

Practitioners' Details

Name/Address/Telephone/Email

Name/Address/Telephone/Email

Name/Address/Telephone/Email

Name/Address/Telephone/Email

Name/Address/Telephone/Email

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Please contact The Poundbury Clinic
if you have any comments on
this Healthcare Card

Useful Contacts

THE POUNDBURY CLINIC
Middlemarsh Street, Poundbury,
Dorchester, DT1 3FD
Tel: 01305 262626
www.thepoundburyclinic.co.uk

**PRINCE OF WALES'S FOUNDATION
FOR INTEGRATED HEATH**
12 Chillingworth Road,
London, N7 8QL
Tel: 020 7619 6140
www.fihealth.org.uk

WOMEN'S HEALTH CONCERN
PO Box 2126, Marlow,
Bucks, SL7 2RY
Tel: 01628 488065
www.womens-health-concern.org

ACUPUNCTURE
www.acupuncture.org.uk

HOMEOPATHY
www.trusthomeopathy.org
www.the-hma.org

HERBAL MEDICINE
www.nimh.org.uk

OSTEOPATHY
www.osteopathy.org.uk

REFLEXOLOGY
www.reflexology-uk.co.uk

Ask your practitioner for any useful
written information and contact numbers

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The Poundbury Clinic

INTEGRATED HEALTHCARE CARD

Golden Rules

Remember to update this card after
each visit to your practitioner

Please document any over-the-counter
products you are taking

Please document any side-effects
you may experience

Remember to document any change
in your condition on a regular basis

Please add in any new complaints that you have

If you have any concerns always seek
help from your practitioner
