

Centre for Integrative Care

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Centre for Integrative Care / Allergy service

Allergy Service

This is run as Out-patient clinics seeing adults and children and accepts referrals direct or from the in-house team.

Allergies are increasingly common and the integrity of the individual is affected. This leads often to a profound impact on the person and may limit their life greatly and cause anxieties and related stresses. The complex physical, emotional and psychological manifestations of Allergy (Gastrointestinal tract, Skin, respiratory tract, psychological well-being may all be involved) can be well served by an integrative approach. This is founded on careful and detailed history taking, including nutrition, environment and developmental aspects, and seeks a full understanding of the individual and their experience of allergy, on a background of scientific knowledge. Skin Prick Testing may give further diagnostic help. From this, a focus on health and restoring a healthy relationship to self and environment evolves.

Therapeutic options are individually tailored and include isopathy (to individual allergens, such as pollens), homeopathy, anthroposophic medicine, nutrition, movement therapy and Acupuncture. The approach is suitable for a wide range of conditions including rhinitis, atopic eczema, asthma, food sensitivities and intolerances, urticaria, multiple chemical sensitivities and sensitivities post-cancer treatment.