



**CranioSacral Therapy, Holistic Massage, Aqua Detox, Reiki,
Hopi Ear Candles, Life Coaching**

Issue 30 - December 2006

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

A week to go to Christmas. I wish you all good cheer and a happy and relaxing family time. May 2007 be a healthy and well balanced year for you. I will be back at work on Wednesday 3rd January.

I'd like to remind anyone who might be interested that Ann Whittle and I will be teaching an Introductory CranioSacral Workshop 27th + 28th January 2007. Venue – Victoria Hall, Ash Hill Road, Ash.

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.

Knowledge shared can be far-reaching and endless as it continues to light the way for others.

1. **CranioSacral Therapy (CST)**

This past month or two I have increasingly seen in my practice signs and symptoms of chronic stress. Every cancer patient I've spoken to has told me that prior diagnosis their lives were extremely stressful for one reason or another. I heard earlier this month that a very dear friend of mine had a mini stroke. She's been very stressed for 4 plus years now. These are all signs and symptoms and need to be heard. It's the body's way of telling you it can't continue like that – it needs a rest, a chance to de-stress. I'm often asked how? The details will be different for everyone, but the theory won't change. What we need is a change of pace. Even for a short period.

First let me tell you the story of stress – how it works, which hasn't changed since we were co-habiting with the sabre tooth tiger. During an adrenalin rush (the fight or flight syndrome) our biological resources are diverted to limbs, the immune system is depressed (this is used to advantage with organ transplant patients who are given a stress hormone to suppress the immune system to prevent tissue rejection), the thinking brain (the frontal cortex) becomes disengaged (we don't need to be thinking what we should do to avoid the sabre tooth tiger) we need the reflex of the hind brain which is where the resource goes. The stress signalling system involves the hypothalamus, the pituitary gland (the master endocrine gland) and the adrenals, so all our hormones are affected via the pituitary.

What modern man doesn't do is celebrate surviving the M25 or even just getting through a tough day or finding the bug in the office computers. [Celebrating/taking a deep breath releases the tension and stress.] What we generally do is rush head long into the next stressful situation, giving our bodies no time to come back to growth mode – resources returning to the vital organs, the immune system and the 'smart' brain. In this day and age we continue this stress mode by even watching high action/scary TV or movies. The opposite is true when we watch something calming, funny or tender.

Many believe that stress is responsible for a lot of the diseases we see today. Knowing that the immune system is depressed during stress gives credence to this theory. So if you do feel that you can't think straight, you don't know what to do next but continue rushing around, be aware of what's happening and do whatever it takes to change gear.

CST is particularly useful (if you are not doing somatoemotional release) in bringing the whole biological system to a place of calm and balance allowing the body to get back on track doing what it does best – renew (remember cells are constantly being renewed in the healthy body), circulate, absorb – live.

2. Massage : Research

Massage increases thoracic gas volume, peak flow and forced vital capacity.

Beeken, J., et. al. Effectiveness of Neuromuscular Release Massage Therapy on Chronic Obstructive Lung Disease. Clin. Nurs. Research. 7(3): 309-325; August 1998.

Massage reduces systolic and diastolic blood pressure.

Cady, S.H., Jones, G.E. Massage Therapy as a Workplace Intervention for Reduction of Stress. Perceptual and Motor Skills. 84(1): 157-158; Feb 1997.

3.

*Comic vision often leads to serious solutions.
Malcolm L. Kushner*

4. Life Coaching

One of the secrets of happiness is to take time to accomplish what you have to do, then to make time to achieve what you want to do.

Remember that life is short. It is golden moments, needs, hopes and memories and dreams.

When it seems like those things are lost in the shuffle, you owe it to yourself to find them again. The days are too precious to let them slip away.

If you're working too hard, make sure it's because it's a sacrifice for a time when you're going to pay yourself back with something more important than money could ever be.

If you're losing the battle, do what it takes to win the war over who is in control of your destiny.

Find time, make time, take time... to love, to smile, to do something rewarding and deeply personal and completely worthwhile.

Time is your fortune, and you can spend it to bring more joy to yourself and to others your whole life through.

Time is your treasure.

J. M. Colter

5. Chlorophyll (the green stuff in plants) and haemoglobin are almost identical at a molecular level. The only difference is that the central element in haemoglobin is iron and for chlorophyll it's magnesium.

6. 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 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 and further information.)

7. What's Happening

➤ Introductory CranioSacral Workshop 27th+28th January 2007. Venue: Victoria Hall, Ash Hill Rd, Ash.
This open workshop is designed for anyone who would like hands-on experience of the basics of this extraordinary and far-reaching therapy.

For the complete layperson the workshop will provide a starter kit of simple but very useful techniques for home use in many routine health situations as alternatives to medication. For the healthcare practitioner or student who may be contemplating professional training this workshop is an ideal taster and confidence builder.

For everyone this workshop provides a fascinating and enjoyable weekend, and what could be a personal turning point.

Practical work is demonstrated and taught in simple units along with associated body work. The theoretical basis for each unit is presented clearly and entertainingly.

Price TBA and includes detailed, printed study guide and refreshments/lunches.

- 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. Mt Toubkal Challenge 29th Sept -7th Oct 2007. Trek to the top of the highest mountain in North Africa. ALSO, the Great Wall of China Challenge 9th-20th May 2007. 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.
- 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).

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

10% off Christmas Gift Vouchers



Birthday discount of £5, on all treatments, during the week of your birthday. Please advise me on booking.

-
9. **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.

Want to share this material with others? Yes, you can!....forward this newsletter to your friends and colleagues. If you know someone who would benefit from reading this, go ahead and spread the word!

Yes, you can!....reprint any tip on your website, own newsletter or message boards. Please give credit where it's due, and let people know where they can join the list if they want more!

Thank you!

-
10. **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.

11. Contact us

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