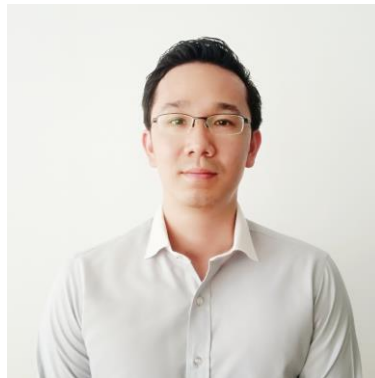




## **Osteopathy** **with Ian Lee**



The body works like a series of levers and, like a machine, it works best when everything is in balance and in sync. Like a machine, the body needs occasional servicing in order to maintain balance to function at its best.

Our everyday routine can impose stress on the body which may cause imbalance in the system. From our posture, to even constantly favouring our dominant side, may cause structural imbalance.

As an Osteopath, we use a system of diagnosis and treatment to achieve a state of balance, when possible, without drugs or surgery. We work with the structure and function of the body, based on the principle that the well-being of an individual depends on the skeleton, muscles, ligaments and connective tissues functioning together. We achieve that by the use of physical manipulations of joints and soft tissue to increase the mobility of joints and muscles, to enhance the blood and nerve supply to tissue, and to help the body's own healing mechanisms. We also provide advice on posture and exercise to aid recovery, promote health and prevent symptoms recurring.

Ian Lee graduated from the British College of Osteopathic Medicine and has been in practice as an Osteopath and Naturopath.

He previously worked in Singapore before starting his own clinic in Malaysia.

It was not long after that he obtained his certification in Sacro-cranial osteopathy to better treat the body as a whole.

Still unsatisfied that he was unable to fully understand the final aspect of health, the mental health, he obtained his certification in Neuro Linguistic Programming (NLP), Time-line Therapy™ and Master of Hypnotherapy.