



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

Well Being: bringing you back to health

Contents:

1. Greetings
2. CST – Dermatitis
3. Massage - Research
4. Hopi Ear Candles
5. Life Coaching : How do you think?
6. Green Health Watch
7. Aqua Detox
8. What's Happening
9. Gift Vouchers
10. Birthday discount
11. About this newsletter
12. Subscribe/unsubscribe
13. Contact us

1. Greetings

As we head for another cycle and time change we really need to take care of ourselves. Make sure we do the things to keep SAD and mild depression at bay. I'm beginning to take Floradix's Floravital, a liquid iron and vitamin tonic. I'm also thinking about getting a supply of local honey to dose myself now for those hay fever days. This should prepare the system and reduce the affect of spring and summer pollens. Dale and I are off to Costa del Sol for a week of, fingers crossed, *mucho sol* from the 18th March. My answer phone will, as always be on duty for calls.

Thank you for sharing this email with your friends and colleagues. As well as forwarding to your friends, you may reprint any tip in your newsletters and message boards providing you include full authorship, copyright, and subscription information.

2. **CranioSacral Therapy (CST) : Dermatitis**

Dermatitis, also called eczema, is an itchy inflammation of the skin. There are many types of dermatitis that can be caused by a number of factors, including allergic reactions, low humidity, reactions to soaps and detergents, chemicals such as nickel and cobalt, wetting hands often, or simply genetic makeup.

Signs & Symptoms

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

- Itching, pain, stinging or burning
- Blisters, thick or scaly skin, red skin, sores from scratching

Therapeutic Approach

In addition to conventional measures, which may include allergen avoidance and medication, CranioSacral Therapy can play an important role in a comprehensive therapeutic approach.

It is often found that working on the lungs and large intestine by focusing on the pelvic, respiratory and thoracic inlet diaphragms via CranioSacral Therapy allow the dermatitis to reduce in severity. (In Chinese medicine, the skin is referred to as the 3rd lung.) Emotional components can also be linked to

organs in a way that can have a very real impact on the physical body. Working on the dural tube can free up the sensory motor pathways from the central nervous system to the peripheral nerves.

Reference: www

3. Massage : Research

Dancers: Massage therapy improved range of motion, mood, and performance (including balance and posture) and decreased the stress hormone (cortisol) after one month of twice weekly massage therapy.

Leivadi, S., Hernandez-Reif, M., Field, T., O'Rourke, M., D'Arienzo, S., Lewis, D., Del Pino, N., Schanberg, S., & Kuhn, C. (1999). Massage therapy and relaxation effects on university dance students. Journal of Dance Medicine & Science, 3, 108-112.

Smoking: Cravings, anxious behaviors and the number of cigarettes smoked were reduced by self-massage (rubbing ear lobes or hands whenever subjects experienced a craving).

Hernandez-Reif, M., Field, T., & Hart, S. (1999). Smoking cravings are reduced by self-massage. Preventive Medicine, 28, 28-32.

Alas, I have done nothing this day! What? Have you not lived?
It is not only the fundamental but the noblest of your occupations.
- Michel Eyquem de Montaigne

4. Hopi ear candles

Due to requests for this treatment, I am now offering Hopi ear candling.

This ancient natural therapy is sometimes also called thermo-auricular therapy. The candles are hand-made from a traditional formula, utilising pure beeswax, honey extracts, linen fabric and herbs such as sage, St John's wort and camomile.

As well as offering real and marked benefits in a non-invasive manner for many ear, nose and throat problems it is said that the warm, soothing smoke that the candle delivers to the ear canal helps dry out fluids (even swimmer's ear), soften old hardened earwax, and stimulate the body's natural excretion of this wax and waste material (like dead cells, pollen, moulds and parasites) bound to the earwax. [There appears to be some controversy around how candling works. Some say the candle draws up impurities from the ear. It makes more sense to me that the candle delivers warmth and smoke to the ear, nose and throat.] I tried it on my Mum, whose hearing isn't what it used to be. She's is always a willing guinea pig. She felt her hearing is a little better. Candling has also been used to relieve symptoms of fever, colds and flu. The process is a deeply relaxing, calming and soothing experience and often results in a sense of "clarity". It is safe to use with children.

Some Benefits of Hopi Ear Candling

Compacted Ear Wax

Catarrh

Regulation of Pressure in Ears & Head

Colds

Hay Fever

Glue Ear

Rhinitis / Sinusitis

Sore Throats

Flu

Fever

5. Life Coaching : How do you think?

If you think you are beaten, you are.
If you think you dare not, you don't!
If you'd like to win, but you think you can't,
It's almost certain you won't.

If you think you'll lose, you're lost.
For out in the world we find,
Success begins with a persons will;
It's all in the state of mind!

If you think you're outclassed, you are.
You've got to think high to rise.
You've got to be sure of yourself

Before you'll ever win the prize.

Life's battles don't always go
to the stronger or faster person;
But sooner or later the person who wins
Is the person who thinks they can!

Reference: Ref: Neil Davidson / Wellbeingnetwork.com

If you find yourself thinking negatively reframe your situation i.e. you feel your boss is picking on you – reframe to feel your boss is paying you special attention because he/she feels you have special talents that need developing OR use it as inspiration to find the promotion, in another job, that you deserve.

6. Green Health Watch

I've recently come across another publication giving the public information about a wide variety of health related subjects. Here's a sample:

Contraceptive maize

San Diego biotechnology company Epicyte has created the ultimate GM crop: contraceptive maize. They have genetically modified maize with a rare class of human antibodies that attack sperm, creating tiny contraceptive factories and, potentially, a globally and readily available source of contraceptives. Epicyte president Mitch Hein explains that "the antibodies are attracted to surface receptors on the sperm. They latch on and make each sperm so heavy it cannot move forward". The company plans to launch clinical trials of the corn in a few months.

He states that the company has also created maize plants that make antibodies against the herpes virus to block the spread of sexual disease.

Ed. - The national media heralded this news as a possible solution to the world's potential over-population problem. If the wind's blowing in the wrong direction it could be the end of the human race!

Mercury and autism

A previously unreleased confidential report from the US Centers for Disease Control reports that an exposure to more than 62.5 micrograms of mercury within the first three months of life more than doubles a child's risk of developing autism. The US legal firm Waters & Kraus, who are representing many families in a class action, indicated that in many of the cases the firm evaluated, the affected child had received more than 62.5 micrograms of mercury through paediatric vaccines in the first three months of life.

A public version of the report released at the time it was completed suggested that its findings were inconclusive on the issue of whether the mercury-based vaccine preservative thimerosal has contributed to the US's epidemic of regressive autism and other neurological disorders in small children.

.....and for those of us who get hay fever...

Stinging success

The leaves of the garden stinging nettle - taken as a tea, a soup or in cooked food - are good for chronic skin and joint conditions, eczema, asthma and hay fever. Rich in vitamins A,C,E and K, trace elements and minerals (including iron, silica, potassium and tannin), nettles are also used in the treatment of nose bleeds, heavy periods, urinary tract infections (e.g. cystitis) and high blood pressure. A 1989 double-blind study by the US National College of Naturopathic Medicine showed that they performed significantly better than a placebo (nettles 58%, placebo 37%) in relieving the symptoms of hay fever.

Reference: Greenhealthwatch.com

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

I have had clients reporting good results for reducing the side affects of chemotherapy.

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 Fountain Centre, St Lukes, Royal Surrey Hospital, Guildford – a drop-in centre offering complementary therapies to those undergoing cancer treatment. The first 4 treatments are free and thereafter on a donation basis. Tel: 01483-406618
 - 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.
 - New Approaches to Cancer, Chertsey offer Yoga in Woking on Tuesday 1pm-2pm, Claygate on Tuesdays 3.30pm-4.30pm and Ashford Hospital on Thursdays 12.30pm-1.30pm and Friday 11am-12pm. Tel 0800-389-2662
 - Parents and Babies workshop teaching a few useful craniosacral techniques to parents to use on new-borns, older children and themselves – 1st July 2006. Tel: Ann Whittle 01252-834784 or Patricia Spence 01252-333738
 - 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
-
- 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).
-

9. **Gift vouchers** available for any value towards any treatment or combinations of treatments – CranioSacral Therapy, Massage and/or Aqua Detox and Life Coaching.
-

10. Birthday discount of £5, on all treatments, during the week of your birthday.
-

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

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