxford degree Curriwan had a successful business career. Since then, she has worked across the world, helping those with MS, ME, depression and mental and emotional trauma. 16 Queensbury Place, London SW7; prices start at £65; 020 7589 3292 or www.judecurriwan.com

SHANNON O'FLAHERTY

Treating everything from kidney stones to migraines, Shannon's training as an Inca shaman delivers rapid results. Healing sessions include "theta therapy", where she coaxes the brain to slow down in order to produce only theta brainwaves. Ex-patient Nisha Dillon says: "When I ruptured a lumbar disc and was diagnosed with severe degeneration, three sessions stopped the terrible pain." 56 Seymour Street,

London W1; prices start at £60 for an hour; 07944 882482 or www.lucid-training.com

HOMEOPATHY

Sally Ann Hutcheson After recognising the limitations of classic homeopathy, Sally now fuses homeopathy with naturopathy and kinesiology - a form of muscle testing that helps her pinpoint the best remedies. Midwives and NHS consultants often refer patients to her and she also gives advice over the phone. 50 West Hill Way, Totteridge, N20 and 6A Rosslyn Hill, NW3; prices start at £75 for the first consultation, £47 thereafter; 020 8446 7935 or email: sally_annahutcheson@hotmail.com

HOLISTIC DENTIST

Shahir Pandoor A good dentist is hard to find, but a dental homeopath-cum-acupuncturist is like gold dust. Pandoor is both, boasting a degree in homotoxicology - a German discipline that combines homeopathy with plant-based pharmacology. Expert at mercury filling removal, don't be surprised if you go away with a set of plant remedies as well as gleaming teeth. 44 Harley Street, W1G; prices start at £100; 020 7580 1076

YVAN MICHELOT

Yvan prefers to cure gum disease without surgery. Belonging to a US-based team of dentists that uses a programme called Bone One Session Treatments, he prescribes the latest kits and tools to address the source of bad breath, bleeding gums and teeth that need a little loving care. The Hale Clinic, 7 Park Crescent, W1; prices start at £70; 0845 009 4171 or www.haleclinic.com

HOLISTIC MEDICINE

Dr John Ogden In an age when you have to beg your doctor to pay you more than five minutes' attention, it's comforting to know there's one who won't leave his patients alone until they are well. Dr Ogden is a member of the World Organisation of Natural Medical Practitioners, working with a team of three

who are very thorough. Apart from his degrees and popularity with celebrities, Dr Miller's best talent is unlocking and dealing with destructive subconscious states that lead to physical and emotional pain. Keith Collins from West Hampstead fell into a self-destructive spiral after his mother died. He says: "His hypnotherapy worked so deeply and was combined with such pragmatic advice, I've now mastered every area of my life." Elevated Therapy International, La Leopold Road, NW10. Prices start from £40. 020 8453 0426 or www.elevatedtherapy.org.uk

DR MARK ATKINSON

Praised by orthodox and complementary medical doctors for his work in women's health, he worked as a hospital doctor before embarking on a period of intensive research in holistic medicine. Vice President of the Complementary Medical Association and fellow of The Royal Institute of Public Health, his mind-body medicine can be applied to everything from depression to cancer. The Total Health Clinic, 10 Harley Street, W1; prices



MILLET | Deals with the destructive subconscious

start at £125; 0845 094 6450 or www.drmarkatkinson.com

HYPNO-THERAPIST

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EMMA ROBERTS

Specialising in cancer, sexual abuse and trauma, Roberts constantly hones her techniques by training other hypnotherapists at the European College of Holistic Medicine. Fusing her treatment with the emotional freedom technique, which has been hailed as a wonder therapy by scientists in the US, it is particularly beneficial

for sceptical patients. 4 Nicosia Road, London SW18. From £15. Call 020 8348 5305 or visit www.theftcentre.com



NOBEL | Ideas on how to achieve real prosperity

for sceptical patients. 4 Nicosia Road, London SW18. From £15. Call 020 8348 5305 or visit www.theftcentre.com

INDIAN HEAD MASSAGE

SUSY ROBINSON

Helping to relieve people's headaches, muscular tension and insomnia, clients love her down-to-earth approach. Now working regularly in the City, Robinson is one of the first practitioners to bring the benefits of Indian head massage to the attention of the business world. Home and office visits. Prices start from £10. Call 07767 833 829 or www.susysbackin15minutes.co.uk

LIFE COACH

STEVE NOBEL

Nobel's business background makes him practical, as well as inspiring. With advice on how to achieve real prosperity, his consultations incorporate wisdom on everything, from the arts to quantum mechanics. 197 Piccadilly, W1. Prices from £55. 07971 242 074 or www.prosperitygame.co.uk

NICK WILLIAMS

Supported by endorsements from self-help guru Deepak Chopra to mental health psychologist Dorothy Rowe, Williams focuses on helping people find the work they were "born to do". He has worked with children and adults, as well as companies and organisations, ranging from the NHS to the Scandinavian furniture specialist Ikea. Heart At Work, PO Box 2236, W1A 5UA. Prices from £55. 020 8346 1551 or visit www.nick-williams.com



BROWN | Pinpoints the precise cause of an illness