

## **THE BIRMINGHAM HOLISTIC HEALTH CENTRE**

There is a time and place for everything in life. As most of you who enter into the Reach process know, it will have come just at the right time and more than likely turned out to be your saving grace.

Birmingham Holistic health Centre came at the right time for me and for every Associate that works there, some of whom I hadn't spoken to for 15 years. The Associates all contacted me quite unexpectedly within a seven day period from the moment I agreed to use the Centre for the purpose of what I can only describe as a 'Healing Sanctuary.'

The Lakeside is situated in Kings Norton and most would pass it by unless they had reason to take a second look. And it is well worth a second look as our holistic centre is situated there. When inside you feel as though you are in the middle of the countryside as the peace in the outside environment compliments the peace inside this sanctuary.

My intention for the Centre is for it to become a place where clients can come and know that they are in a place that is quite special. A 'sanctuary' is a word that evokes feelings of comfort and trust, a resting place. I do believe you will find that here, as my Associates and I have done.

Environment is certainly one of the keys in promoting self-growth and when one receives support in the right context and it is delivered with love and professionalism it always creates hope and optimism.

So I offer you a Holistic Health Centre that will bring hope and comfort and instill in you a sense of peace quite unlike any other Centre that you may have visited before. Our approach is holistic in every sense of the word, with a whole range of therapies here that are integrated to achieve the best results for each person as an individual.

We understand that the nutritional guidance we offer will not work effectively without time, consistency and relaxation. We believe that affirmations are not just to be read from a script but need to have heart, evoke desire, relate to your story and be written in a language that belongs to you. We have no doubt that the human spirit and determination have a pivotal role - but without the support of the correct nutrients and/or bodywork this will only carry a person so far.

We know that personal growth has to have self-love as its foundation and that is a journey we support and nurture with the holistic therapies we offer.

My invitation to you is to allow us to be part of your journey for a while. I believe that Birmingham Holistic Health Centre is a unique healing centre .... I invite you to experience this for yourself.

In Love and Friendship,

**Stuart Morris**  
**[www.birminghamholistic.co.uk](http://www.birminghamholistic.co.uk)**

