



Express Health Check

When you want to know
what's going on inside...

One of the most interesting
discoveries you can learn about
yourself Today!!

Call Kevin now on
01202 640 264
to make your appointment

The Express Health Check is a safe, quick alternative service for health screening to that of drawing blood, ultrasonic or radiography.

You may feel healthy, but what's really going on inside you? How would you feel if you knew there was nothing to worry about?

It's peace of mind when you reach a certain age. It's easy to put off these decisions, but like many others you may be very glad you acted and it could turn out to be the best investment you've made this year for you and your family.

If you are always feeling tired? Have disturbed sleep patterns? Suffer unexplained aches and pains? Or need more energy, then this could be the ideal time to explore what's going on inside...

When you want to know ...

The condition of your Cardio Vascular system?

If your Digestive system is processing food properly?

If your Liver is working ok?

Are your Kidneys ok?

About your Bone Mineral density.

What are your PH levels?

If your Mineral and Vitamin levels are normal?

How much Vitamin C your body is using?

What is your Basal Metabolism Rate?

So that you can make informed decisions to better help yourself make your body as well as it can be.

By relaxing and holding onto the rod. In just under a minute, the system measures exactly what is going on inside you with the results available immediately that we can also email to you.

In the short time available to us we explain some of the results and help you develop goals in line with your health needs.

And with regular checks we can establish your health trend to help monitor how your body's performing.

This system is known as the
Express Health Check.

How do you do that?

Every second millions of cells in our body's die. As each cell dies there is an electro magnetic signature that we can read, by holding the rod. In just under a minute we know exactly what is going on inside you.

What do I have to do?

Sit back and relax for about a minute keeping a firm hold on the rod.

Do I need to bring anything?

No, but in addition to your contact details we need to know your date of birth, height in inches and weight in pounds.

Do you measure Blood Sugar levels?

If this is a concern please do not eat for two hours before and just drink water.

Do I get the results straight away?

Yes, the results are available immediately that we can email to you. We also display them on the screen and spend a short time with you explaining them.

How often will I need to come back?

We recommend four checks a year to monitor how well you are doing. In some cases where more extreme measures have been taken we can check more often.

How does this help me?

By knowing exactly what is going on inside we can help you make informed decisions to help keep your body as strong as it can be, on the inside...

Do you explain the results to me?

We accurately measure over two hundred health markers. Too much information for half an hour session, luckily, there is also a summary report highlighting areas in most need and we concentrate on those and a few other health markers in the short time we have available with you.



Did you develop this?

The science for this has come from China. They have a long history of stimulating the body's natural energy systems to restore and maintain health.

Why do you use EFT?

This is the only system available today that performs a physical measurement that ties in the emotional aspects as well.

Emotional Freedom Technique

Is a powerful healing tool based on meridian tapping. Done correctly this gentle stimulation of the body's subtle energy systems releases long held fears, troublesome thoughts, anxieties, pain and food cravings that you can also use to set you up for success in your chosen goals.

Can you help with pain relief?

I use Adaptive Neuro Stimulators, the latest technology from Denas, to manage my pain and now help clients to get out of their pain, fast, without surgery, without drugs and without having to do painful exercises. Acupuncture without Needles. This gentle stimulation relaxes muscles, improves blood flow and starts the release of those all important 'Feel Good' hormones that get you out of pain...

Nutrition and Supplements

In sports, the need for quality nutrition for optimum performance is clearly understood, that's why we recommend the best from Nature's Sunshine. Although we can all help ourselves with a well balanced diet, when that is not enough there are supplements to help us regain our zest for life or maintain health for ourselves and our family. Also available from my web shop at nutricorner.co.uk



About Me

I got to this point after I became very ill when I lost the use of my right arm and hand back in 2003. Getting daily tasks completed meant regular back spasms. These led to my spine becoming unstable eventually ending up with lower back problems. The Doctors could do no more and said "live with it".

To my way of thinking, if they could not fix me who or what could?

I went on to find solutions that worked.

I am lucky, my previous work was in IT, I was able to search the web for a way to get well.

Eventually I found Adaptive Neuro Stimulators that helped with pain relief without the use of drugs and helped regenerate the damaged nerves to get my right arm and hand working again.

When I was well enough I studied for an ITEC Diploma and retrained in Complementary Therapies, joined  CThA, completed business studies and gained an education in nutrition and supplements. 

I also investigated ways to measure the changes I could feel that were going on inside me and I now bring this system to you as the Express Health Check.

Support our Charity

My journey now includes learning how to ride on 'Black Jack' under the capable supervision of Sue Downer at Riding for the Disabled and support the Southfield Riding Group charity. www.rda.org.uk

Let me know when you book if you would also like to make a donation to them.

For health matters, I hope you can now see why, there is simply no better place to start than by having an Express Health Check.

Call Kevin on 01202 640 263 today to make your appointment.
Normal price £48.

Payment due at time of booking.
Missed or cancelled appointments will incur a £15 charge.

My appointment is at:-

Time and date

My height is: in inches

My weight is: in pounds

I would also like to make a donation to your chosen charity.
£5 £20 £30 other.

"Knowledge is Power" and when you apply that to spending ten minutes a week to learn about your health, what better investment can you make?

"Our vision to be recognised as the first choice in affordable, innovative and non invasive technology"