



WELL BEING NEWSLETTER : Information and Inspiration from Patricia Spence
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The diversity of life – and art. I have made time this week, and last, to visit the Surrey Artists Open Studios to see art from weaving to painting and sculpture and even wood turning. I love that people are so different and it shows in their art. It's become top of my summer indulgence list. If you are feeling a bit jaded or depressed about the human race this is a great therapy. This year my **Summer Special** will be a 10% for all therapy in August.

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*"The body is always at potential – to change, and for new things to develop."
Ref: The Endless Web. R. Louis Schultz, PhD, Rosemary Feitis, DO*

1. CranioSacral Therapy (CST) - Scoliosis

Most cases of scoliosis are considered to be of unknown origin (idiopathic). CST helps unravel the mystery by seeking the cause within the craniosacral and fascial [*connective tissues*] systems of the body. Compromising strain patterns of those systems can be major contributors to the creation and persistence of scoliosis.

The craniosacral system surrounds, protects, nourishes and cleanses the brain and spinal cord. The spinal portion of the system is a tube-like structure within the spinal canal that envelops the spinal cord and spinal nerve roots. This is called the dural tube.

The spinal cord is a longitudinal cord of delicate and intricate nervous system tissue requiring protection, while at the same time possessing a degree of mobility. Therefore, it's surrounded by numerous tissue tubes within tubes: three layers of membrane (the dural tube), a cerebrospinal fluid tube, an adipose tissue tube, the spinal column bony segmental tube, as well as tubes and layers of fascia and tissue. The spinal cord communicates with the body by way of horizontal projections (nerve roots) that send and receive information. The nerve roots travel through the intervertebral foramina [*holes*] of the spinal column. The dura mater membrane surrounds the nerve roots and creates a seal with the peripheral fascia before the nerve roots exit the foramina. This can create an avenue by which abnormal strain patterns may travel from the body and spinal column into the dural tube or from the dural tube into the spinal column and body.

Therefore, dural tube strain patterns, such as lack of mobility, compression, side-bending, torsion and stretching, can migrate into the spinal column, surrounding fascia and tissue, causing the structures to reorganize into abnormal shapes. This can lead to some of the common issues encountered in the clinical practice, such as nerve root compression, cranial base compromise, spinal stenosis, facet compression, herniated disc, coccyx pain, bone spurs and scoliosis. Dural tube distortion can be the primary cause of scoliosis. When this is the case, mobilizing the dural tube, as well as the spinal column, fascia and surrounding tissue, is essential in aiding the body to correct the condition.

Yet the primary cause may lie elsewhere. Actually, it might be found anywhere in the body. Perhaps intracranial membrane strain, scar tissue or imbalance within the musculature of the torso has formed, causing the spinal column to curve abnormally. Usually, all of the structural "tubes" surrounding the spinal cord can be involved to some degree. It's important to address the scar tissue, tissue imbalance or other primary cause that is acting as the anchor, holding the scoliosis in place. It's equally important to mobilize the dural tube even after the soft-tissue and bony patterns have been

mobilized. If adverse dural tube patterns are not addressed, a tendency to maintain the scoliosis will remain deep within the body as a powerful mould, actively forging abnormal tissue shape.

CST gently addresses compromised tissue patterns surrounding and within the spinal column, adipose tissue and the dural tube..... The craniosacral system normally moves the entire body in a rhythmic motion. The practitioner uses the tissue response to this movement to assess areas of compromise and localize core restrictive patterns. Tissue response to the craniosacral rhythm also is used during therapy as a tool for dynamic change by assisting the body in moving more fully and freely, in synchrony with the vital rhythmic current of the craniosacral system.

Structural interconnections, interactions and dysfunction within the body can be baffling at times. CST embraces the infinite possibilities of interrelationships that can occur and uses the craniosacral and fascial systems as precise and powerful tools in identifying and facilitating the correction of compromising tissue patterns. In this way, scoliosis and many other conditions relating to the spinal column can be efficiently assessed and effectively addressed.

Reference: By Tad Wanveer, LMT, CST-D

2. **Massage : Massage Continues to Contribute**

[There are so many resonances with this article in my own experience. I have deleted a few facts that relate to America only.]

"I like the fact that massage therapists are considered caregivers. I especially like the fact that people *enjoy* coming to us for care. All caregivers don't get that benefit. Many don't get the same pleasant feelings when they visit their doctor, dentist, chiropractor or acupuncturist. When they visit us, they feel good about feeling better.

That being said, all the time spent in our treatment rooms isn't dreamy and delightful. My practice is fairly clinical, with most clients arriving because they either currently are experiencing discomfort or trying to stay ahead of chronic ailments. For some, just lying down on the table causes discomfort. Luckily, I'm usually able to make them more comfortable as the session progresses and help alleviate the discomfort altogether over time.

One of the very first continuing education classes I took was with a man who gave me a quote I have been using ever since: "Healthy muscles do not hurt when pressed upon!" Over and over, I see a steady stream of clients who experience muscle discomfort during massage. The fact that so many massage therapists are proving they can do something about the discomfort probably is a major reason for much of the growth our profession has seen in the past few decades.

Of all the various types of discomfort prevalent in society, the one I see most often in my practice is low back pain. It's so common... I've been to many continuing education classes specifically designed to deal with low back pain, so my track record is pretty good. However, most don't come to me until after they have had unsuccessful visits to their doctor or chiropractor...

The doctor's treatment involves using over-the-counter pain relievers to reduce discomfort, and anti-inflammatory drugs to reduce inflammation. My treatment involves various myofascial, neuromuscular and stretching techniques. We each share a goal of restoring proper function and strength to the back, and preventing recurrence of the injury. We both enjoy our share of success.

So, I *know* that massage therapy is effective for low back pain. I've seen it and I've felt it. My clients know it works. Unfortunately, the world at large does *not* know, and that is why research proving what we already know is so important. This is one of the reasons I was so very pleased last year to find that both leading U.S. massage therapy professional associations were actively involved in this effort...

Reference: By Cliff Korn, BS, LMT, NCTMB, Editor

3.

Champions aren't made in gyms.
Champions are made from something they have deep inside them—a desire, a dream, a vision.
They have to have the skill, and the will.
But the will must be stronger than the skill.

Muhammad Ali

4. Life Coaching

To corroborate Muhammad Ali's quote is a quote by Anita Roddick together with Ms Ogunlaru's thoughts on the quote.

"To succeed you have to believe in something with such a passion that it becomes a reality." Anita Roddick

Anita Roddick and her husband challenged the conventional business world and shopping habits through establishing the Body Shop and its ethical, humanitarian, environmentally aware products and approach. Her quote is powerfully true. Beyond all the plans, skills, qualifications and calculations the most powerful and compelling gift throughout the progress of the human race has been our passionate belief.

Not belief in what we currently see, think and accept....but the belief in what might be possible beyond all these things. This passion and belief is at the heart of every achievement: healing, sport, art, medicine and in business. It is what gives birth to creating: a business, a baby, a career change, an invention and almost everything else. It is courage that propels you – regardless of your fears - to reach your possibilities. It is the very magic of *being human*. It is the magic that you possess. If in your life you choose to believe in just one thing, let it be **you**. For you are the essence of success, happiness and possibility in your life.

Reference: Rasheed Ogunlaru, www.wellbeingnetwork

[Yet another's unique way of saying what this column has said since it began. Different words inspire different people. I hope these words inspire YOU.]

5. AVIAN FLU: Cost is the key as yet another ineffectual drug is pushed

Medical researchers are a little like politicians in one major regard: they both like to keep us in a state of terror. For the politician, it's a useful device in order to remove civil liberties 'for our own good'; for the medical researcher, it's a great way to sell a product.

The latest health scare is, of course, Avian flu, which is apparently about to decimate the world's population. It was expected to do so the winter before last, then it was going to be last winter – but still we wait to be decimated. In the meantime, the drug companies have been busy selling antivirals, and especially Tamiflu, to governments and key personnel around the world to ensure they're not among the one in ten.

Tamiflu isn't ideal. As well as making the patient suicidal, it also doesn't work. So the ever-flexible drug industry is instead suggesting another antiviral, Symmetrel (amantadine). Symmetrel has an interesting history. It was approved back in 1976 as an antiparkinson's therapy, which has made a few people wonder why it's now being promoted as the world's saviour against Avian flu. It's certainly nothing to do with effectiveness. At best, it can relieve symptoms if it's taken within 48 hours, but it doesn't stop infection or nasal excretions. So, like Tamiflu, it doesn't work.

It's also very likely to cause nausea, insomnia and hallucinations, so perhaps it's not the ideal drug to give to ambulance drivers, helicopter pilots and the like.

The real reason Symmetrel is being pushed is one of cost. It's cheap. No, it doesn't work, yes, it causes key workers to hallucinate - but it doesn't cost much. On that basis, water costs nothing at all, and it doesn't cause hallucinations.

(Source: British Medical Journal, 2007; 334: 439)
Reference: What Doctors Don't Tell You

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. Cost = £120. 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
- ✦ 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.

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.

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.

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