



Complementary & Natural
Healthcare Council

Looking for complementary healthcare? **Choose with Confidence**



www.cnhc.org.uk

The Complementary & Natural Healthcare Council (CNHC) is the independent regulator for complementary health practitioners. We were set up with government funding and support in 2008.

Anyone can call themselves a complementary therapist - so you will want to be sure you are making the right choice.



Choose with Confidence

- Our registrants must be properly trained, so they meet the government standards for therapies they provide
- They must hold insurance and agree to comply with our Code of Conduct, Ethics and Performance
- Our sole purpose is to act in the public interest and we investigate complaints we receive about our registrants. You can find out more about our complaints procedure at: www.cnhc.org.uk/concerns-about-practitioners
- Our register is accredited by the Professional Standards Authority for Health and Social Care (PSA)

What is complementary therapy?

Complementary therapies are used alongside, or in addition to, conventional medical treatments.

Complementary therapies on our register

- Alexander Technique Teaching
- Aromatherapy
- Bowen Therapy
- Colon Hydrotherapy
- Craniosacral Therapy
- Healing
- Hypnotherapy
- Kinesiology
- Massage Therapy
- Microsystems Acupuncture
- Naturopathy
- Nutritional Therapy
- Reflexology
- Reiki
- Shiatsu
- Sports Therapy
- Sports Massage
- Yoga Therapy

Why use complementary therapies?

They can support your overall health and wellbeing in a variety of different ways, such as:

- reducing stress and anxiety
- improvements to diet and nutrition
- managing pain
- giving up smoking
- improving sleep
- support with posture and movement
- relaxation techniques
- positive changes to overall wellbeing



SCAN ME



The CNHC quality
mark – **Your**
guarantee of
standards

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approved
by the word centre

Contact us

Website: www.cnhc.org.uk

Email: info@cnhc.org.uk

Phone: 020 3327 2720