

An Integrated Approach

5.2 million people in the UK are currently receiving treatment for asthma. 9 million people in the UK visited their GP in the past year with arthritis.

Meanwhile, there are currently more than 194 million people with diabetes worldwide. In the UK alone, 100,000 people are diagnosed with diabetes each year.

Frightening and compelling facts like these were the impetus behind VisionHealth and the VisionHealth DVD series. The first three film's in the VisionHealth series cover the incredibly pervasive and debilitating conditions of: Asthma, Arthritis and Diabetes respectively.

VisionHealth

VisionHealth was created in 2005 with the specific goal of collecting the highest quality and the most detailed information available on incredibly widespread chronic ailments and making it available to sufferers worldwide on a series of interactive DVDs. Each Vision Health DVD features 14+ world experts, sharing their knowledge and demonstrating their approaches. A portion of all sales goes directly to related charities and research organisations.

"It doesn't necessarily have to be a drug way"

The DVD's cover complementary, alternative and orthodox approaches to these chronic ailments, with the ultimate goal of establishing a well balanced, engaging and informative resource. Wherever possible, expert interviews are supplemented with research, demonstrations and patient testimonials. The idea is to inspire, educate and motivate.

Optimum Nutrition

Most therapists and GPs readily accept that most chronic ailments have a

nutritional component in their aetiology. The conditions of Diabetes, Asthma and Arthritis, are certainly no exception. Optimum nutrition is far more than just diet, it is about understanding the way the body reacts to foods and how to maximise the beneficial (while minimising the harmful) properties of the food we eat. Well known and respected practitioners such as Dr George Lewith, Dr John Mansfield, Dr Jean Monro and Dr Mosaraf Ali, share their knowledge and experiences on such diverse topics as: Organic food, The Candida yeast problem (much more common in Diabetics, at the root of some arthritis and strongly associated with Asthma) food sensitivities (which can aggravate joint problems and trigger asthma), allergies (both asthma and arthritis have strong allergic components), nutritional medicine and supplements (to alleviate symptoms and manage the condition). The series is presented by the ever engaging Barefoot Doctor.

Where alternative, complementary and orthodox practices meet - we have integration

In addition to covering the impact of what we eat, the DVD's consider a myriad of complementary and alternative therapies in detail, including: Acupuncture, Herbal Medicine, Kairos, Bi-Aura, Homeopathy, Chi Gung, Yoga, Environmental Medicine, Stem cell therapy, Tissue Engineering, Genetics, Naturopathy, Osteopathy, Buteyko, Sea Spray therapy, Massage, Meditation, Electromagnetic therapy, Heat therapy and more. The DVD's are an excellent reference tool for patients and therapists alike.

Holism

Health seems to be a curious blend of complex, esoteric knowledge and simple, natural understanding. Approaching an ailment holistically, necessitates being well informed. All chronic sufferers have spent countless amounts of energy,

time and money in an often vain attempt to ameliorate their condition. VisionHealth stresses an integrated approach to medicine - removing boundaries and bringing excellent medical minds together - uniting, for a common goal. Each VisionHealth title discusses in detail, how the alternative and complementary treatments interface with the conventional medical approaches.

It is often very difficult to separate an illness from the impacts of the patient's lifestyle, environment and diet.

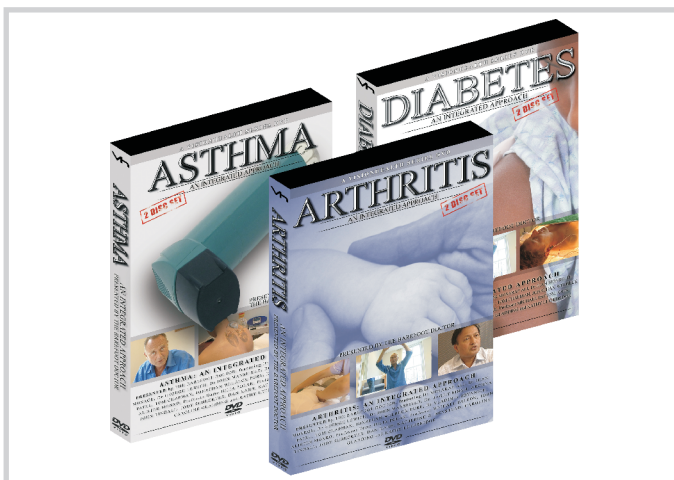
In the series topics include: abdominal breathing,

sufferers worldwide. Where alternative, complementary and orthodox traditions meet, we have integration.

VisionHealth is about shifting the focus of treatment away from symptoms and illness, and back onto the patient and wellness maintenance. It is about facilitating freedom of choice, through extensive, detailed discussions of the approaches available, and the efficacy of these approaches.

The future

The VisionHealth team are in various stages of pre-production on the next titles in their series on chronic conditions. Upcoming titles



provocation neutralisation, positive thinking, stress, the air we breathe, moulds, mycotoxins, pollution, allergies, chemical intolerances, heavy metals, sick building syndrome, stealth organisms, hygiene and many more, are all dealt with in detail.

Knowledge is power

Putting the highest quality information in the patient's hands, facilitates personal empowerment - allowing sufferers to make informed decisions about their own health and treatment. Knowledge is power. The focal point should be the patient, not the illness..

An Integrated Approach

VisionHealth is proud to be associated with the rapidly developing field of integrated medicine and to be playing a role in the education of

include: IBS, Migraine, Pregnancy and Chronic Fatigue Syndrome. Meanwhile visionhealth.co.uk is fast becoming a fully featured information "hub"; with articles, links, downloads, a chat room (with scheduled expert Q+A's), a live news feed and other useful resources. It is updated regularly and will keep improving.

The Double disc sets: "ASTHMA: An Integrated Approach", "DIABETES: An Integrated Approach" and "ARTHRITIS: An Integrated Approach" (RRP £19.99) are available NOW in selected health stores, clinics and retailers.

**Orderline: 0800 078 7080
www.visionhealth.co.uk**

