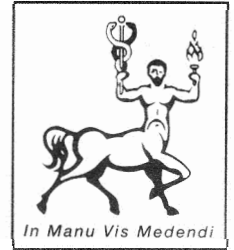


Alasdair Smith -- McTimoney Chiropractor



He is a clinical and practical tutor at the McTimoney Chiropractic College and his clinic is located at the Orchard Medical Centre in Coxheath.

McTimoney chiropractic is a safe, gentle and effective manipulative treatment used to adjust the bones of your body in order to relieve pain and restore movement. Maintaining correct alignment of your spine ensures that your body's nerve supply works efficiently.

Problems can occur throughout your life and mount up one upon another. The most common reasons are; childbirth, lifting, falls, car or sporting accidents, stress or poor posture, but normally a combination of many of these causes.

As well as back pain chiropractic helps headaches and Migraines, neck and shoulder problems, Sciatica, menstrual problems and Arthritis.

Chiropractic is a preventative as well as a curative treatment and when used in this way helps to maintain a healthy balance in all aspects of daily functioning.

Alasdair is looking for referrals from any one who has a body in need of Tender Loving Care and attention.

Memory Hook:- "PRACTIC makes PERFECT!"

**McTimoney
Chiropractic**

*Registered and Licensed by the
McTimoney Chiropractic Association*

Alasdair Smith
R.M.N. D.C. M.M.C.A

**Coxheath
Chiropractic Clinic**

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