



6c St. Catherines Road, Southbourne, Bournemouth, Dorset, BH6 4AA  
Tel: 01202 422087 Email: info@wessexhealthylivingcentre.org Website: wessexhealthylivingcentre.org

## WHAT WE BELIEVE

Your health is your responsibility because the daily living habits you choose are the main factor in how well you are.

Only the body can heal itself. Medical treatment will help if it is aimed at helping the body to restore its own healthy balance but, it only suppresses the symptoms, it will not remove the illness permanently.

Most drugs only suppress symptoms.

Some of us are born healthier than others. However, most of us have the potential to be healthier than we are.

If you want to, you can be healthier and live a more satisfying life.

Disease does not flourish in a healthy person. If we choose living and thinking habits that our body cannot cope with, it will react by slowly developing degenerative diseases - or by losing its resistance to outside infections.

Physical, mental and spiritual health are all closely linked - they can all affect each other. A healthy body is a great help towards a healthy mind, and vice versa,

We aim to provide you with information about living in a healthy, natural way.

Looking after your health is not a self-indulgent fad. You are the most valuable asset you have.

It is up to you if you want to follow our lead ...

**PATRONS:** David Atkinson; Lord Janner Q.C.; Andrew Cutler D.B.Th; M.I.R.C.H.; Bryan Cassidy; Dr. Janet Boaler B.M., B.Ch., F.FARCS., MEM., Soc.Ac.; Christopher Button BSc., LCSPASSOC; Bob Lee, M.B.E.o.A.; Renata Lee M.G.P.M.P.; Nancy Cameron; Brenda Simmons; Gordon Lovelady F.C.A.; Dr. John Millward B.M., B.Ch.; Vicky Lee-Millward D.Hom., N.D.F.s.

**FOUNDER & HON. LIFE PRESIDENT:** Mrs. B. Klug, M.B.E. **HON. VICE-PRESIDENT:** Mrs. P. Sumeray

**TRUSTEES:** Mr. G. McNally JP - Chairman; Mrs. P. McNally; Mrs. J. Sparrow JP; Mr. D. Cook F.F.A. I.C.P.A. F.I.A.B. - Secretary & Accountant

**MEDICAL ADVISER:** Andrew Cutler, D.B.Th; M.I.R.C.H.

**MANAGER:** Peter Moore

Registered office as above Registered No. 05097465 Registered Charity No. 274208