

Schia Mitchell Sinclair



Schia is a Medical Herbalist and Craniosacral Therapist working at Orwell House on Tuesday mornings.

Craniosacral therapy is a wonderfully gentle but potent way of working with the body using a light touch. It supports your body's innate ability to balance, restore and heal itself as well as helping to reduce stress and build underlying energy.

It is suitable for everyone, from newly-born babies to the elderly. Schia has used it to help people with a diverse range of issues from migraine through sciatica to anxiety, sleeplessness and low energy.

Herbal medicine takes a holistic approach to dealing with health issues. During a session Schia will take an in-depth case history and, if necessary, do a physical examination or take your blood pressure.

By the end of a session, you will leave with a plan of what to do next. This might include herbs and/or supplements, lifestyle and dietary changes.

Please see www.cambridgeherbalist.org.uk for prices and bookings