



WELL BEING NEWSLETTER : Information and Inspiration from Patricia Spence
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I don't know about you, but this is one of my favourite times of the year – trees leafing, blossoms burgeoning and my veggie garden growing sweetly. Our sense of well being also increases at this time of the year. I look forward to long walks with friends and painting in my garden. I wish us all a wonderful summer and look forward to seeing you for maintenance or MOT treatments rather than anything serious.

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

1. **CranioSacral Therapy (CST)** - Attention Deficit Disorder

This gentle therapy “may have a profoundly positive effect upon brain and spinal cord function. Application of this modality can also positively influence the endocrine and immune systems. It seems especially effective at relieving excess tension patterns and restricted motion in both osseous (bony) and membranous anatomical regions and relationships. By relieving excess tension in the meningeal membranes (the membranes around the brain), the impairment of related nervous tissue function is often restored.

By restoring bone mobility in the skull, spinal column, rib cage and pelvis, abnormal restrictive anchorings of these meningeal membranes are removed. This restoration of natural mobility of the individual bones of the skull also allows the sutural junctures (joints) between these bones to resume their normal pumping and accommodative activities.

The net result of all this is to enhance the movement of fluids throughout the central nervous system and its related structures and systems. ... Fluid is the vehicle used by the body's physiological mechanisms to remove metabolic and toxic wastes from within cells and from intracellular spaces. Fluid is also the vehicle the body uses to deliver nutrients and antibodies, and to carry messenger substances such as hormones, neuropeptides and the electrically charged ions and particles that are so important to physiological function.

CST has been used quite successfully in the treatment of attention deficit disorder (ADD) and hyperkinesia since 1975. Our clinical experience suggests that, in a significant number of ADD and hyperkinesia cases, a structural problem may be a primary contributing factor to the symptom complex. When this structural problem is ... corrected, the symptoms of ADD and/or hyperkinesia disappear very quickly.....

Sometimes the structural problem requires multiple corrections. However, with each therapeutic treatment, the corrective process becomes easier and the symptomatic improvement lasts longer until, ultimately, neither the structural problem nor the ADD and/or hyperkinesia symptoms reoccur.

The structural problem that often seems to be causally related to ADD and/or hyperkinesia is one that may frequently occur during obstetrical delivery. It happens when there is an excessive back-bending (hyperextension) of the occipital base of the skull upon the first cervical vertebra (atlas). ... The most common delivery position for the newborn is facing toward the back of the mother's body. Therefore, the back of the newborn's head comes under the mother's pubic bone complex. In so doing, the head may be severely angulated upon the neck. ... An obvious response to this kind of threat is to splint or contract the tissues (muscles, etc.) to prevent life-threatening damage. When the delivery is over, the splinted tissues may or may not relax.

If they do not relax, the occiput remains in a locked forward (hyperextended) position on the atlas. If the soft tissues do relax, the bony surfaces may or may not release from each other. If the head-neck situation does not naturally self-correct, or if there is not a craniosacrally oriented practitioner available to ...(correct) the head-neck relationship, the persistence of this restrictive situation results in abnormally increased tone of the muscles at the head-neck juncture.

One result is the reduction in removal of waste products, secondary to the reduced efficiency of these fluid systems, results in an abnormal accumulation of these products that, in turn, contribute to an irritable brain.

When fluid motion is restored, the symptoms of ADD and hyperkinesis often disappear. In addition, the impingement upon the major cranial nerves as they exit through the jugular foramina (situated behind the ears) may result in colic, gastric upset, and/or difficulty in swallowing, depending upon the degree of effect upon the glossopharyngeal and vagus nerves. The spinal accessory nerve, when irritated, may cause excessive tone in the major neck muscles.

CST is ideally suited for resolving the aforementioned structural problems. Although it is common for the head-neck structural problem to occur during obstetrical delivery, it can also be the result of any kind of accident or trauma that "whips" the head backward on the neck. Fortunately, the problem can be corrected with competent craniosacral work at any time, even as early as an hour after birth.

Reference: Dr John Upledger, DO, OMM

2. Massage : Case History

A brief anatomy lesson first. Fascia is wonderful stuff. I like to think of it as the body's super highway because it is continuous throughout the body. It conducts fluids, movements and electricity. It covers the muscle fibre, the muscle bundle, the organs, abdominal cavity etc. It mainly runs longitudinally in the body and is made of 3 ingredients: elastin, collagen and ground substance. These 3 ingredients are used in varying quantities according to the job the fascia needs to do – e.g. elastin a muscle.

Sue (not her real name) is 58 years old and first came to see me 3 years ago to the month. I share her case history with her permission. She was looking for relief from constant migraines, sinus, neck, shoulder and back pain and rib spasms. She had indigestion regularly and loss of sensation in her right hand and for 30 years had taken 6 Syndol a day. She found that acupuncture, physio and massage had not relieved her symptoms long term.

Sue had 6 CST treatments in 2004 and experienced some relief and well being and although her migraines decreased from daily to once a month her neck and shoulders still tightened up after a period. Sue then decided to try massage with some CST. Sue has always taken responsibility for the frequency of her treatments.

The first massage was a good a general soft tissue, fluid moving treatment of 1½ hours. Sue has always been very ready to help herself too and started body brushing and sitting with her legs above the pelvis to help relieve the tightness in her legs. She had 13 massages and 1 CST treatment in 2005. We take each treatment as it comes. She tells me where her discomfort is and what sort of treatment she would like i.e. full massage or half massage/half CST and I let my hands guide the treatment. Over the years I have included some somatoemotional release and visualisation when appropriate.

In February this year she reminded me that she had had a heart op 30 years ago. Up until then I had always worked on the thoracic spine and ribs (on the back), but that day I stretched the breast bone and ribs (using a lovely visceral technique called stacking) and used a CST technique to unwind and balance the ribcage. This had the effect of releasing the neck and shoulders and that held until the next treatment. Sue feels her neck "has never been so good" and she can stretch without pain in her ribs. With hard physical manipulation of the fascia, in the right place, and at times gentle CST, pain has been eased.

We are now at yet another level in Sue's treatment and it feels as though we should be looking into deeper fascial attachments to release.

This is what being a therapist is all about - seeing someone's pain and discomfort relieved.

3. "Scientific journals contain hundreds of research papers that show that we can use mental techniques to affect both our own bodies and those of other people. thoughts of appreciation, care and compassion can smooth the rhythms of the heart and elevate the immune system, and even our genes dance to the tune of our hopes and dreams.

We can also use mental techniques like visualisation to speed up healing in any area of the body. The results of visualisation are not always obvious, because many people are looking for the 'instant fix'. Most think that if they visualise themselves in good health an illness should go away right away. It should! But there are very few people whose beliefs are strong enough to make it so.

Instead many of us do the opposite. We believe that it isn't possible for the illness to disappear right away just as strongly as we believe it is possible and, like a negative placebo effect (the nocebo effect), this interferes with the healing process."

Reference: It's The Thought That Counts by David Hamilton PhD

How about doing your own research into this the next time you or someone you love has an ache or a pain?

4. Life Coaching

"Our visions begin with our desires." -- Audre Lorde

In his book *It's The Thought That Counts*, David Hamilton PhD talks about how the thoughts we think and what we feel affects our biology and what we get from life – job/career, personal relationships, home environment, friends and family. One way to focus your 'vision' is to create a vision board. It's a powerful tool and has been, and is used, by many successful people to attract what they want into their lives.

Three steps to creating what you want from life.

You will need to buy yourself a board you can pin your 'visions' or dreams onto.

- Having a clear vision is the first step towards attracting your ideal life towards you. To get what you want from life you must first know exactly what it is you want. If you don't know what it is you want then how will you get it? Think not just of an idea, but imagine it already exists – and, in fact, in your mind it will already begin to exist. Try to make them as accurate as possible, and be daring. Just because you don't know now how you may get them, doesn't mean that you won't get them.
- Desire is the second step towards creating your ideal life. When we attach our emotions to our thoughts we create desire. It is this desire that puts thoughts into actions. With a clear vision and strong enough desire you will be amazed how you will see new opportunities.
- The third step is to have faith! Put these words on your vision board and put your vision board up on a wall some where that you will see it every day. Take 5 minutes to read it every day. Begin to attach images from magazines or drawings of the kind of things that represent what it is you are looking for making them as accurate as possible. Remember, be daring. Just because you don't know now how you may get them, doesn't mean that you won't get them.

Keep looking at your vision board regularly and begin to attach an emotional connection to all of the things that you wish to have in your life.

If you would like my help in clarifying your vision and creating your vision board, either individually or in a group, please contact me on the number below.

5. *As a result of all the silly health and safety, children being in 'power' and frustrated teachers' stories I've been hearing for a long time I include in this issue this delightful little email sent to me by a friend.*

OBITUARY TO COMMONSENSE

Today we mourn the passing of a beloved friend, Common Sense, who has been with us for many years. No-one knows for sure how old he was as his birth records were lost many years ago in bureaucratic red tape. He will be remembered as having cultivated such valuable lessons as knowing when to come in out of the rain, why the early bird gets the worm, that life isn't always fair and maybe it was my fault.

His health began to deteriorate rapidly when well-intentioned but overbearing regulations were set in place. Reports of a six-year-old boy charged, with harassment, for kissing a classmate, teens suspended from school for using mouthwash after lunch and a teacher fined for reprimanding an unruly student, only worsened his condition. Common Sense lost ground when parents attacked teachers for doing the job they themselves had failed to do in disciplining their unruly children. He declined further when schools were required to get parental consent to administer paracetamol, sun lotion or a sticky plaster to a student, but could not inform the parents when a student became pregnant.

Common Sense lost the will to live as the Ten Commandments became contraband, churches became businesses and criminals received better treatment than their victims. He took a beating when you couldn't defend yourself from a burglar in your own home and the burglar could sue you for assault.

Common Sense finally gave up the will to live after a man failed to realise that a steaming cup of coffee was hot, spilled in his lap and was promptly awarded a huge settlement.

Common Sense was preceded in death by his parents Truth and Trust, his wife Discretion, his daughter Responsibility and his son Reason. He is survived by his stepbrothers, I Know My Rights, Someone Else Is To Blame and I'm A Victim.

Not many attended his funeral because so few realised that he was gone.

Author (I think!) Penny Hamblett

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 without affecting its efficacy.

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

- The next CranioSacral Therapy Introductory course will be 22/23 September 2007. The venue is the Fountain Centre at the Royal Surrey Hospital. Free parking outside the centre is available.
- The Fountain Centre, St Lukes, Royal Surrey Hospital, Guildford – a charity 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.

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8. **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. Please advise me on booking.

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