

# NEWSLETTER

Issue 9

Winter 2005/6

- ♣ S.A.D.
- ♣ Xmas tips
- ♣ \*What's new in 2006\*

## COURSES & WORKSHOPS

### Chakra Meditation Day

Sat. Jan 28th 10am-3pm

A colourful, exciting and practical exploration of the 7 in-body energy centres. Learn how to detect & correct chakra "blocks" & create positivity in your life!

£35 includes vegetarian lunch & "chakra folder." Suitable for anyone over 12. Previous experience not essential.

### Introduction to Vortex Healing

With Lisa Walmsley-Pitts

Wed. Feb. 15th 7-9pm

Vortex healing is a divine, energetic therapy which can stimulate profound changes in physical & emotional health. See it demonstrated using a musical instrument (*please bring an instrument if you wish*) or the quality/ tone of your own voice!

### Why Go Organic?

Wed. March 8th 7-9pm With Pauline Hart – The nutritional benefits of organic food, with samples! Pauline has recently started a delivery service of fresh organic seasonal fruits & vegetables, (plus many more organic products) in this area. Taste the difference!

*Courses are £5 (unless stated otherwise) payable in advance. To book, please contact Maggie. Booking is essential for all courses as places are limited.*

## Seasonal Affective Disorder (SAD)

As the snow is just beginning to melt outside, I feel a mixture of disappointment and relief. The beautiful crisp Winter scenery hails the Christmas season and I wonder if we will see a repeat of our family snowball "fight" as on Christmas day last year!

Snow and ice can make life difficult on the roads and footpaths but it does force us to slow down, prioritise only essential travel / tasks and take more care of ourselves. It feels good to close the curtains and turn on the fire, looking forward to eating a hot, nourishing meal with the family. But not everyone is this fortunate.



***Spare a thought for all those who suffer from loss, tragedy or illness at this time - in the true spirit of Christmas. Acknowledge all the opportunities for happiness in our own lives.***

For some people the winter months cause the real and potentially serious problem of **Seasonal affective disorder (SAD)**. S.A.D. is thought to affect over 2 million people in Britain and is now recognised as a genuine illness by doctors and psychiatrists. It usually starts between the age of 18 and 30 but can occur in children and affects 4 times more women than men. Typical symptoms which may begin from September through to April are:

- ♣ Feelings of gloom and despondency for no apparent reason
- ♣ Lethargy
- ♣ Anxiety and inability to cope
- ♣ Irritability with others, not wanting to see people
- ♣ Sleep problems at night with sleepiness during the daytime
- ♣ Loss of libido and no interest in physical contact
- ♣ Craving for sweets and carbohydrates, weight gain.

A diagnosis of S.A.D. is usually made when this pattern of symptoms is noticed over a period of 2-3 consecutive years.

S.A.D. has a lot in common with the hibernation cycle in animals and research has shown this is triggered by the response to decreasing light levels. Shorter days and less intense light increases the desire to hibernate by triggering hormonal changes in the body. The problem stems from the pineal gland in the brain which acts as a built-in clock. This produces an increased level of *melatonin* - the hormone which causes us to become sleepy at night – and a reduction of *serotonin* – the "happy hormone", resulting in lethargy and depression.

**But don't despair – help is at hand! (See overleaf).**

## Tips for Xmas

Whether you celebrate Christmas or not, these tips can help at any feast or celebration!

Don't let over-indulgence spoil your winter break!

### Arsenicum album

For stomach upsets caused by food poisoning, bugs or iced food / drinks. There can be a burning feeling in the stomach, with weakness & thirst for sips of water.

### Carbo veg

An excellent remedy for wind & upsets caused by bad fish or too many sprouts!

### Colocynthus

When stomach cramp & spasm causes doubling up (which helps); also better when warmth applied to stomach.

### Ipecac

Good for nausea & sickness with coughs & colds or gastric 'flu

### Nux vomica

The hangover remedy! Headache, acidity, constipation etc. caused by alcohol, rich food, overwork & fast living! Feel impatient, irritable & aggravated by noise.

### Pulsatilla

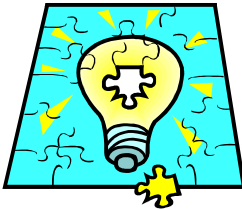
For heartburn, indigestion, sickness/diarrhoea after too much party food especially fats cream, cheese & pastries.

Give 1 tablet (or a few granules) of a 6c or 30c every 2 hours for 6 doses, then reduce to 2-3 times a day until better.

## Beating the blues

You don't have to suffer the symptoms of S.A.D! There are many ways to alleviate symptoms so that you can enjoy the Christmas season too! **Homeopathic remedies** such as natrum muriaticum, aurum muriaticum, carnosin, phosphorous, pineal, stramonium, syphyllinum and sol could help; although it is recommended that you see your homeopath to decide which remedy would best suit your individual "picture" of symptoms.

**Daylight / full spectrum lighting** may help and include a



variety of products such as light bulbs, tubes, lamps and light boxes. (7 Year bulbs now available from the practice shop at £11.95) Studies have shown that light therapy can help conditions such as S.A.D., insomnia, ME, MS, PMS and even children with learning difficulties.

Contact: S.A.D. Lightbox Co Ltd: 01494484852/1

www.sad.uk.com email: enquiries@sad.uk.com

The S.A.D. Association. PO Box 989, Steyning, West Sussex, BN44 3HG

**Get as much daylight as you can:** try to spend some time outdoors every day, exercise as well as any daylight will help.

Leave curtains and blinds open and sit near to a window or have breaks outside if at work. Use bright lighting on dull days and get rid of fluorescent lighting if possible (especially in offices)

**St. John's Wort** is a herbal remedy that has been proven effective in mild to moderate depression and has none of the side effects of conventional antidepressants. (Available from practice shop at £13.95). **Counselling & psychotherapy may also help.**

### \*Xmas Shopping Ideas\*

If you are looking for different Xmas presents or treats, here are a few suggestions now available in the practice shop.

### Homeopathic Remedy Kits

Natural help for first aid ailments, Children's Remedies, Travel Kits, Pregnancy & Childbirth and Cough, colds & 'Flu packs. (From £10.)

### Blueberry Sparkle 75cl £2

A healthy, blend of organic apple & blueberry juice: a sparkling non-alcoholic treat!

### Organic forest fruits £1.40

Blackberries, cherries, raspberries & strawberries in a light juice. A healthy, light alternative to Xmas pud; try it with cream &/or brandy butter!



### \*NEW BOOKS\*

Reading is a great hobby! It's relaxing, informative and can provide practical & spiritual guidance in all types of physical & emotional health including SAD. Books can support healing alongside therapies such as homeopathy & reiki.

Loans from the practice library are for up to 3 months although you may be asked to return popular titles earlier. A small range of cassette & video/DVD's are also available. Donations are welcome as this helps to purchase new titles. Recent additions are **"The Architecture of all Abundance"**, Lenedra Carroll: Creating health & wealth ethically.

**"The Anxiety Toolbox,"** Gloria Thomas. Practical help for panic attacks & anxiety. (CD and book)

**"The Heart of the Soul,"** Gary Zurkov. Emotional awareness is the key to all healing. *"The longest journey that you will make in your life is from your head to your heart"*.

**"Breathing the Spirit"** Rudolf Steiner. Meditations for times of day & days of the year.

## CONTACTING YOUR HOMEOPATH

All 'phone-ins are on the practice number: 01782 620514

### Phone-in times.

Mon & Fri. 9 - 10 a.m.

Tues & Thurs: 12.30-1p.m. & 6- 6.30 p.m.

Mobile no. 07768993093

### Email:

m.bevington@btinternet.com  
May Bank Homeopathic Practice,  
26, Basford Park Road,  
May Bank, Newcastle, Staffs. ST5 0PS

\* Please note new fees from 2006\*

### Homeopathic Consultations

Adult: 1st appointment £49 (includes remedies  
Follow-up appointments £30 prescribed at  
appointment)

Child (under 18's): 1st appointment £39

Follow-up appointments £25.  
Requested remedies £1.75 half / £3 full bottle.  
Acute prescription costs £6 (no charge for postage).

### Reiki Treatment Charges

£30 adults £25 child  
Family groups: £45

Website: [www.mbevington.co.uk](http://www.mbevington.co.uk)

In the Spring 2006 newsletter.....

\* Homeopathy & Healing

\* The pH Miracle

\* Mobile 'phones

The Spring Newsletter will be out in March. If you do not currently receive this by email and wish to, please email your address to Maggie.