



NEWSLETTER

Issue 16

Autumn 2007

COURSES & EVENTS

Health Kinesiology Workshop

with Deborah Moss

Sat. Nov. 10th 2007 10-4pm £40

Following her successful evening talk I am pleased to invite Debbie to share more Health Kinesiology techniques. Fascinating & useful for all & a valuable extra tool for therapists. "Ask the body what it needs to be healthy".

Fun Food for Females

with Sylvie Jackson

Wed. 14th November 7-9pm £5

Eating well to improve female health doesn't have to be boring! Sylvie is an experienced clinical nutritionist & will bring samples!

"Just This Day"

Stillness, meditation & reflection, plus a little Xmas shopping!

Wed Nov. 28th 10-4pm £10 half day; £20 full day with lunch.

REIKI Training

* REIKI 1: Sat Nov. 24th 10-5pm

Make one of the most positive healing changes you will ever make in your life!

* REIKI 11: Mon Nov 5th 11.00 – 2pm & Wed Nov 21st 10-1pm

Reiki level 11 is for those who have completed level 1 & feel ready for the next exciting steps.

* REIKI 111 part (a) Fri & Sat. Nov 16th & 17th 10.30-4pm.

Advanced Reiki skills using the Usui & Tibetan Master symbols, Master meditation & manifestation grid with crystals. £150

All full day courses include a vegetarian lunch, refreshments & manual or handouts. If you prefer to bring your own food please let me know.

Full payment is required on booking for all courses as places are limited. Full refunds will be given for cancellations at least 1 week before course date. Refunds may be given if less than 7 days notice if your place can be filled.

BEAT THE BUGS!

It's that time of year again, when the cold / influenza bugs are doing the rounds, but also the newspapers are full of scare stories about hospital superbugs like MRSA (methicillin-resistant staphylococcus aureus) & C. diff (clostridium difficile). Those considered to be most vulnerable to infections— i.e. babies, the elderly, those with asthma for example – are urged to have 'flu / pneumonia vaccinations which can sometimes cause unpleasant symptoms.

So what can you do to protect yourself and beat the bugs?

Nature has many answers to many health problems including those caused by bacteria & viruses, but the most important way to protect against developing infections is to **look after yourself**. This doesn't just mean taking vitamins or going to the gym regularly, although these will help; it means looking after your emotional health too. When we get stressed or feel dissatisfied with our lot this has a direct, adverse effect on our immune system which makes us more vulnerable to disease causing organisms; when we feel happy & balanced we are far less likely to catch bugs. **Stress affects children too** – starting a new school or new class can be traumatic & could be one of the reasons why so many go down with colds etc. at this time of year.

Be prepared

Look for the positive messages in media coverage – or stop reading the papers & listening to the news! Seriously though – sensational headlines sell papers but good journalists give positive / balanced information too so choose the better sources. If you feel anxious about a particular bug or ailment, ask a health therapist what you can do to prevent / treat this, or research it yourself. Fear creates negative energetic changes in the body which leaves us more susceptible to catching bugs so it's important to be informed & prepared in safe ways to deal with them if they do strike.

Take your constitutional remedy

If you know which homeopathic (or other) remedy usually gives your immune system a boost take it now! If you are not sure ask your homeopath! Overleaf are some alternative suggestions for taking charge of your health this Autumn.

*Reiki Training

Reiki is the Japanese art of gentle yet powerful healing which can be channelled for the benefit of all living things, including plants. **Level 1** gives you powerful tools for self-healing & is £80. **Level 11** is 2 day course that allows you to treat others & use distant healing; course fee £125. Master **level 111** is divided into part (a) & (b): each part is 2 days plus 3 supervision sessions at £5 per session & is £150 for each part or £225 if both are booked together.

Health Tips

When the kids go back to school & the weather begins to get cooler / damper there are always the usual coughs, colds & headlice! Here are some tips to help!

If you are prone to asthma, bronchitis or chesty colds, now is the best time to start preventative treatment. Which helps with general wellbeing too!

Homeopathy

Your *constitutional* (whole person) remedy is always the best immune system support to prevent illness. If you are not sure please see your homeopath! In acute symptoms try one of the **First Aid Remedy Kits** with "6 of the best" remedies for coughs, colds & 'flu £10.

Nutritional Supplements

Although foods are the best way to enjoy **vitamins & minerals**, the modern diet generally does not provide adequate amounts to maintain good health.

A good quality multi-vitamin & mineral supplement may be recommended for all ages at this time of year.

Vitamins can relieve symptoms in many conditions, e.g. **zinc & vitamin C** for sore throats; **glucosamine** to reduce stiffness, pain & inflammation in joints which can be worse in cold damp weather.

Herbal remedies

Herbs can support the body during seasonal & life changes, for example:

Echinacea reduces susceptibility to colds & 'flu & helps to fight recurrent thrush, respiratory, middle ear & urinary infections.

Ginko biloba may improve circulation which can be worse during cold weather.

Get ahead with Delacet!

An excellent herbal shampoo for headlice. Also use tea tree shampoo to prevent recurrence.

All these products are available from the practice shop.

Natural treatment for bugs

Although antibiotics can still save lives, their over-use has led to bacterial mutation which has resulted in so-called "super bugs" such as MRSA & C. diff. The message is clear – we have to stop taking antibiotics for everything, especially viral infections for which they are ineffective. Essential oils, herbs & homeopathic remedies work very well & sometimes better!

Essential oils in the form of a vapour wiped out 90% of bugs such as staph. aureus, streptococcus & proteus within 3 hours in one French study, the most potent oils being clove, lavender, lemon, marjoram, mint, niaouli, pine, rosemary & thyme. Cinnamon has been shown to have anti-bacterial & anti-fungal properties & other essential oils with significant anti-microbial effects include anise, eucalyptus, juniper, oregano, sage & tea tree.

For massage: (on healthy skin) 5-10 drops of essential oil to 50mls of carrier oil eg. almond oil.

In the bath: 5-8 drops of essential oil with an emulsifier such as 20mls oilatum then added to the bath water.

As a vaporiser: 10 drops of essential oil per 20mls of water & used as a spray around the bed every 1-2 hours.

NB. Certain essential oils are not recommended during pregnancy ; check before using.

Honey has been shown to reduce redness & swelling in surgical wounds infected with staph.aureus & speeded up healing. Honey's potency was "comparable to that of local antibiotics".

Garlic is a good all purpose anti viral & antibiotic effective against a broad spectrum of bacteria including staph. aureus, salmonella, streptococcus, enterobacter, pseudomonas & klebsiella. The suggested dose is 3 raw cloves or capsules of garlic per day at the onset of infection.

Homeopathic remedies such as arsenicum, calendula, gelsemium, hepar sulph, homeopathic MRSA, pyrogen & thuja are amongst those that may help during infections. Your homeopath will choose a remedy for you individually.

References: WDDTY vol. 16 no. 2 Special Report.

XMAS GIFTS

Practice Shop



The practice shop stocks healthy food, vitamin & mineral supplements & natural household / body care products. All are sold at considerably less than the recommended retail price. If you have been watching the recent channel 4 programmes on "How Toxic is Your Life / Kids?" you will recognise recommended alternative brands to chemical cocktails in your home.

Recent additions to the shop include Aloe vera & jojoba lip balm at £2.45; Green people organic cleanser £10 & essential oil sprays– from £5.50

NEW Petrochemical/ paraben/ synthetic-free Natracare baby packs, earth friendly kids packs & gifts for guys & girls!



NEW BOOKS

Loans from the practice library are for up to 3 months. A small range of cassette & video/DVD's are also available. Donations of up to £1 are welcome as this helps to purchase new titles.

New books include:

"Reiki for Common Ailments" by Mari Hall

This is an excellent text for anyone using Reiki healing either for themselves or others. The author gives lots of easy to understand & practical information about the anatomy, physiology & treatment of many health problems such as arthritis, depression & 'flu.

Mari Hall also gives examples of common homeopathic remedies, dietary changes & affirmations that will support Reiki healing.

"The Healing Handbook" by Tara Ward

A spiritual guide to healing yourself & others. This has to be one of the best books I have read on healing. It is packed with valuable information & practical suggestions for healing that is clear, thorough & excellent value for money. (Also available to buy from the practice shop at £5).

Beginning with the essential nature of energetic healing, auras, chakras & relaxation, it goes on to discuss deeper healing on a physical & spiritual level, encompassing colour / sound healing, crystals, dowsing, massage & spiritual healing. Suitable for all & especially recommended for therapists.