



WELL BEING NEWSLETTER : Information and Inspiration from Patricia Spence
www.handfulofcherries.com : email - admin@handfulofcherries.com

Well Being: bringing you back to health

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1. Greetings

Well here we are flying towards March already. This year was slow to start for me, but once it did! It also began with interesting events – taking part of the Woman and Home therapy article and giving a talk, with 2 colleagues, to the Farnborough Medical Lecture Society. I can't wait to see what the rest of the year brings. As I write this the sun is shining and it's a beautiful day – all must surely be well with the world!

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2. **CranioSacral Therapy (CST) : Crohn's Disease**

Crohn's disease is a chronic inflammation of the small and/or large intestine. It can cause great pain and diarrhoea. While a specific cause is not known, the most popular theory is that the body's immune system reacts to a virus or a bacterium by causing ongoing inflammation in the intestine.

Signs & Symptoms

Individuals experiencing Crohn's disease may exhibit some or all of the following symptoms:

- Diarrhea
- Abdominal pain, swelling
- Fatigue
- Weight loss, malnutrition
- Fever

Therapeutic Approach

In addition to conventional measures - which may include medication and surgery - modalities such as CranioSacral Therapy can play an important role in a comprehensive therapeutic approach. Indeed, CranioSacral Therapy has been very helpful for some patients. Its emphasis on opening and relaxing the pelvic and respiratory diaphragms, as well as opening the dural tube (spinal cord and

membranes), has shown to improve pain, bloating and diarrhoea. Looking into the emotional component of a patient through techniques such as SomatoEmotional Release™ can also have a very real impact on the physical body. (In Chinese medicine, the small intestines and the heart are linked through the fire element.)

Reference: www

2a. A new neurotransmitter system is a family of 3 related peptides known as neurokinins. The best known of these is **substance P**. The others are known simply as neurokinin A and neurokinin B. The specific receptor subtypes that correspond to these 3 neurokinins are neurokinin 1 receptors for substance P, neurokinin 2 receptors for neurokinin A, and neurokinin 3 receptors for neurokinin B. These neurotransmitters appear to play a key role in the regulation of emotions, and antagonists of their receptors may be novel psychotropic drugs of the future.

Reference: J Clin Psychiatry 1999 Feb; 60(2):77-8

Cortisol secreted by the adrenal glands is involved in the following functions and more:

Proper glucose metabolism	Regulation of blood pressure
Insulin release for blood sugar maintenance	Immune function
Inflammatory response	

It is normally present in the body at higher levels in the morning, and at its lowest at night. Although stress isn't the only reason that cortisol is secreted into the bloodstream, it has been termed "the stress hormone" because it's responsible for several stress-related changes in the body. Small increases of cortisol have some positive effects: A quick burst of energy for survival reasons, heightened memory functions, a burst of increased immunity.

In balance, it is important that the body's relaxation response to be activated so the body's functions can return to normal. Unfortunately, in our current high-stress culture, the body's stress response is activated so often that functioning often doesn't have a chance to return to normal, producing chronic stress.

Higher and more prolonged levels of cortisol in the bloodstream (like those associated with chronic stress) have been shown to have negative effects, such as:

Impaired cognitive performance	Suppressed thyroid function
Blood sugar imbalances such as hyperglycemia	Decreased bone density
Decrease in muscle tissue	Higher blood pressure
Lowered immunity and inflammatory responses in the body.	

To keep cortisol levels healthy and under control, the body's relaxation response should be activated after the fight or flight response occurs. You can learn to relax your body with various stress management techniques, and you can make lifestyle changes in order to keep your body from reacting to stress in the first place.

www.stress.about.com

3. **Massage : Research**

Fibromyalgia: Fibromyalgia patients slept better (showed lower activity levels suggesting more deep sleep), and had lower substance P levels (*a neurotransmitter that appears to play a key role in the regulation of emotions*), decreased pain, fatigue, anxiety, depression and cortisol (*has been termed "the stress hormone"*) levels following a month of biweekly massages.

Sunshine, W., Field, T., Schanberg, S., Quintino, O., Fierro, K., Kuhn, C., Burman, I., & Schanberg, S. (1996). *Journal of Clinical Rheumatology*, 2, 18-22.

Field, T., Diego, M., Cullen, C., Hernandez-Reif, M., Sunshine, W., & Douglas, S. (2002). Fibromyalgia pain and substance P decrease and sleep improves after massage therapy. *Journal of Clinical Rheumatology*, 8, 72-76.

Father-Infant Massage: Fathers gave their infants daily massages 15 minutes prior to bedtime for one month. The fathers in the massage group showed more optimal interaction behavior with their infants.

Cullen, C., Field, T., Escalona, A., & Hartshorn, K. (2000). Father-infants interactions are enhanced by massage therapy. *Early Child Development and Care*, 164, 41-47.

Reference: TRI newsletter

The commonest objects are only wonders at which habit has made us cease to wonder.
- Leigh Hunt

4. **Your Body**

I recently read this lovely idea of how to think of your body. I've been suggesting people think of it as a city, but a home is much more intimate and relatable. We all know how to take care of a blocked drain or replace a light bulb. By checking with your internal eye, your biological wisdom, you can sense what is happening in your body and find the right way, for you, to correct any malfunction whether it's doing something yourself or seeing a therapist or doctor.

This is what Dr Michael Roizen and Dr Mehmet Oz have to say about the body.

"Think of your body as a home: your bones are the two-by-fours that support it; your lungs are the ventilation system; your brain is the fuse box; your intestines are the plumbing; your mouth is the food processor; your heart is the water main; your hair is the lawn and your fat all the unnecessary junk you've stored in the attic....." Your sense of balance is one sign of brain strength. The longer you can stand on one leg without falling the better (20 seconds is very good if you are 45 or older). Working with dumbbells develops your proprioception (the complex action of body orientation that helps you balance and stimulates neural pathways."

Reference: Readers Digest

5. **Life Coaching : ARE YOU AS HAPPY AS YOUR DOG?:** Sure-fire Ways to Wake Up With A Smile As Big As Your Pooch's

I chuckled when I read this and I thought what good life coaching advice!

Have you ever wondered if your dog knows more about joyful living than you? I met a man who told me, "For years I was so miserable that I prayed to God daily to please let me wake up as happy as my dog!" I went home and observed my dog Munchie, who is happy all the time. Munchie is the most joyful creature I have ever seen. He lives in a state of continuous delight and discovery. It became clear to me that Munchie knew something I didn't know (or at least didn't remember). So I decided to study Munchie's attitude to see what he knew that I was missing.

Professor Munchie's lessons include: love to be a lover; ask for what you want; keep your eye on the ball; give your heart to someone; get off the leash sometimes; dig where the real bones are; don't settle for mush; and dream with your feet moving.

Reference: Alan Cohen

6. **Blood Type A + AB**

"Everything the experts tell us about diet is aimed at the whole population, and we are not all the same."

Reference: The Scientist, Sep. 22, 2003

"Type A or AB should recognise that blood coagulation is a much more serious consequence in their systems than those of other blood types. It also give justification to the time honoured recommendation of daily drinking lemon and water, especially for type A's: As John Bastyr used to tell us over 25 years ago, the juice of six lemons approximately equals a single dose of the pharmaceutical blood thinners. Of course, six lemons would be a bit extreme, but type A's under stress or dealing with depression, thyroid disease or any of the above mentioned conditions should make the daily intake of the juice of at least 1/2 lemon a must."

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

- The April issue of Woman and Home will feature, I believe, the results of several complementary therapies, including CST, on stress.
 - 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 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.

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Patricia or Dale Spence : Tel 01252-333738 / 682058 : email admin@handfulofcherries.com :
www.HandfulofCherries.com
