



WELL BEING NEWSLETTER : Information and Inspiration from Patricia Spence
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Well Being: bringing you back to health

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1. Compliments of the Season to you all.

My apologies to those of you who tried to phone me the week before Xmas to 3rd January. Gremlins got into the line which was only fixed on the 3rd. I now have an additional line 01252-682058.

This year it's business as usual for me with my practice at home and at the Fountain Centre. My colleague Ann Whittle and I will be putting on at least one Parent and Baby workshop. This year is getting off to a flying start for me – a colleague and I will be giving a talk to members of the Medical Lecture Society. I will be talking about CST. I have also just become an 'agent', if that's the correct word, for Melaleuca products. Melaleuca is dedicated to producing unique products with the best that nature and science have to offer, from environmentally friendly cleaning products to supplements. The supplements have been designed to pre-bind minerals to fructose molecules to help the body better absorb them. Please give me a ring if you are in any way interested or look at their web site at melaleuca.com.

I am also looking for a creative painting course/workshop, so if anyone knows or hears of anything similar please let me know.

Well, that's my year in a nutshell so far. May 2006 be the year that your goals and dreams reach full flight!

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2. CranioSacral Therapy (CST) : Bruxism

Bruxism is grinding, gnashing or clenching your teeth during sleep or situations that make you anxious or tense. It may occur continually or sporadically. While some people brux so loudly that they disturb their sleep partners, others make no sound at all and may be completely unaware of the problem until tooth or jaw damage is discovered.

Severe bruxism may cause headaches, facial pain and uncomfortable temporomandibular joint (TMJ) disorders and could also result in the fracture of dental restorations or cause other types of tooth damage.

Signs & Symptoms

Individuals experiencing bruxism may exhibit some or all of the following symptoms:

- Severe or loud grinding of teeth
- Tips of teeth worn down, flattened or chipped
- Enamel of teeth worn off, exposing inside of tooth
- Increased tooth sensitivity
- Jaw clenching or muscle contractions
- Jaw pain or tightness in the jaw muscles
- Popping, clicking or locking of jaw joint
- Earache due to violent jaw muscle contractions rather than the ear itself
- Dull morning headache
- Chronic facial pain
- Chewed tissue on the inside of the cheek in the mouth

Therapeutic Approach

While the therapeutic approach varies depending on the cause, the goal of treatment is to prevent permanent damage to your teeth and reduce pain caused by bruxism. In addition to conventional measures CranioSacral Therapy can play an important role in a comprehensive therapeutic approach. Working on the craniosacral system can help balance asymmetries in the TMJ and associated structures, as well as decrease sympathetic nervous system tone to help decrease bruxism.

Reference: www

3. Massage : Research

Job Performance/Stress: Massaged subjects showed

- 1) decreased frontal EEG alpha and beta waves and increased delta activity consistent with enhanced alertness
- 2) math problems were completed in significantly less time with significantly fewer errors after the massage; and
- 3) anxiety, cortisol (stress hormone) and job stress levels were lower at the end of the 5 week period.

Field, T., Ironson, G., Scafidi, F., Nawrocki, T., Goncalves, A., Burman, I., Pickens, J., Fox, N., Schanberg, S., & Kuhn, C. (1996). Massage therapy reduces anxiety and enhances EEG pattern of alertness and math computations. *International Journal of Neuroscience*, 86, 197-205.

Diabetes: Following one month of parents massaging their children with diabetes, the children's glucose levels decreased to the normal range and their increased dietary compliance increased. Also the parents' and children's anxiety and depression levels decreased.

Field, T., Hernandez-Reif, M., LaGreca A., Shaw, K., Schanberg, S., & Kuhn, C. (1997). Massage therapy lowers blood glucose levels in children with Diabetes Mellitus. *Diabetes Spectrum* 10, 237- 239.

Reference: TRI newsletter

...And especially for the new year.

No one keeps his enthusiasm automatically. Enthusiasm must be nourished with new actions, new aspirations, new efforts, new vision.

-- Papyrus

4. Home Remedies

Achy muscles from a bout of the flu? Mix 1 Tablespoon of horseradish in = cup of olive oil. Let the mixture sit for 30 minutes, then apply it as a massage oil, for instant relief for aching muscles.

Balm for **broken blisters** ... to disinfect a broken blister, dab on a few drops of Listerine.

Reference: www

5. Life Coaching : New Year's resolutions

What else can I write about at this time, but New Year's resolutions. There's been much on the TV about this and Boots has been advertising an info pack on how to successfully achieve your resolutions. Here are a few ideas.

1. Write Them Down. I know for some (like me) it's boring, but I have learnt that it does in fact work. Writing down your goals gives you a higher chance of success.
2. Commit. Move beyond good ideas. Ask yourself, on a scale of 1-10 how much you want to achieve each resolution. If it's less than 10 you are unlikely to achieve it. Ask yourself what you need to do to score 10 and DO it.
3. Tell People. Let your friends in on your new commitments and goals for the year.
4. Get Accountability. Even better than just letting others in on your secret dreams and goals, get some accountability. Meet for lunch once a month with a group that will ask you, "So, how's it going with your goal?" Hire a Life Coach. Talk to your best friend. Get some support!
5. Make a Plan. Ensure success with a step-by-step plan.
6. Do a Goal Check-In. Before you decide on what you'll take on for the year, make sure you can answer, "YES!" to the following questions: "Am I the primary reason for setting this goal (rather than your partner, boss, society)? Do I feel alive and energised by this goal? Is this goal in line with my life purpose or mission?"
7. Get Real! If you're contemplating putting a goal down that you always put down and never achieve, take a second look. How will this goal end DIFFERENTLY this year? Is this goal something you need to let go of? What purpose is it serving you each year?
8. Focus With Reminders. Once you've got your goals and plan in place, think of ways to remind yourself e.g. post your goals in your bathrooms or cars, cell phones or computers. What will work for you?
9. Believe and Visualise. Visualise yourself on New Years Eve 2007 with all your goals achieved. What would that look like? How would it feel? Visualise once a day and see the difference it can make in your life.
10. You can learn from your setbacks. When setbacks happen, don't give up. Deal with them. It's not a straight line from where you are to where you want to go. But you'll get there if you keep going.

Reference: Electric Kites

6. Green Tea and Theanine

L-theanine is a unique amino acid found only in the tea plant and in certain mushroom species mushrooms. It appears to be a relaxant that increases alpha-waves producing mental and physical relaxation decreasing stress and anxiety, without inducing drowsiness.

It is safe and effective for mild to moderate stress and anxiety, to help lower LDL (bad cholesterol) and in cancer chemotherapy patients to enhance the effectiveness of their chemotherapy treatment.

Theanine (and green tea in general) also exerts potent neuroprotective effects, and as such may be of use in preventing degenerative nerve diseases such as Parkinson's disease and Alzheimer's Disease.

Comment:

L-theanine is considered to be safe based on its historical use as a component of tea and on favourable toxicology studies. Tea is the most consumed beverage worldwide after water, and has been consumed for thousands of years by billions of people. It is estimated that a heavy tea drinker (6-8 cups daily) will consume between 200 to 400 mg of L-theanine daily whereas the standard dose is between 50 and 200 mg one to three times daily. It can be used by all blood and secretor types.

Reference: www.dadamo.com

7. **Aqua Detox Therapy** - *Detox and rebalance your body's systems*

Aqua Detox aims to improve:

- arthritis, circulation, general metabolism, headaches, inflammation, liver and kidney function, menstrual pain, mercury & heavy metal detoxification, skin problems and generally balances the whole body and enhances greater clarity of thought and well being
- and
- for those unable to detoxify in the conventional way due to illness

It can also be used as part of a detox diet plan.

Aqua Detox is an electromagnetic detoxification process carried out on the feet. This is a convenient and efficient therapy to clean and purify your body. (See website for client experiences.)

Just relax and enjoy a half hour of 'time-out'.

8. **What's Happening**

- Help raise funds for The Fountain Centre. The Mini Annapurna Circuit Challenge 2006 – Wednesday 4th October – Sunday 22nd October. You will be given advice and support to help raise funds and get fit. For information ring 01483-406618/406629.
 - Sunday 29th January – Working with our Spirit Guides with Ann Whittle. Phone 01252-834784.
 - Indigo Children: If you are interested in learning more about them and how we can help them, Ann Whittle gives talks/workshops on these very issues. She will come to any group in the South of England for a nominal fee to cover expenses. Tel: 01252 834784 for more details.
 - Farnborough Medical Lecture Society : Enquiries Mrs F Milne 01252-546006
 - 2nd February – Complementary Therapies
 - 2nd March - Obstructive Sleep Apnoea

 - National Federation of Spiritual Healers. Camberley Healing Centre every Wednesday evening 7pm-9pm - Frimley Village Hall, Frimley Green. Tel: 01276-65779 for more information. No charge (donations accepted to cover hall costs).
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9. **Gift vouchers** available for any value towards any treatment or combinations of treatments – CranioSacral Therapy, Massage and/or Aqua Detox and Life Coaching.
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10. Birthday discount of £5, on all treatments, during the week of your birthday.
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11. **About this newsletter** - This is a free newsletter written and distributed by Patricia Spence at HandfulOfCherries.com. My intention is to inform, inspire and promote a holistic lifestyle. If you enjoyed this issue please forward it to someone you know who would find it interesting. If you have any difficulties with formatting or problems with your e-mail program, you can always read the newsletter on the website. I usually upload it a couple of days after sending it out.

12. **To subscribe / unsubscribe** please send an email, using the words subscribe or unsubscribe to admin@handfulofcherries.com

Your name and email address will not be given to any third party and your details will only be held on my database.

13. **Contact us**

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