



WELL BEING NEWSLETTER : Information and Inspiration from Patricia Spence
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1. Greetings

It's August already (I don't know what happened to July), the heat wave has passed and it feels as though we're moving steadily towards autumn. I've had a wonderfully lazy summer and I hope you have all enjoyed your summer. This is the time to begin thinking about winter nutrition and vitamin and mineral supplements.

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2. CranioSacral Therapy (CST) : Immune System

"Your immune system ceaselessly rebalances itself as your internal and external environments change. Internally, you constantly adjust your metabolic activities as you change the energy demands on your body, as you digest different foods and liquids, and as you react emotionally to different circumstances. And the external environment also changes, both subtly and radically, as you move from place to place. Even the air quality continually varies. External environmental changes in humidity, pressure etc all require bodily adjustments that in turn make demands on your immune system.

If your immune system is unable to adapt quickly and meet the constant array of changing challenges, you will probably get sick. Your immune system must maintain an appropriate equilibrium between the extremes of reactivity and quiescence. At any moment the healthy immune system is ready to release molecules and alert the appropriate immune cells to neutralize or destroy any foreign and potentially pathogenic toxins or organisms."

The immune system is a vast and complex system and science has only scratched the surface of its complexity. In this day and age there are alternative and complementary techniques available that cause NO harmful side effects to the body. Dr Upledger has, in the last 3/4 years, developed techniques to help the immune system that is in trouble or boost the healthy immune system. One of the healthy side effects of these techniques may be an increase in body awareness.

Dr Upledger is among the increasing number of scientists and doctors who believe that inflammation is a major factor at the root of all disease. Scientific American, Newsweek and Time Magazine all report that inflammation is emerging as the "Alpha and Omega of disease" .. that reducing inflammation is the most important thing a person can do to improve health and prevent disease.

Time Magazine reports *"What does a stubbed toe or a splinter in a finger have to do with your risk of developing Alzheimer's disease, suffering a heart attack or succumbing to colon cancer? More than you might think. As scientists delve deeper into the fundamental causes of those and other illnesses, they are starting to see links to an age-old immunological defense mechanism called inflammation—the same biological process that turns the tissue around a splinter red and causes swelling in an injured toe. the evidence is starting to look pretty good...."*

I have also found an on-line journal dedicated entirely to inflammation, The Journal of Inflammation, that publishes research into the subject. This, for me, gives weight to Dr Upledger's work.

3. **Massage** : Research

Juvenile Rheumatoid Arthritis: Positive effects of parents massaging their arthritic children included less pain (particularly at night) and less morning stiffness as assessed by the Parent, Child and Physician's Assessment as well as lower anxiety and cortisol levels.

Field, T., Hernandez-Reif, M., Seligman, S., Krasnegor, J., Sunshine, W., Rivas-Chacon, R., & Schanberg, S. (1997). Juvenile rheumatoid arthritis benefits from massage therapy. *Journal of Pediatric Psychology*, *22*, 607-617.

Labour Pain: Massage therapy during labour decreased anxiety and pain. In addition, the massaged mothers had shorter labour, shorter hospital stay and less depressed mood.

Field, T., Hernandez-Reif, M., Taylor, S., & Quintino, O., & Burman, I. (1997). Labour pain is reduced by massage therapy. *Journal of Psychosomatic Obstetrics & Gynecology*, *18*, 286-291.

4. **Diet changes & Mental Illness**

"The UK's Mental Health Foundation has reported that the way food is now produced has altered the balance of key nutrients people consume. Researchers said that industrialised farming has introduced pesticides and caused changes in the composition of body fat of the animals raised for food. The current imbalance of the omega fats which promote proper brain function and the composition of today's typical meals can be linked to depression, ADAH and Alzheimer's disease, according to the report, which says more studies need to be done. The report can be found at www.mentalhealth.org.uk."

Ed: Is there not enough evidence out 'there' already?
Source: ACRES USA, April 2006

Artificial Sweeteners, one of my pet subjects. I recently found this information in an article titled Menacing Food & Drinks by Melvin E Page DDS and H Leon Abrams Jr., MA, EDS

"What are artificial sweeteners? What does it mean when food products are marked "artificially sweetened"? It means that a chemical, a synthetic substance fabricated in a laboratory, having no nutritive value, no calories, and which is actually a drug, is the substance used. The artificial sweeteners commonly used today are saccharin (a coaltar crystalline product), sodium saccharin, sodium cyclamate, calcium cyclamate or potassium cyclamate. Some of these drugs, labelled as artificial sweeteners, go under the regular chemical names while others are marketed under various trade names.

There are a number of reasons why artificial sweeteners should not be used. Man has four tastes – sweet, salt, sour and bitter..... artificial sweeteners will satisfy the sense of taste for sweet but will not satisfy the metabolic needs of the body for natural, wholesome carbohydrates. Artificial sweeteners are more than just 'empty calories', such as sugar and refined starches; they are complete drugs with no food value whatsoever."

Ref: Health & Healing Wisdom
The Price-Pottenger Nutrition Foundation Journal. Vol. 30 No. 2

I always entertain great hopes.

-- Robert Frost

5. **Life Coaching** :

"The moment you commit and quit holding back, all sorts of unforeseen incidents, meetings and material assistance will rise up to help you. The simple act of commitment is a powerful magnet for help." --- Napoleon Hill

I recently had an experience that led me to check my commitment first of all, to a single goal, and then everything in my life – health, exercise, work etc. I discovered that my commitment was not always 100%. I then had to ask myself several questions: Is it Ok for my commitment in this instance to be less than 100%, if not what can I do to get it to 100%?

Here are a few tips:

Get out of your comfort zone: Your comfort zone is what makes up most of your life, all the things you already know how to do, all the habits and reliable experiences you're accustomed to having. In order to change your tendency to stay comfortable you need to be conscious of your actions and thoughts. Stretch yourself!

Commit to change: If you need to exercise more regularly, work out a weekly timetable – imagine how you'll feel when you are exercising regularly. Write down the benefits of regular exercise.

Do whatever it takes: Sometimes there are things you must do that are boring, difficult, risky or

scary...it doesn't matter how hard it is; if you want your goal you must still take the action.

Don't give up: When the going gets tough, don't give up. Get creative about new ways to achieve to your goal. Try thinking in a different way; ask a friend who you know thinks and tackles problems in a different way to you what they would do.

Get help when you need it: Ask for encouragement, support and help from others. Another person's viewpoint can help you see things in a different way.

Take appropriate risks: Sometimes you need take risks you're really uncomfortable with. Change is an uncomfortable state. If you don't take the risks, you may not reach your goal. Make a decision to break out of your comfort zone. Get support when needed.

Be honest with yourself: Be honest about your progress and whether the goal is still appropriate. If it is, does it need any changes?

Write your commitment: It's helpful and motivating to write why you are absolutely committed to reaching your goals. This involves stating all the benefits you'll get when you've achieved the goal.

Keep your sense of humour: Have the courage to keep your sense of humour, especially when progress is temporarily slow. Make the whole process fun.

"Commitment and courage: The magic force that makes the difference
Commitment is the ultimate decider of your goal setting success.
If you're not committed, you won't succeed."

6. Green Health Watch

Antibiotics and antiseptics are now in so many products – from toothpastes and soaps to chopping boards. *"This violates the basic tenet of medicine that we should always try to avoid disturbing the benign bacteria in any part of our body, including, of course, the skin and the mouth."* If you develop body odour, it is probably because of, rather than despite, the use of antibacterial soaps and antiperspirants.

To rectify the problem wash in very hot water any clothing, bed and bath linen which may be harbouring the bacteria. Then show using pure soap. Rub salt into the smelly parts, leave it on for a few minutes then wash off.

For persistent sore throats, bad breath, bleeding gums and slimy tongue

-brush teeth with a salt solution and rinse after meals

-rinse mouth with live organic yoghurt to help colonies of good bacteria re-establish

7. Aqua Detox Therapy

Special Offer for August
As many treatments as you like at £20 per treatment

Detox and rebalance your body's systems

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

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.)

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
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- ✦ Parents and Babies workshop teaching a few useful craniosacral techniques to parents to use on new-borns, older children and themselves – Tel: Ann Whittle 01252-834784 or Patricia Spence 01252-333738. THIS HAS BEEN POSTPONED UNTIL OCTOBER.
 - ✦ 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.
 - ✦ Yoga for Pregnancy classes. Tel: Babs Lehner 01252-676956.
 - ✦ Farnborough Medical Lecture Society : Enquiries Mrs F Milne 01252-546006. Lectures begin again in October.

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

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