



JUNE 2023

# Newsletter



VOLUME 5

## Newsletter Highlights

Introducing Celine Valantin

More about interdisciplinary care

Patient Testimonial

## Dear Friends of The O Clinic

At The O Clinic we value a multi-disciplinary approach to your health, and while it may not be immediately apparent, Bowen Therapy can have significant benefits for dental patients. By reducing stress and anxiety, addressing musculoskeletal pain, and supporting overall wellbeing, Bowen Therapy can improve your overall patient experience.

It gives us great pleasure then to introduce our Bowen therapist, Celine Valantin, this month.

**Celine** was born in France in the heart of La Sologne Forest, but now lives in Poole with her loving husband and their 11-year old boy.

When Celine was young, she really wanted to be a veterinarian. Until she understood it was not only about healing animals, but also accompanying them to the end...

Later on, as an elite athlete, she was called on to develop significant knowledge in the area of anatomy, physiology and biomechanics. This turned into a passion, and her pursuit of further knowledge led to a Masters degree in Sports Engineering and Management.

Following a sports accident, Celine's life took an unexpected turn and a path which led her to therapeutic care and natural body treatments. Personally experimenting with different health therapies for her own healing, she discovered and cultivated a passion for working within the body's own balance. From there, her interest in Bowen Therapy was born.

### Share one of the most rewarding times from your career

"I felt most rewarded when a lady almost forgot her walking stick after her first treatment!"

### What is your favourite thing about your career or industry?

"I restore motion to restore life and health: people who leave my clinic room feels better and rejuvenated."

### What is valuable lesson have you learned in your career?

"The more I know, the more I realise it's not enough..."

### What do you hope to accomplish in your career?

"Bringing people a better understanding of their body."

Celine is a valuable part of our interdisciplinary team here at The O Clinic. Please contact us to book your next appointment soon!



## When Great Minds Come Together

At The O Clinic, we are not only committed to providing you with the highest quality of care possible, but we also believe in the value of interdisciplinary teamwork.

Our team of clinicians provide their expertise in a range of different areas, and working together we create a network of shared skills, open communication and trust. In this way, all aspects of your oral health are addressed as we develop comprehensive and personalised treatment plans.

Available to you are:

- Dr Visser - Clinical Director, Dentist
- Dr Landman - Associate Dentist
- Hannah Dover - Dental Hygienist/Therapist
- Celine Valantin - Bowen Therapist
- Eva Tanner - Orofacial Myofunctional therapist and Breathing Practitioner
- Dr Jo Abbott - Biomechanist



The interdisciplinary approach to dentistry may require an extra time investment up front, but we believe that it is well worth it in the long run.

By combining the individual skills and expertise of all the specialists, a comprehensive treatment plan can be developed.

The key is to start the interdisciplinary process before problems arise and not after. We encourage active collaboration with all members of the team at the onset of treatment. By engaging in open communication and active dialogue, we can avoid mistakes and confusion during the treatment process. Our goal is to make you feel secure in your treatment and work together to create highly individualized treatment plans that meet your goals.

Our interdisciplinary approach can have a major impact on your overall experience with The O Clinic. Trust will grow from these interactions with the team, and your level of trust will steadily increase as long as the lines of communication remain open and as the expected outcomes of the treatment plan are met.

We are dedicated to providing you with the best care possible and believe that our interdisciplinary approach is the best way to achieve that goal.

If you have not yet explored any of the other services offered by the non-dental clinicians at The O Clinic, why not get in touch today?



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## Reviews

So far I have been on a two year journey with GP and his wonderful team, and although I still have a way to go, I cannot believe the transformation with not only my balance, but even my facial features which, I have been told by a friend, makes me look years younger!

I clearly remember my first visit to The Clinic when I had to literally hold onto the wall to allow me to walk the short distance from reception to GP's surgery. I think it was when, after listening to my list of problems, GP told me that he could help me, that my faith in any dental practitioner was restored.

Like many people my age I suffered at the hands of dentists of the time who simply removed many teeth from what they described as an overcrowded jaw, I am sure this barbarous method is no longer used. GP explained the issues that arise with a misalignment of the jaw and the TMJ and decided that we needed to begin the treatment with the fitting of the BOSS Splint.

I have to admit that at times I have wanted to simply throw the splint away, but when I began to notice improvement in my walking (although still not perfect) and overall balance, I am so happy that I have persevered. I am now able to do Tai Chi, which certainly tests ones balance.

GP is so patient even when I have a moan at him about not being able to speak without a slight lisp, or when the splint becomes uncomfortable. He simply does an adjustment for me and keeps reassuring me that I will be able to run that marathon again.

My biggest wish is that I had known about GP and his pioneering treatment many years ago, then I may have been spared a knee cap replacement and years of neck pain and migraines.

- Mrs Gill Andrews



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# PLEASE LEAVE US A REVIEW



THE O CLINIC  
INTERDISCIPLINARY HEALTH

## TELL US WHAT YOU THINK

WE VALUE ALL YOUR COMMENTS AND THANK YOU FOR YOUR TIME

**MAKE IT EASY**



- Step 1:** Open your phone's camera
- Step 2:** Aim at the QR code above
- Step 3:** Select and open the suggested website link on your phone
- Step 4:** Leave review

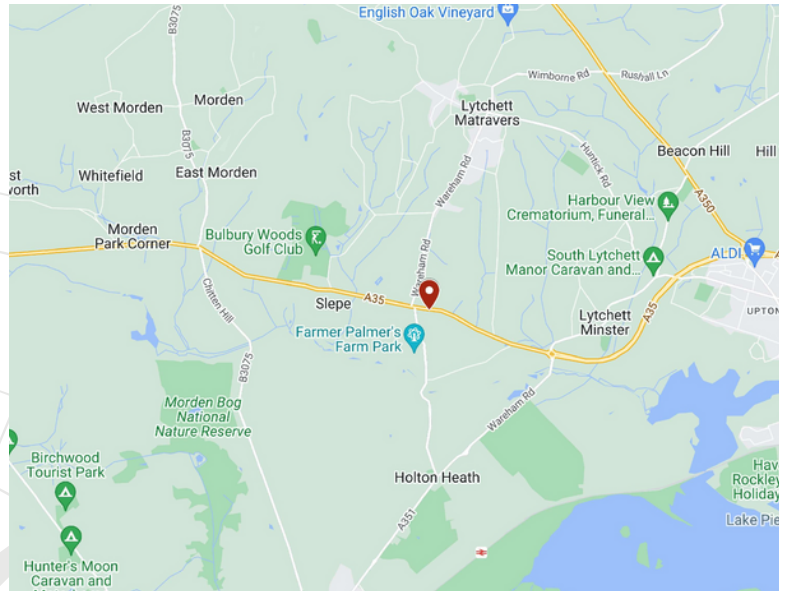
**THANK YOU!**

# Where To Find Us

## The O Clinic Poole




1 Axiom Centre  
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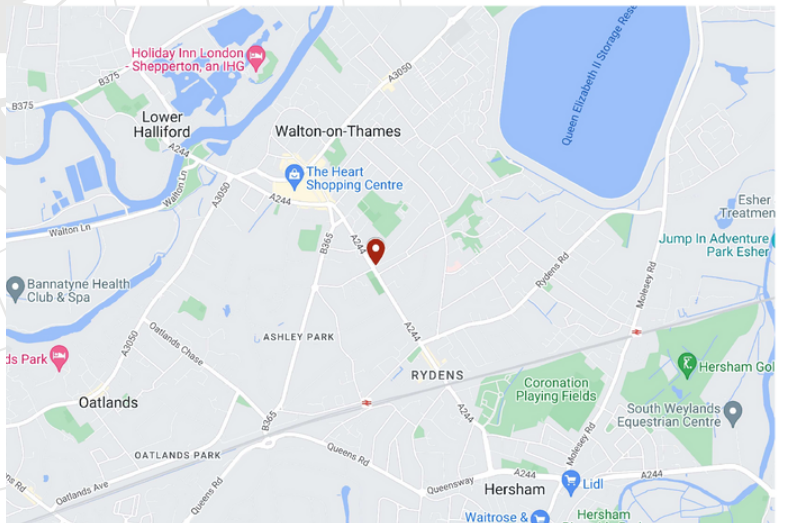
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 020 8156 5154 (Wednesdays only)  
 [london@the-olab.com](mailto:london@the-olab.com)



## Clinic Hours

### POOLE

1 Axiom Centre, Dorchester Road,  
Lytchett Matravers,  
Poole, BH16 6FE

Monday - Friday  
09h00 - 17h30

### WALTON-ON-THAMES

29 Hersham Rd, Walton-on-Thames,  
London,  
KT12 1LF

Wednesday  
10h00 - 17h30

