



Companies House
— for the record —

AR01 (ef)

Annual Return



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Company Name: **INTEGRATIVE HEALTH CONSULTING LTD**

Company Number: **04732296**

Date of this return: **13/04/2011**

SIC codes: **8512**

Company Type: **Private company limited by shares**

Situation of Registered Office: **SOUTHGATE HOUSE 59 MAGDALEN STREET
EXETER
DEVON
UNITED KINGDOM
EX2 4HY**

Officers of the company

Company Secretary 1

Type: **Person**
Full forename(s): **MRS SHARON**

Surname: **BROWN**

Former names:

Service Address: **NUTRITION HOUSE MILBER TRADING ESTATE
NEWTON ABBOT
DEVON
UNITED KINGDOM
TQ12 4SG**

Company Director **1**

Type: **Person**

Full forename(s): **MRS LEONIE**

Surname: **ASH**

Former names:

Service Address: **NUTRITION HOUSE MILBER TRADING ESTATE
NEWTON ABBOT
DEVON
UNITED KINGDOM
TQ12 4SG**

Country/State Usually Resident: **UNITED KINGDOM**

Date of Birth: **15/06/1962**

Nationality: **BRITISH**

Occupation: **NUTRIONIST**

Company Director 2

Type: **Person**
Full forename(s): **MR MICHAEL**

Surname: **ASH**

Former names:

Service Address: **NUTRITION HOUSE MILBER TRADING ESTATE
NEWTON ABBOT
DEVON
UNITED KINGDOM
TQ12 4SG**

Country/State Usually Resident: **UNITED KINGDOM**

Date of Birth: **05/03/1961** *Nationality:* **BRITISH**
Occupation: **OSTEOPATH**

Statement of Capital (Share Capital)

Class of shares	ORDINARY	<i>Number allotted</i>	100
		<i>Aggregate nominal value</i>	100
<i>Currency</i>	GBP	<i>Amount paid per share</i>	0
		<i>Amount unpaid per share</i>	0

Prescribed particulars

ORDINARY SHARES WITH FULL VOTING RIGHTS AND FULL PARTICIPATION IN INCOME AND CAPITAL DISTRIBUTION.

Statement of Capital (Totals)

<i>Currency</i>	GBP	<i>Total number of shares</i>	100
		<i>Total aggregate nominal value</i>	100

Full Details of Shareholders

The details below relate to individuals / corporate bodies that were shareholders as at 13/04/2011 or that had ceased to be shareholders since the made up date of the previous Annual Return

A full list of shareholders for a private or non-traded public company are shown below

Shareholding 1 : 50 ORDINARY shares held as at 2011-04-13
Name: MICHAEL ASH

Shareholding 2 : 50 ORDINARY shares held as at 2011-04-13
Name: LEONIE ASH

Authorisation

Authenticated

This form was authorised by one of the following:

Director, Secretary, Person Authorised, Charity Commission Receiver and Manager, CIC Manager, Judicial Factor.