



I.O Centre, Unit 42, The Royal Arsenal,  
Armstrong road, Woolwich,  
London, SE18 6RS

**Testimonial to Alasdair Smith - Chiropractor**  
**Coxheath Natural Therapy Centre**

Six months ago I visited the above practice for advice on my sore, stiff neck which had kept me awake at night. This had a knock on effect on my daily life which at best is hectic and I felt constantly tired and groggy.

Sensing I felt nervous, Alasdair immediately put me at ease then asked questions to ascertain how I had injured myself. He explained how I can help ease the situation myself and the massage procedure he could do to rectify my problem.

After 3 months of treatment my neck got better and with Alasdair's helpful advice and some small lifestyle changes I now feel 'as right as rain'!

I must take this opportunity to thank and congratulate Alasdair for an effective, professional service which I will recommend to my family and friends experiencing similar aches and pains as I did.

Yours faithfully

A handwritten signature in blue ink, appearing to read 'Liane Branchett', written in a cursive style.

Liane Branchett  
**Sales Director**