

HEALTH & FITNESS INDUSTRY GUIDE

Updated 11th Feb 2012



This guide covers 'health and fitness' and includes gyms, complimentary/alternative health, nutrition, health clubs, etc. The sports aspect of health and fitness is covered in the separate:
Sports Industry Guide

Directories

The CAM Directory 2011 (Target Publishing Ltd) [(B) DIR 615.5 BUS]

A guide to complementary health in the UK with listings of companies, products & services, trade names and other useful addresses.

Health Club Management Handbook 2011 (The Leisure Media Company Limited)

[(B) DIR 796.069 BUS]

Guide to the health & fitness industry with a Who's Who in the sector and an A-Z listing of companies & suppliers in the sector.

The Natural Trade Directory 2011 (Target Publishing Limited) [(B) DIR 641.30202541 BUS]

Buyer's guide for the natural & organic trade industry with listings of companies, products & services, trade names and other useful addresses.

SGB: Guide To The Trade 2011 (Datateam Publishing Ltd)

[(B) DIR 338.476887 BUS]

Sports industry directory of sport and outdoor retailers. Information on agents, trade associations, trade show dates, and a company index is included.

Leisure 2010 (Excel Publishing Company Ltd) [(B) DIR 338.761725802541 BUS]

Listing of Architectural practices specialising in sports and leisure sector construction and development projects.

Britsport 2009 (Sport Business Group Limited) [(B) DIR 796.02941 BUS]

The sports industry's directory of contact information for suppliers in the UK; listings and contact information is available for TV sports production and sports branding companies, suppliers of sports equipment and a vast array of other service providers to the sports industry.

Whos Who In Healthcare 2008-09 2008 (HealthInvestor) [(B) DIR 362.1025941 BUS]

Guide to the leading healthcare professionals in the UK, plus a full listing of NHS foundations, acute, mental health, ambulance and primary care trusts.

Register of Homeopaths 2008 (The Society of Homeopaths) [(B) DIR 615.53202541 BUS]

Contact details of qualified and experienced homeopaths alphabetically and regionally.

Other specialist directories are available in many related areas such as Formula 1, Equestrian sports, Boating & Yachting etc.

Market Research & Statistics

The Future of Functional Food and Beverages: Cognitive Health 2012 (Verdict – Consumer Packaged Goods) [Available onsite via electronic sources]

Now an established market with widening appeal. This report identifies key target segments, growth drivers and strategies for success.

Retail Forecasts H1 2012: UK Health & Beauty 2012 (Verdict) [Available onsite via electronic sources]

This report provides accurate forecasts on a quarterly basis through to Q2 2014. It analyses the UK health & beauty retail sector, examining market demand and price pressures and how economic trends will impact on retail expenditure.

Snack Foods 2012 (Key Note) [Alphabetical sequence BIPC]

Covers crisps, savoury snacks, nuts and baked snacks especially in relation to the new trends in 'healthier' products particularly reduced sodium and saturated fat foods. Includes market size, brand strategy, SWOT analysis, buying behaviour, company profiles, company financials, and forecasts.

Consumer Health in The United Kingdom 2011 (Euromonitor) [Available onsite via electronic sources]

Covers trends, economic factors, new product development and future prospects within the UK consumer health market. Gives basic stats on the key players and product categories.

Diet Foods 2011 (Key Note) [Alphabetical sequence BIPC]

Market report covering the background to diet programmes and the Glycaemic Index. Includes 'meal-replacement' and low-calorie products plus the emergence in 'healthier' versions of traditional foods. Does not include medical-related markets for slimming tablets or appetite suppressants.

The Dietary Supplements And Regulatory Market Outlook 2011 (Business Insights) [Available onsite via electronic sources]

Reports on sales, NPD, regulations and consumer attitudes to health and dietary supplements in the European and US markets. Identifies future trends and developments.

Dieting Trends 2011 (Mintel) [Alphabetical sequence BIPC]

Looks at consumers' attitudes and behaviours related to dieting primarily for weight management and mainly with the use of weight control foods. Covers market size, forecast, behaviour etc with a SWOT analysis.

Exercise and Sports Nutrition: Consumer Trends and Product Opportunities Benefiting from broadening appeal 2011 (Verdict – Consumer Packaged Goods) [Available onsite via electronic sources]

There is a widening acceptance for products boasting health, recuperative and nutritional benefits amongst regular exercise participants. This report identifies key target segments, growth drivers, and strategies for success in a growing market.

Fruit/Vegetable Juice in The United Kingdom 2011 (Euromonitor) [Available onsite via electronic sources]

Sales statistics, trends and prospects for the UK market. With an overview of key market players.

Fruit and Vegetables 2011 (Key Note) [Alphabetical sequence BIPC]

Covers the market for fresh vegetables & fruit. Excludes processed foods such as canned, frozen or dried products. Includes market information, buying behaviour, key company profiles, current and future issues and includes a global overview of the industry.

Fruit Juices and Health Drinks 2011 (Key Note) [Alphabetical sequence BIPC]

Covers fruit juice, fruit drinks and health drinks. Includes an industry background, SWOT analysis, current issues, company profiles and forecasts.

Handicapping the Superfruits Market: What's Hot, What's Not 2011 (Verdict – Consumer Packaged Goods) [Available onsite via electronic sources]

Examines the superfruits market from an American perspective, including factors driving consumer interest. Gives a ranking and review of superfruits both established and emerging.

Health Clubs and Leisure Centres 2011 (Key Note) [Alphabetical sequence BIPC]

Examines the UK market for private sector health centres and local authority (public) leisure centres. Concentrates on keep fit and sporting activities rather than weight loss and ill-health programmes.

Healthy Lifestyles 2011 (Mintel) [Alphabetical sequence BIPC]

Explores UK consumers' health habits in relation to weight, eating, drinking, smoking, exercise etc. Examines key drivers that prompt a change in lifestyle and popular sources of health advice and information.

Herbal/Traditional Products in the United Kingdom 2011 (Euromonitor) [Available onsite via electronic sources]

Brief report covering herbal and traditional health products in the UK with trends, competitors, prospects and category data.

The International Movement Of Health Trends In Food And Drink 2011 (Business Insights) [Available onsite via electronic sources]

Covers the global market, identifying trends, developments, and future predictions in several key areas such as natural products, weight management, probiotic, GMO free, energy, senior and heart health.

Kid's Snacking 2011 (Mintel) [Available onsite via electronic sources]

Examines the UK retail market for children's snacks between the ages of 5 and 15. Covers the market size, segmentation, key players, SWOT. Includes consumer attitudes and usage with future innovations and trends.

Meal Replacement in the United Kingdom 2011 (Euromonitor) [Available onsite via electronic sources]

Brief report covering trends, competitors, prospects and category data with sales figures for various products and retailers within the UK.

Personalized Nutrition and the Future of Functional Foods 2011 (Verdict – Consumer Packaged Goods) [Available onsite via electronic sources]

Looks at the subject of personalized nutrition within the context of the functional food market.

Examines consumer attitudes and insights toward customization as well as nutrigenomics. Reviews new personalized products with market forecasts.

The Slimming Market 2011 (Key Note) [Alphabetical sequence BIPC]

Covers reduced fat and reduced sugar (RFRS) foods, slimming products such as meal replacements, appetite suppressants etc, exercise & fitness, slimming clubs & magazines. Consumer dynamics, company profiles, future trends & industry predictions are also included.

Sports and Energy Drinks in the United Kingdom 2011 (Euromonitor) [Available onsite via electronic sources]

Brief report covering sports and energy drinks in the UK with trends, competitors, prospects and category data with sales figures for various products and retailers.

Sports Nutrition in The United Kingdom 2011 (Euromonitor) [Available onsite via electronic sources]

Brief report covering sales statistics, trends and prospects for the UK market. With an overview of key market players.

Targeted Botanical And Herbal Food And Drinks In Europe 2011 (Business Insights) [Available onsite via electronic sources]

Examines the emerging market of botanical and herb-based food and drinks in Europe. Covers the impact of new rules regulating a growing number of products with specific health claims. Gives info on 53 botanical and herbs eg. Acai, fennel, green tea, kelp, oregano, valerian, yucca etc.

Trends in Weight Management 2011 (Business Insights) [Available onsite via electronic sources]

Report examines consumer and industry issues related to obesity. Covers global obesity and overweight statistics, approaches to weight management, innovations in weight management, branded diet plans etc.

Vitamins & Dietary Supplements in The United Kingdom 2011 (Euromonitor) [Available onsite via electronic sources]

A brief overview of the UK market trends, headlines, competitors, prospects and product development. (Equivalent Global market report also available).

Vitamins, minerals & supplements 2011 (Key Note) [Alphabetical sequence BIPC]

Gives an overview and analysis of the market with consumer dynamics, company profiles, current and future trends. Includes an industry PEST analysis.

Weight Management in The United Kingdom 2011 (Euromonitor) [Available onsite via electronic sources]

Brief report covering sales statistics, trends and prospects for the UK market. With an overview of key market players.

The Woman's Health Market Outlook To 2016 (Business Insights) 2011 [Available onsite via electronic sources]

Report giving a global overview of the women's health market covering epidemiology, NPD, and the major market competitors.

An ounce of prevention: Preventing illness through healthy living 2010 (Mintel) [Alphabetical sequence BIPC]

Discusses the factors affecting health in the UK such as consumers' attitudes (good health = beauty), motivation, the Internet, government initiatives, information overload etc. Also covers diet, exercise, smoking & alcohol, etc.

Alternative Healthcare 2010 (Key Note) [Alphabetical sequence BIPC]

Covers alternative therapies such as acupuncture, the Alexander Technique, aromatherapy, chiropractic, physiotherapy, osteopathy, reflexology etc. Also covers the product-based segments of herbal medicine and homeopathy.

Dieting and Weight Control Foods 2010 (Mintel) [Available onsite via electronic sources]

Covers consumer's habits, trends and attitudes towards dieting and weight control foods. Includes market size and performance, major issues, SWOT analysis, key players and branding.

The Fitness and Leisure Industry 2010 (Key Note: Business Ratio report) [Alphabetical sequence BIPC]

Covers UK companies active in the fitness and leisure industry. Gives stats and financials.

Functional Foods 2010 (Key Note) [Alphabetical sequence BIPC]

Market report on Functional foods; defined as foods with particular health-promoting benefits or disease-prevention properties eg probiotic yoghurts, cholesterol-lowering margarines, fortified cereals and breads, etc.

Future Directions For Functional Foods 2010 (Leatherhead Food Research) [(B) MKT 338.476132 BUS]

Assessment of current and future global market trends, key sectors, latest product launches, industry views of future prospects and forecasts.

The Future of Premium, Ethical and Healthy Snacks 2010 (Business Insights) [Available onsite via electronic sources]

Covers global market drivers, growth opportunities, innovation and NPD, key trends and gives product examples.

The Future Of Targeted Functional And Wellbeing Foods And Drinks 2010 (Business Insights) [Available onsite via electronic sources]

Report covering trends, developments and future prospects in the functional food/nutraceutical market. Highlights products related to bone/joint, brain/mental, digestive, heart, skin health etc.

The Future Of The Weight Management Market 2010 (Leatherhead Food Research) [(B) MKT 338.476132 BUS]

Assessment of current and future global market trends, latest product launches, potential ingredients and their properties plus future prospects and forecasts.

Future Trends And Growth Opportunities In Vitamins And Minerals 2010 (Business Insights) [Available onsite via electronic sources]

Covers consumer demographics, buying behaviour and market drivers, regulations, market analysis, applications within food and drink, future trends and strategies.

Growth Opportunities In Sustainable And Positive Health Food And Drinks 2010 (Business Insights) [Available onsite via electronic sources]

Gives a market overview of products that can provide functional solutions to health needs. Covers consumer, company and regulatory dynamics and includes new innovations and future prospects.

Innovations in Fruit and Vegetable Juices 2010 (Business Insights) [Available onsite via electronic sources]

Covers market drivers, trends and issues, highlighting growth opportunities, NPD with product examples.

Innovations In Mood And Mind Health Food And Drinks 2010 (Business Insights) [Available onsite via electronic sources]

Covers drivers, NPD and global trends within this emerging market for nutritional products to boost mental health, improve cognitive function and elevate mood.

Key Trends And Innovations In Nutraceutical Soft Drinks 2010 (Business Insights) [Available onsite via electronic sources]

Gives market and innovation overviews including performance and functional drink trends. Also covers beauty and weight management in relation to Nutraceutical soft drinks.

Next Generation Energy Food And Drinks 2010 (Business Insights) [Available onsite via electronic sources]

Assesses the global market for energy food and drinks covering consumer demographics, NPD, regulations and marketing plus success strategies.

NPD in Kids' Nutrition May 2010 (Business Insights) [Available onsite via electronic sources]

Covers New Product Developments regarding consumer behaviour & demographics, regulatory & advertising restrictions, market size & growth, plus product trends and opportunities within the food and beverage market.

Nutrition Research Alerts 2010 (Frost & Sullivan) [Available onsite via electronic sources]

Frequent detailed updates on specific Nutraceuticals, health supplements, nutritional changes etc.

Organic Food and Drink 2010 (Key Note) [Alphabetical sequence BIPC]

Follows the effects of various issues on the market for organic food and drink. Covers market size, consumer dynamics, company profiles, PEST analysis etc. Includes market forecasts.

Probiotics Success Strategies in Food and Drinks 2010 (Business Insights) [Available onsite via electronic sources]

Report covering health benefits, regulations, global market trends, factors and analysis, product analysis, for the global probiotic market.

Antioxidants 2009 (Leatherhead Food Research) [(B) MKT 338.476618 BUS]

Covers the market size, trends, drivers and future prospects for the global market. Reports on attributes for health and in food preservation with a section on foods and products rich in antioxidants.

The Evolution of Organic Food and Drinks 2009 (Business Insights) [Available onsite via electronic sources]

Gives a global market assessment of the organic food and drinks market. Covers new product development, trends and growth opportunities and gives a future outlook.

The Market For Anti-Aging Foods 2009 (Leatherhead Food Research) [(B) MKT 338.476132 BUS]

International assessment of the market covering latest developments, future prospects, market sizes and trends, product launches, international regulations, medical evidence and scientific developments.

NPD in Preventive Health Aug 2009 (Business Insights) [Available onsite via electronic sources]

Covers trends and factors that have affected New Product Development in overall health products and also site specific products for bones, cardiac, digestive systems etc. Gives a brief overview of key players and future prospects.

Obesity : Special Report 2009 (Mintel) [Alphabetical sequence BIPC]

Examines key market issues, future developments & solutions, health issues, social & economic changes etc.

Switching To Natural Food And Drinks Ingredients 2009 (Business Insights) [Available onsite via electronic sources]

Covers global trends, innovation and NPD in the market for natural food and drinks ingredients. Includes future developments and prospective key ingredients.

Taking care of yourself - Winter edition [special Report] Feb 2009 (Mintel) [Alphabetical sequence BIPC]

1 of 2. Tracking study following a group of respondents who wished to change an aspect of their health. Provides a background and introduction to the full report published in August.

Taking care of yourself - Summer edition [Special report] Aug 2009 (Mintel) [Alphabetical sequence BIPC]

2 of 2. Follow-up to the Winter edition. Analysis of motivation, attitudes, encouragement plus preferred exercise regimes, eating habits and sources of temptation. Why did some succeed and others fail?

Vegetarian Foods 2009 (Key Note) [Alphabetical sequence BIPC]

Covers recent trends and factors affecting the vegetarian market including health, advertising, key company profiles, current and future issues.

Healthy Eating 2008 (Key Note) [Alphabetical sequence BIPC]

Looks at overall developments in healthy eating. Concentrates on consumer attitudes and gives detailed views on the three product sectors: Organic food, functional food, low fat / reduced sugar foods.

Small Business Help / Business Start-Up Information

COBRA: Complete Reference Advisor

Fact sheets for small businesses in PDF format – available onsite via electronic resources

Business Opportunity Profiles: Practical fact sheets detailing how to start and run particular businesses. Includes information on necessary skills, qualifications, market & trading issues, legislation and lists other sources of information and advice.

Dietitian	2012	BOP555
Gym	2011	BOP004
Health Food and Supplements Retailer	2011	BOP011
Herbalist	2011	BOP335
Homeopath	2011	BOP150
Massage Therapist	2011	BOP443
Nutritional Therapist	2011	BOP395
Occupational Therapist	2011	BOP549
Personal Fitness Trainer	2011	BOP379
Physiotherapist	2011	BOP161
Reflexologist	2011	BOP349
Slimming and Diet Coach	2009	BOP341
Sports Coach	2011	BOP453
Sports Club	2011	BOP499
Yoga and Pilates Instructor	2012	BOP356

Business Information Fact sheets:

A Compliance Guide for Complementary & Alternative Therapy Businesses

2011 BIF444

UK Market Synopsis:

Organic Produce	2010	SYN077
Complementary Therapy	2008	SYN044

Small Business Help Section

Open access books in the Business & Intellectual Property Centre

How To Be A Successful Life Coach by Shelagh Young (How To Books, 2009) [(B) SBH 158.3068 BUS] A guide to setting up a profitable coaching business.

How To Be A Successful Therapist by Celia Johnson (Gold Bridge Publications, 2009) [(B) SBH 615.5068 BUS] A guide to starting and running your own complementary therapy business.

Marketing Tips For Complementary Therapists by Steven A. Harold (How To Books, 2005) [(B) SBH 615.50688 BUS / YK.2007.a.3660] 101 practical methods to attract and retain clients.

Money Matters For Therapists by Robert Tyler (Worth Publishing, 2003) [(B) SBH 616.891400681 BUS/YK.2006.a.3060] Financial guide for self-employed therapists and counsellors.

Salon Management by Martin Green (Thomson Learning, 2001) [(B) SBH 646.72068 BUS] Information on setting up and running a salon – includes business plans, legal issues, marketing, etc.

Setting Up And Running A Complementary Health Practice by Patricia Bishop (How To Books, 2004) [(B) SBH 615.5068 BUS] Information on setting up and running a complementary health practice.

Succeeding In Business by Pip Hardy and Tony Sumner (Holistic Therapy Books, 2004) [(B) SBH 650.1 BUS] Starting and running a practice for professionals in therapy and healthcare.

The Life Coaching Handbook by Curly Martin (Crown House Publishing Ltd, 2005) [(B) SBH 158.9 BUS] Information on becoming a Life-Coach with guidance on creating and sustaining a successful coaching practice.

The Spa Book by Jane Crebbin-Bailey, Dr John Harcup and John Harrington (Thomson Learning, 2005) [(B) SBH 646.704 BUS / YK.2007.b.313] Comprehensive look at the industry including chapters on history, health and safety, spa therapies etc.

Trade Magazines and Newsletters

Beverage innovation (Zenith International Ltd) [(P) 338.47663605 -E(1) BUS]

Company & product news: regional news & profiles, new products & brands. Includes: fruit juices, organics, energy & sports drinks, ice tea, packaging, bottling, ingredients, sweeteners, machinery & equipment.

CAM : the magazine for practitioners of complementary medicine (Target Publishing Ltd) [(P) GQ 00 -E(13) Science 2]

Covers: news of the alternative health & medicines business, herbal remedies, natural & holistic therapies, detox, nutrition, functional foods, naturopathy, exercise, psychotherapy, vitamins, clinics. Includes product & service directory. Website: www.cam-mag.com

Club Mirror (Quantum Business Media) [P.805/501 Humanities – Catalogue Request]

For owners & managers of social clubs, nightclubs, sports, snooker, health & fitness clubs, comedy & entertainment venues. Includes news & features, new products, the law, gaming machines, furniture & design, large screen television, product & service directory.

Guild news (Guild Press Ltd) [(P) 646.72068 -E(1) BUS]

Monthly journal aimed at the beauty, nail and spa markets with news, latest developments and case studies. Reviews and comparisons of latest products plus salon management techniques etc.

Health Club Management (Leisure Media Company Ltd, monthly) [ZK.9.b.8887 Humanities – Catalogue Request]

News, features, analysis & new products. Includes: health clubs, gyms, fitness equipment, spas, health farms, company & club chain profiles, beauty salons & treatments, property, management, marketing, training.

Health & Fitness (Hubert Burda Media UK) [ZK.9.b.7309 Humanities – Catalogue Request]

Covers the women's health and fitness industry with the latest nutritional and exercise developments. Includes workout routines for weight loss and toning and spotlights different specialist areas each month. Also reviews recent health and fitness (and some beauty) products.

<http://www.healthandfitnessonline.co.uk/>

Leisure Management (Leisure Media Company Ltd.) [P.525/452 Humanities – Catalogue Request]

News for managers of visitor attractions, theme parks, sports & leisure centres, nightclubs, hotels, stadia, venues etc. Includes: property, interior design, new developments, fitness & play equipment, travel etc. Website: www.leisuremanagement.co.uk

Men's fitness (Dennis Publishing Ltd) [ZK.9.b.15757 Humanities – Catalogue Request]

Latest developments in exercise, nutrition and products to help build muscle, lose fat and improve performance. Includes many articles concentrating on specific muscle groups and exercises and covers nutrition for growth, recuperation and repair. Workout routines are included.

www.mensfitness.co.uk

Men's Health (NatMag-Rodale Ltd) [ZK.9.b.18555 Humanities – Catalogue Request]

Latest scientific, nutritional and exercise developments to build muscle and increase health. Includes workout routines for specific muscle groups plus articles on recuperative factors. Includes some 'men's lifestyle' articles covering style, fashion, technology etc.

<http://www.menshealth.co.uk/>

Nutraceuticals International (Marketletter (Publ.) Ltd) [(P) HN 65 -E(2) Science 2]

Global product & company news on nutraceuticals, nutritional supplements, dietary aids, functional foods, research, regulations, herbal remedies, complementary medicine, vitamins, minerals etc.

Recreation: The Journal Of The Institute Of Sport & Recreation Management (Melton Mowbray) [(P) WJ 63 -E(3) Social Sciences]

Suppliers and equipment for health clubs, playgrounds, swimming pools, hydrotherapy

SGB (Datateam Publishing Ltd) [(P) 338.47796094105 -E(2) BUS]

Sporting Goods Business – Covers sports equipment & clothing, fitness equipment, sponsorship, sports footwear etc.

Time Out London. Health & Fitness (Time Out) [ZK.9.a.9942 Humanities - Catalogue Request]

Covers spas, gyms, specialist exercise classes, sports, clubs and contacts within London. Includes exercise trends, workout tips and city retreats.

<http://www.timeout.com/london/sport/>

Women's fitness (Vitality Publishing Ltd) [ZK.9.b.19918 Humanities]

Covers general health with specific exercises and routines to improve health, burn fat and improve performance with case studies. Includes articles on nutrition and beauty.

www.womensfitness.co.uk

Internet Sources

The UK's various sports development agencies promote the benefits of sport and deliver the Government's sporting objectives, as well as providing links to the National Governing Body (NGB) of each sport.

Sport England www.sportengland.org

Sport Scotland www.sportscotland.org.uk

The Sports Council for Wales www.sportwales.org.uk/

The Sports Council for Northern Ireland www.sportni.net/

Fitness Industry Association

Trade association for the health and fitness industry. It promotes a code of practice for the industry.
www.fia.org.uk

The Register of Exercise Professionals

A professional register of exercise and fitness trainers, coaches and instructors.
www.exerciseregister.org

The National Register of Personal Trainers

An online directory of qualified personal trainers.
www.nrpt.co.uk

The Department of Health (DH)

Provides the latest Government information on health and fitness, and aims to improve the overall wellbeing of the British public.
www.dh.gov.uk

The Food Standards Agency (FSA) is an independent food safety watchdog set up to protect the public's health and consumer interests in relation to food.

www.food.gov.uk

www.food.gov.uk/scotland

www.food.gov.uk/wales

www.food.gov.uk/northernireland

The British Association of Sport and Exercise Sciences

Professional association for people interested in exercise and sports science, such as biomechanics, physiology and psychology.
www.bases.org.uk/

The Institute of Sport and Recreation Management

The professional body for sport and recreation management.
www.isrm.co.uk

Sports Coach UK

Guides and implements a coaching strategy for the UK, and offers information about National Governing Bodies and the National Coaching Certificate.
www.sportscoachuk.org

The Federation of Sports and Play Associations

The national trade body representing the UK's sporting goods and play industries.
<http://www.sportsandplay.com/>

The British Dietetic Association (BDA)

Professional association for dietitians. It provides training and a range of publications.
www.bda.uk.com

The British Nutrition Foundation (BNF)

Provides information on healthy eating for schools and the general public.

www.nutrition.org.uk

The Nutritional Therapy Council (NTC)

Self-regulatory body and publishes a national register of nutritional therapists. It aims to promote and raise professional standards in nutritional therapy.

<http://www.nutritionaltherapycouncil.org.uk/>

Nutri People

Database of qualified nutritional health practitioners, dieticians, nutritionists and nutritional therapists.

www.nutripeople.co.uk

The Research Council for Complementary Medicine

Studies evidence for the efficacy of complementary therapies, and provides information and guidance for practitioners and patients.

www.rccm.org.uk

The British Complementary Medicine Association

Founded to support and protect both therapists and clients.

www.bcma.co.uk

The Institute of Complementary Medicine

Administers the British Register of Complementary Practitioners, and provides the public with information on complementary medicine.

www.i-c-m.org.uk

The Federation of Holistic Therapists

A guide to available treatments, links to reputable practitioners and a number of articles on complementary therapy and its benefits.

www.fht.org.uk

The Association of Physical and Natural Therapists

Represents trained, professional therapists in disciplines including massage, reflexology and acupuncture.

www.apnt.org

The Homeopathic Medical Association

Represents qualified professional homeopaths and promotes homeopathy and homeopathic education.

www.the-hma.org

The International Register of Consultant Herbalists and Homoeopaths

Exists to promote skilled, ethical and professional care among herbal practitioners.

www.irch.org

The Register of Chinese Herbal Medicine

A directory of registered Chinese Medicine practitioners.

www.rchm.co.uk

The General Council for Massage Therapy

Aims to regulate standards of training and professional practice for massage therapists.

www.gcmt.org.uk/

International Therapy Examination Council

The International Therapy Examination Council (ITEC) is an awarding body offering vocational related qualifications in beauty, complementary and sports therapies.

www.itecworld.co.uk

Note: Every effort has been taken to ensure the accuracy of the information contained in this document, however some recently acquired items may since have been added to the collection. Please ask for help at the enquiry desk or check the catalogue for more details.



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