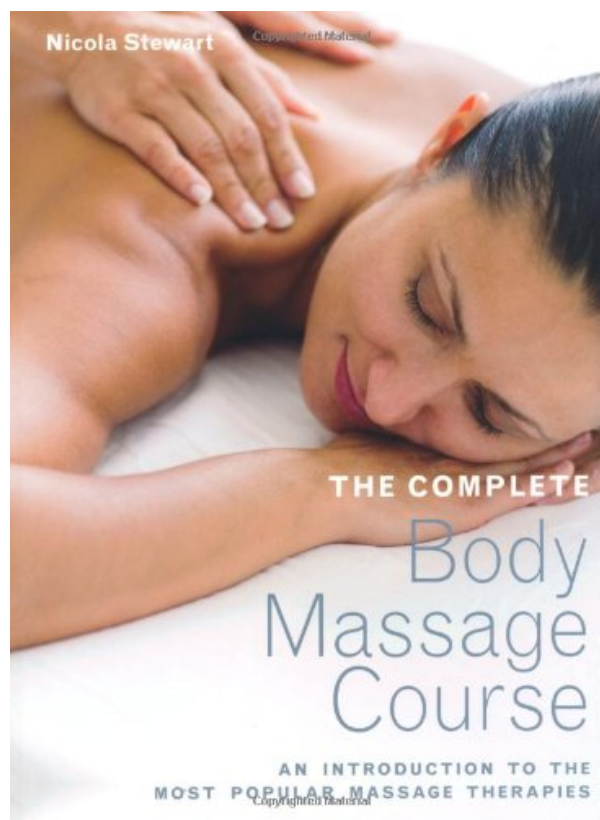
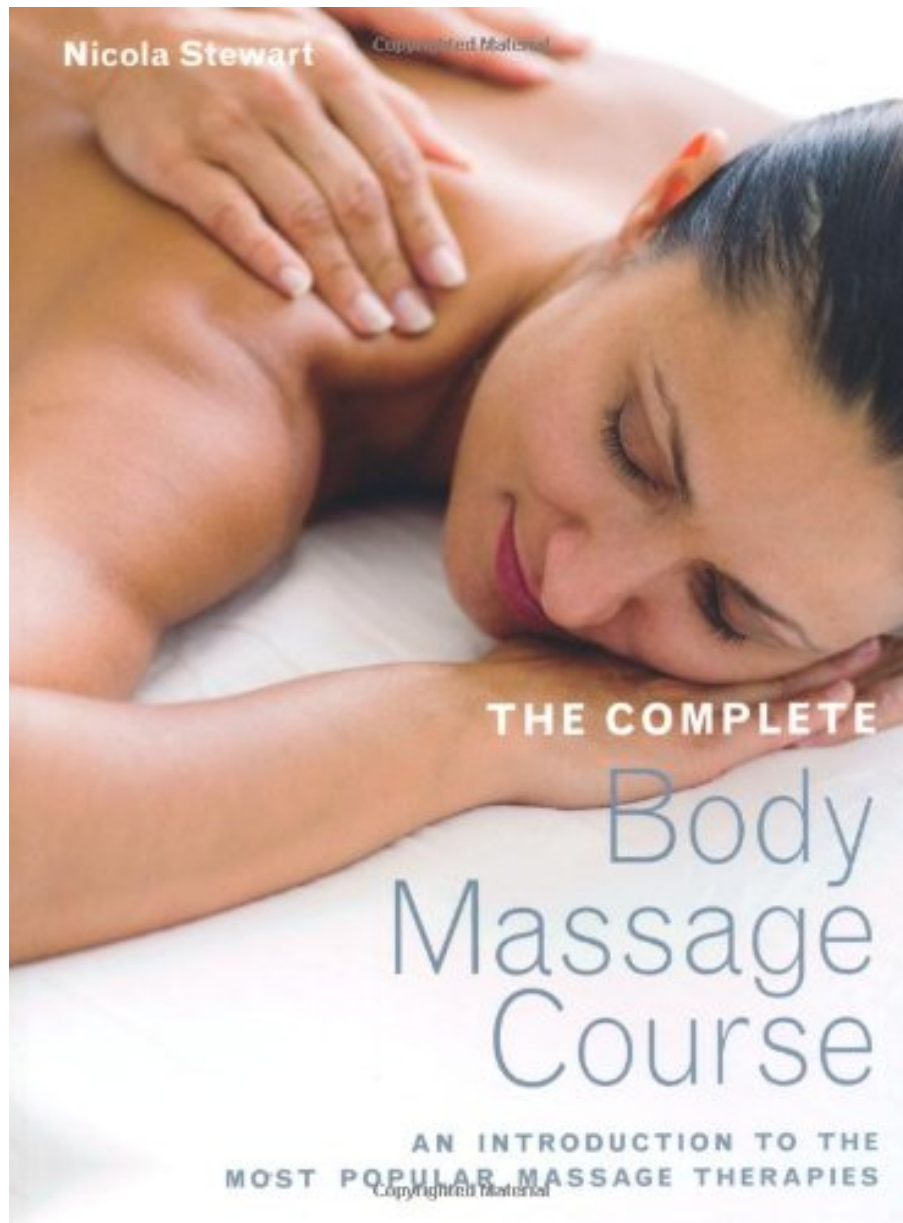


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Nicola Stewart trained at the London School of Sports Massage. She worked at the Alternative Centre in London for three years and has been running her own massage business for 12 years. She organises on-site massages in companies across the UK. She has written for a variety of health magazines including the *Journal of Alternative and Complementary Medicine*.

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