



WELL BEING NEWSLETTER : Information and Inspiration from Patricia Spence
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We're past the autumn equinox now and the days are drawing in. And, as I always say at this time of the year, it's a time for a change of pace – "A time to stand and stare." I wish you all a good autumn and winter. Eat well and rest well. On another note, I have exhibition space for 10 paintings at the Peter Thompson Gallery (well, one wall in the corridor) at the Royal Surrey County Hospital from 2nd to 23rd January 2008.

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1. CranioSacral Therapy (CST) - Easing Seizures

"[To many health care practitioners, seizures are a particularly puzzling phenomenon. They occur when hyperexcitable nerve cells in the brain fire abnormally. No one knows quite why this happens, and the types of seizures vary. Epilepsy generally is considered the condition when seizures reoccur, even if they stem from any number of chronic processes that disturb normal neuronal activity. If the seizure occurs once or is correctable, then it's considered non-epileptic.]"

Whatever the source, seizures in some people respond very well to the gentle approach of CranioSacral Therapy. Here is a letter from a therapist that highlights this beautifully.

Dear Dr. John,

I've started this letter at least once a year for the last 10 years. Rather than give you a long history of my son and me, let me share with you briefly what I have discovered.

A still point* will stop a seizure. My son "Brian" has benign rolandic seizures. He seizes only in his sleep. By bringing him to a still point, I can stop a seizure in two minutes. Yes, I've timed it. In the 10 years I've been using it, it has never failed.

It is absolutely amazing to watch a seizure unwind. My son goes from arms ridged, legs kicking and head pounding on the floor to near-normal sleep. At first, I used a technique I learned from the Holistic Nurses Association to soothe his pulse and breathing. Since it's energy work, I had to go on faith that it was really doing something.

Shortly after I began using this technique on Brian, he was taken to the ER in seizure. I began to work on him while he was hooked up to the monitors and watched his pulse drop from 120 to 95 in under five minutes. This happened before I discovered that the still point would stop a seizure more efficiently.

There is only one negative aspect of using the still point: The person performing it comes away feeling like they have just been hit by lightning. You have to understand Brian's seizures generally start after 1:30 a.m., so you jump out of a sound sleep and put your hand on a body wildly discharging energy. It seems as if there is a backwash of energy, and you're lucky to get back to sleep three hours after the event.

Last spring, Brian fainted on a bus going to school (he's a university student) and went into a seizure. The bus driver panicked and called EMS, who rushed him to the hospital. The treatment he received in the hospital almost bordered on barbaric.

Sorry, this is my soapbox. I had stumbled onto something so profoundly simple that it really is

unbelievable. But do you know what surprises me even more? Not one doctor has asked me how I do it. They just give me a blank stare. Your work is so important. Your still-point technique has changed the lives of my family. Before I made the connection, I felt totally helpless watching my then 11-year-old son as his seizures got worse.

You know what they say, no prayer goes unanswered. I went from Henry Ford Community College to Irene's School of Myomassage in Michigan, where your book jumped off the shelf at me. I began my coursework with The Upledger Institute before I started massage school. It took me almost a year to make the connection between the still point and seizures. That was my prayer answered.

You can do the still point any place on the body that is socially acceptable, but I have found the breastbone or the centre of the back to be the safest. Brian almost kicked my head off one night, so I stay away from his feet and legs. When the seizure has stopped, the breathing will still be fast and the pulse very high. Then the energy work will restore the breathing and pulse to near normal within a few minutes.

Sincerely,
S.K., Myomassage Therapist

P.S. Since I first penned this letter, my son has been back in the ER. Now, thankfully, his doctors are asking me point-blank how I stop his seizures. Of course, I'm more than happy to demonstrate. I look forward to the day when I can take my soapbox apart and toss it out for good.

* In CranioSacral Therapy, a "still point" refers to an extended pause in the rhythmical activity of the craniosacral system, which can occur either spontaneously or be induced by the therapist. To induce a still point, the practitioner uses very delicate tissue techniques to restrict the flow of cerebrospinal fluid through the craniosacral system until it stops completely. This interruption causes a momentary buildup of fluid. When the tissues are released and the fluid begins to flow again, it gently "flushes" the system, causing the membranes to stretch a bit more to release any inherent restrictions or adhesions."

Reference: By John Upledger, DO, OMM
Massage Today

2. **Massage : Massage and Exercise Complement Each Other**

[The body was designed for movement, in all its variety of forms. More often than not I will "prescribe" appropriate exercise to help release restricted and painful movement and to maintain health.]

More and more weekend sports people and those who frequent the gym regularly are discovering that regular massage therapy can benefit them in a variety of ways. Not only does it help any level of athlete or dancer to recover from injury more quickly, it also can be used as a great preventative tool for those who like to push their bodies to the limit.

For fitness fanatics and those of us just trying to get back into shape, soft tissue damage can set us back for days and sometimes weeks. Chronic tension or injured muscles can result in decreased flow of oxygen and nutrients to the muscles as well as decreased nerve function. Combining your exercise regime with massage therapy can increase the blood flow and promote healing. The benefits of massage include relieving muscle tension and chronic pain, reducing blood pressure, swelling and stress through increased blood circulation. Regular massage therapy also can help people who suffer from neuropathy, diabetes, rotator cuff problems, stroke, edema, tendonitis and arthritis. The sometimes painful symptoms of lupus and fibromyalgia can also be reduced with the regular use of massage therapy.

So, whether you compete in weekend triathlons or just need a technique to help relieve your work place stress, regular massage therapy sessions, along with improved diet and exercise, can have you well on your way to a more healthy and relaxed lifestyle.

Ref: massagetoday.com

3.

True enjoyment comes from activity of the mind and exercise of the body; the two are ever united.
Humboldt

4. **Life Coaching : Time**

I have recently been checking my quality of life and questioning my priorities and have begun to lay down the foundations to make the changes required. During all this checking and questioning I came across this little article that says it all.

"These days, I find myself questioning the reason why people are in such a rush all the time, and thinking, well, where does this state of living get us? We rush here, we get stressed there; and to what purpose? Does it make us enjoy our life anymore?"

We all know that many people thrive on adrenalin; but sometimes, it is good to stand still and take in the moment, to breathe and live the here and now, rather than the past or the future; and to feel emotion, and love and wonder, rather than exist on the usual we must, we ought, we should, no time and panic.

After all, if we do rush, what quality of life do we have? The question reminds me of the poem by Welshman W.H. Davies, who wrote:

What is the life if, full of care,
We have no time to stand and stare.
No time to stand beneath the boughs
And stare as long as sheep and cows;
No time to see, when woods we pass,
Where squirrels hide their nuts in grass;
No time to see, in broad day light,
Streams full of stars, like skies at night;
No time to turn at Beauty's glance,
And watch her feet, how they can dance.
No time to wait till her mouth can
Enrich that smile her eyes began?
A poor life this if, full of care,
We have no time to stand and stare.

So take a few minutes to stand and stare as often as you can. Look for beauty and wonder in your world and spend some time gazing at it and enjoying the view. Go outside at night and look up at the stars and gaze in wonder at them as they twinkle away at you. And then ask yourself what it has done for your state of mind, your focus and love of life and this earth.

And when you're saying to yourself, *'so much to do, so little time,'* repeat to yourself Davies' poem: *'A poor life this if, full of care, we have no time to stand and stare.'*

Reference: Sally Longson, www.animalhumanwellbeing.com

5. Breast Cancer: Just because your mother had it, it doesn't mean you will

20 September 2007

If your mother suffered from breast cancer, it doesn't mean that you will. Just 14 per cent of women with breast cancer had a family history of the disease, according to new figures.

Prostate cancer seems most likely to run in families, with 20 per cent of all sufferers having had a male relative who also had the disease. But as it's a cancer that has a very high incidence rate in elderly males, this is perhaps not so surprising.

The figures were based on an analysis of 206,000 cancer cases.

(Source: [Annals of Oncology, 2007; doi: 10/1093/annonc/mdm414](#)).

Family history doesn't influence breast cancer

01 December 2001

A new British report confirms that, although women with a close relative with breast cancer have an above-average risk of developing the disease, the risk is not as great as is often feared.

In fact, say the researchers at the Imperial Cancer Research Fund's Cancer Epidemiology Unit in Oxford, most women with a family history of breast cancer will never develop the disease. Similarly, most women who get breast cancer don't have a close relative with breast cancer.

The investigators analysed 52 studies with 58,209 women with breast cancer and 101,986 cancer-free women. They found that four out of five women who have a mother and a sister with breast cancer will never develop breast cancer, and 12 out of 13 will not die from the disease.

These data do indicate, however, that with a family history of breast cancer, the risk increases with the number of close relatives who have the disease.

For women with one close relative with breast cancer, the lifetime risk is 8 per cent. This increases to 13.3 per cent for those with two close relatives with the disease and to 21.1 per cent for those with

three close relatives with breast cancer. Most women with affected relatives who get breast cancer themselves develop the disease at age 50 or later.

Nevertheless, eight out of nine women diagnosed with breast cancer - regardless of age - don't have an affected mother, sister or daughter.

(Lancet, 2001; 358: 1389-99).
Reference: WDDTY E.News

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

- Painting Exhibition – Peter Thompson Gallery, Royal Surrey Hospital. There are always paintings from various amateur artists on exhibition here.
 - The next CranioSacral Therapy Introductory course will be 20/21 September 2008. 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.
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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.

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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