

THE ALTERNATIVE - COMPLIMENTARY... OR COMPLEMENTARY?

By Florence Westminster - Health Correspondent

We refer to medicine – in particular to two phrases that have become common in our language in recent years – alternative medicine, and often thought to be the same – complementary medicine. Well, the common confusion between the 'I versus E' spelling here may give us a clue to the difference. 'Complimentary' of course means free, whereas complementary refers to 'complete.' The latter refers to non-conventional treatment used in addition to the mainstream remedies recommended by a doctor. 'Alternative Medicine' means just that – something totally on its own track, which your GP may or may not like.

With the lesson in language purism out of the way – The Clarion is delighted to announce the arrival of an exciting new venture at Basford entitled WELLBEING & HEALTH, which offers a wide variety of Complementary Medicine in newly refurbished, private consulting rooms.

Headed by co-owner and local respected orthopaedic surgeon Ian Dos Remedios, along with a skilled management team of Lynn Hargreaves and Helen Spring – their team of specialists offers many types of treatments, and at reasonable cost. These include Acupuncture, Reflexology, Chinese Therapy, Shiatsu etc and not least, treatments for sports injuries – which of course is one of the specialities of Mr Dos Remedios himself. Wellbeing also has a laser system providing non-invasive procedures including tattoo



Lynn Hargreaves Manager, Ian Dos Remedios MBBs, MSOrth & Helen Spring RGN Itec Dip Reflexologist

removal, a treatment which has not been readily available in this area.

We have certainly moved a long way since the 1970s when any kind of move away from conventional methods of looking after our health may have been looked at sceptically. But now, such expert and beneficial treatments as those offered at Wellbeing &

Health, situated on Etruria Road, close to the Emergency Doctors' Cooperative are definitely here to stay. Why not compliment yourself? (or is it complement!)

Opening hours are 9-5, Monday to Friday. Tel 01782 619280 to book an appointment - or visit - www.wellbeing-health.com

NO LONGER WITH US **Gaz Clapinski - Retired pharmacist**

The past year has seen the sad passing of leading North Staffordshire pharmacist Gaz Clapinski at the age of just 57.

Mr Clapinski had been the Chairman of the National Pharmaceutical Association and consistently used his influence to battle for better services. Many of us take late night pharmacy opening for granted now, but Gaz pioneered the concept. In the 1980's he had his own business in High Lane Burslem, spearheading campaigns such as that for public awareness of the danger of used needles and out of date medicines, and the fact that the likes of aspirin and paracetamol could be lethal if taken to excess.

Keith Simpson of CCC told The Clarion 'I remember Gaz very well. His attention, service and enthusiasm offered to everyone was often better than could be obtained at

the doctors, so his shop was always busy – especially with the likes of me who regularly used the area's first blood pressure checking service.'

Dr. Neil Stirling, Castle Comfort's Honorary Ambassador commented 'During my many years in the medical practice, I got to know Gaz well. He was always helpful, informative, popular and served the area well' Gaz will be sadly missed.



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