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LATEST HEADLINES

TAKE THE STRESS OUT OF LIFE WITH A NATURAL THERAPY TREATMENT!

4:07pm Wednesday 5th November 2008

Life is stressful enough as it is and with the credit crunch and Christmas rapidly approaching the stress just keeps mounting. To help ease Christmas stress, Cheshire Natural Health are giving five winners a natural therapy treatment (worth £36).

Juggling work and home life can seem impossible at times. According to a BUPA survey (2006) more than a third of the population find work their biggest worry.

Cheshire Natural Health at Stretton, near Warrington, aims to alleviate that stress through a range of complementary therapies, designed to help balance your busy lifestyle. The range of therapies can be found on their website www.cheshirenaturalhealth.co.uk. In fact, stress is the second biggest occupational health problem in the UK after back ailments.

Clinic Director Tracey Turton who is also a Clinical Reflexologist says: "We all suffer stress in one form or another, but the danger occurs when it becomes too much and starts impacting on our health.

"Often quite small changes can have major benefits. Making the decision to have a regular massage or a reflexology session can turn someone's life around."

HOW TO WIN!

Simply answer the following question and email us your answer, together with your name, address and daytime contact telephone number (please mark Cheshire Natural Health in your subject line). Alternatively, you can post your entries to Cheshire Natural Health, Newspaper Promotions, The Academy, 138 Bridge Street, Warrington, WA1 2RU. Closing date is December, 15, 2008. Usual Newsquest Cheshire / Merseyside rules apply. See competition rules section for details. No purchase necessary.

QUESTION:

What proportion of the population find work their biggest worry?

- a) A half
- b) A quarter
- c) A third

- If you are not lucky enough to be a winner or would like more information on Cheshire Natural Health, telephone 01925 730123, email info@cheshirenaturalhealth.co.uk or visit www.cheshirenaturalhealth.co.uk or visit www.naturalfertilityclinic.co.uk



Tracey Turton, Clinic Director, Cheshire Natural Health

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WHAT'S ON *LIVE TRAVEL* *Your Guardian*

Last updated 10.23 with 10 incidents

A6 Bolton Road Heath Charnock »
Reports of animals on road. Approach with care

Pakistan International Airlines Manchester International Airport »
Flight PK701 from Islamabad was due at 13:40, now expected at 14:25

HI Hamburg International Manchester International Airport »
Flight 4R7322 from Bristol was due at 09:25, now expected at 10:30

Aigle Azur Liverpool John Lennon Airport »
Flight ZI963 from Marseille was due at 11:35, now expected at 12:20

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