



HEALTHINBRIEF

■ AN UPCOMING SEMINAR

by healthcare professional Michael O'Doherty promises hope to those suffering from **chronic fatigue, burn out, stress, and digestive problems**. His aim is not to replace what medicine offers but to complement it, and his unique 360 healthcare approach looks at all aspects of the mind and body including mental outlook, lifestyle and diet.

He explains: "Half of the country is suffering in silence with symptoms related to these conditions like tiredness, anxiety, muscular pain, joint pain, disturbed sleep, poor concentration, headaches and digestive problems, with **more than 70 per cent going untreated**.

"However, I want to stress that I've had patients in the same situation and there is hope. You need to take your health into your own hands, and not give up. If you deal with the cause of your illness, and believe you can overcome it, then anything is possible".

According to O'Doherty, **improving the flow of energy in our bodies will ensure all the other changes work**. He and his therapists use powerful and effective restorative techniques which allow the body to heal.

O'Doherty's most high profile case was Michael Flatley and he has also treated other celebrities including comedian Brendan Grace. The **Chronic Fatigue Seminar** takes place at Templegate Hotel in Ennis, Co Clare on June 27. The cost is €50.

To book, email info@michaelodoherty.com or call 065 6841844. Michael also has a wide range of courses on his website michaelodoherty.com



SEMINAR
— Michael
O'Doherty

■ **CMRF CRUMLIN** (Children's

Medical & Research Foundation at Our Lady's Children's Hospital in Crumlin, Dublin) is the official charity partner for the **CaminoWays.com St James Day Walking Festival** and will be fundraising on the day (Saturday, July 25 from 9.30am in Laragh, Co Wicklow). Participants have three walking trails to choose from — one that's suitable for families and another two that are perfect for more experienced trekkers. Price: €20 for adults and €40 for families (two adults and two children under 16). This includes parking, guided walks, food and entertainment. To book, visit www.caminoways.com/walking-festival-2015