



WELL BEING NEWSLETTER : Information and Inspiration from Patricia Spence
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Greetings. We seem to have rushed headlong into May. I will be away on holiday this year from 19th – 30th June. My Continued Professional Development this year will be to be one of the Teaching Assistants on Upledger's CST II course in Perth, so I will be away from 17th (I will be available in the morning) – 21st July. This summer, weather permitting, I'm hoping to do as much painting outside as I can. May your summer be filled with all the things you love to do.

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1. **CranioSacral Therapy (CST) – The Hungry Brain**

Many serious diseases result from chronic inflammatory processes. Reversing these inflammations can help you avoid cancers, brain diseases, heart problems, type 2 diabetes, autoimmune diseases and a whole host of chronic pains.

CranioSacral therapy, which increases the healthy circulation of fluids, is a powerful method of ridding the body of these painful and silent inflammations. It's also vitally important that you pay attention to what you eat.

Obesity is closely related to inflammation. Either one of these two factors can be the cause or effect of the other. That's why reducing excess body fat can reduce and even eliminate inflammatory processes. This can greatly improve the comfort zone in which you enjoy the rest of your life.

One of the major reasons Americans are getting more obese is because our brains are hungry. The average brain weighs about 3 percent or less of total body weight. On the flip side, the average brain uses about 70 percent of the blood's glucose for energy. When the blood glucose level drops, the brain loses some of its energy. That's when your hypoglycemic (low-sugared) brain immediately wants more glucose. So you become seriously hungry. You may even feel irritated, angry and irrational. This often leads to the desire to grab some sweets. Your sugar intake then raises the blood sugar, which in turn increases the delivery of glucose to your brain. This makes you feel better, even joyful, which is wonderful. But it also raises the level of blood sugar in your body, which signals the pancreas to secrete excessive amounts of insulin to quickly reduce it.

As the insulin reduces the blood glucose, the brain's glucose delivery is also reduced. Now the brain cries out for more glucose. In response, you take in more sweets. Then, blood glucose goes up again and increased insulin rapidly reduces the blood glucose. The brain then "orders" you to take in more glucose in an ongoing cycle.

In the meantime, the insulin that lowered the blood glucose in the first place did so by putting the excess glucose into cells to be used or stored, leading to more and larger fat cells. When you exercise, you metabolize (burn up) glucose molecules. Additionally, if you eat fructose instead of glucose, the insulin response is not nearly as rapid. So the situation may not necessarily make you more obese. Insulin also drives some glucose into your liver to be stored and used later. When your brain needs more glucose, protein causes a liver hormone called glucagons to release some of this stored glucose for use in the brain. So consider this: If you satisfy the brain's request for glucose by eating protein instead of sweets, the brain can get what it wants – and you won't have that powerful release of insulin that draws you into the cycle I just described.

... Indeed, fruit and dairy also can help you avoid the glucose/insulin loop. Grains and starches, on the other hand, are made up of long chains of glucose that can cause powerful insulin secretions, leading to the same result as a candy bar in terms of developing fatty cells. By getting into this cycle, you not only get fat, but you develop inflammations that can foster chronic destructive disease processes. (The type of disease fostered depends on the location of the inflammation.) A powerful defense against this is the long-chain omega-3 fatty

acid. It reduces arachidonic acid, which is the building block for the development of inflammations.

Of course, you want to be sure your omega-3 fatty acid isn't derived from fish that have been exposed to mercury or dioxins. (Dioxin happens to be the active component in the Agent Orange that was used in Vietnam.) Both mercury and dioxins are toxic to humans, animals and fish. If you can get your omega-3 fatty acid without the total fish oil, it's much safer.

Here are a few other points that can be helpful when you're trying to avoid or rid yourself of inflammations:

- ♦ 1-2 glasses of red wine daily are anti-inflammatory.
- ♦ Extra virgin olive oil may be helpful if it contains hydroxytyrosol. Read the label.
- ♦ Ginger used as a spice with various foods and salads can help. The ginger should be rich in xanthines. You can get this in most health food stores.
- ♦ Aloe vera prevents the development of inflammatory sites.
- ♦ Coenzyme Q10 prevents inflammatory processes.
- ♦ Vitamins A, C and E are helpful in preventing inflammations.
- ♦ Routine daily exercise also is an effective inflammation preventative.

So in your quest to stay healthy, consider satisfying your hungry brain with smart food choices. Your efforts can go a long way toward reinforcing the effects of craniosacral therapy and other bodywork that can increase fluid circulation, reduce chronic inflammation and help eliminate disease.

Reference: By John Upledger, DO, OMM
www.massagetoday.com

2. Massage : Self Care Is Critical

[I was delighted to find this article for as those of you who see me regularly know exercise is one of my pet subjects. That reminds me that pain management is also vital – distract your thoughts away from the pain – read, listen to, watch something uplifting, something that makes you laugh and tell yourself often that the most important thing for your to do is feel good.]

"... I have always emphasized the critical role of ... self care as a vital part of treatment follow-up in order to live a pain-free life.

I recommend ...[you] stretch tight muscle groups and strengthen weak muscle groups to maintain the resting lengths of opposing muscle groups throughout the body. That is the only way to maintain the results of therapy.

It was about three years ago when I learned the value of self care firsthand. I had thoracic outlet so bad I couldn't even pick up a pencil in my right hand without dropping it. I could not hold a fork in my hand, and I had to teach my seminars using mostly my left hand and the back of my right wrist. I believe the thoracic outlet came on over time due to poor postures and repetitive movements in doing ... [my work] without understanding the importance of taking care of myself.

Following therapy that included ... [various therapies], function was restored to my arm, wrist and hand. After a month of therapy, I was able to avoid having a fusion done to the bones in my neck. My chiropractor aligned the area of the C7/T1 [in the neck] to move a bone spur off the nerve roots in that area. It was then that I had to take responsibility for keeping muscle groups in that area in balance to prevent tightening, which would allow the bones to move out of alignment again.

A critical missing link in living pain free with no numbness or tingling in my arm came when I started to strengthen weak and inhibited muscle groups such as my rhomboids, middle trapezius [between the shoulder blades], and posterior rotator-cuff muscles [shoulder], along with my wrist extensors. This involved self care using active isolated stretching to stretch tight muscle groups of the anterior neck and shoulder, and the use of resistance bands to strengthen weak muscles in the posterior neck and shoulder. This total daily therapy lasted only five minutes. It's obvious that tight muscle groups pulled bones onto nerves and blood vessels, leading to the symptoms I was experiencing. The key to being pain free and 100 percent functional came when I committed five minutes each day to stretch tight muscle groups and then strengthen the weak and inhibited antagonists.

I continue to do self care daily. I spend a minimum of five minutes (and up to 30 minutes) per day because I know what it takes to live the rest of my life **pain free** and hope to inspire others to do the same."

Ref: By James Waslaski, *Massagetoday.com*
June, 2008, Vol. 08, Issue 06

3.

Sometimes I get the feeling the aspirin companies are sponsoring my headaches.
~V.L. Allineare

4. The Elders – An Historic Group of World Leaders

[This is a very exciting development in the state of affairs in our world, and, I believe it's about time that the voices of our elders are once again heard and respected.]

'This group of Elders will bring hope and wisdom back into the world. To play a role in bringing us together to stop unnecessary human suffering and to celebrate the wonderful world that we are so privileged to be part of,' said Founder Richard Branson.

Excerpt from Mr Nelson Mandela's Speech at the Launch of the Elders : Wednesday, 18 July 2007

"In today's world, many of the problems we face are global in nature. These include climate change, pandemics such as aids, malaria and TB. And of course, that entirely human created affliction: violent conflict. The structures we have to deal with these problems are often tied down by political, economic or geographical constraints.

As institutions of government grapple – often unequally - with challenges they face, the efforts of a small, dedicated group of leaders, working objectively and without any vested personal interest in the outcome, can help resolve what often seems like intractable problems. We have the makings of such a group. ... Using their collective experience, their moral courage and their ability to rise above the parochial concerns of nation, race and creed, they can help make our planet a more peaceful, healthy and equitable place to live. Let us call them Global Elders, not because of their age, but because of their individual and collective wisdom.

This group derives its strength not from political, economic or military power, but from the independence and integrity of those who are here. They do not have careers to build, elections to win, constituencies to please. They can talk to anyone they please, and are free to follow paths they deem right, even if hugely unpopular. It is now several years since Richard Branson and Peter Gabriel came to me with their idea for The Elders. Since then I have watched the concept grow, gain structure and strength, and become a real, viable, and pragmatic initiative. ...

This initiative cannot have come at a more appropriate time. It brings together an extraordinary collection of people, with the skills and resources to undertake what we know is an enormous task. I am proud to be here at this launch of what is known as The Global Elders. As I have said before, I am trying to take my retirement seriously, and I will unfortunately not be able to participate in the really exciting part of their work, analyzing problems, seeking solutions, searching out partners.

But I wish them well, and hope they succeed in bringing light to some of the darkness that afflicts our world, and new energy to areas where others have become weary because of the endless conflict. I thank you."

The Elders will be independently funded by a group of Founders, including Branson and Gabriel. Additional Founders include: Ray Chambers; Michael Chambers; Bridgeway Foundation; Pam Omidyar, Humanity United; Amy Robbins; Shashi Ruia, Dick Tarlow; and The United Nations Foundation.

Reference: www.theElders.org

5. Oil Pulling

"Oil pulling comes from Ayurveda where rinsing the mouth with oil is recommended for keeping teeth and gums healthy.

If you want white healthy teeth forget harsh oral bleach and get yourself some sesame oil (not the toasted type, just plain cold pressed oil and organic if possible). By using the sesame oil as a mouthwash you can improve the health of your gums and teeth and help detox the upper part of your digestive system."

How to use Oil Pulling : Use about 15mls of sesame oil as you would a mouth wash in in the morning, before eating or drinking. Move the oil around in your mouth, drawing it repeatedly between your teeth and making a chewing action with your teeth and jaws.

Keep working the oil around your mouth for a minimum of 5-10 minutes - longer if you can. After 10-15 minutes the oil will become thin and white as it emulsifies with your saliva.

"Rinse the oil from your mouth with warm water and clean your teeth using a small amount of natural toothpaste.

If morning times are busy for you, you could practice oil pulling while showering, or doing other morning activities, so it doesn't add minutes to your routine.

Ayurveda recommends massaging the gums with sesame oil before going to bed to prevent or help receding gums. For a quick night time boost to your oral health, you could pour a little oil onto the bristles of an electric toothbrush and then massage around your gums and over the surface of your teeth. For maximum benefit don't rinse afterwards, just leave the oil residue in your mouth to work while you rest. It's not unpleasant and makes your mouth feel very clean.

Sesame oil works as a great natural lip salve too, dip your finger into a small amount and rub it gently into your lips morning and night to protect them from chapping."

[Research shows that sesame seed oil is a potent antioxidant.]

Reference: Living by Design Newsletter

6. Aqua Detox Therapy

Detox and rebalance your body's systems

During an Aqua Detox treatment your feet are placed in the Aqua Detox foot bath and an electro magnetic flow imparts a bio-energetic field to the water, this gentle therapy helps the body to rebalance itself by stimulating the microcirculation. When the microcirculation is working effectively, the body is likely to be in good health able to excrete waste products. It is a quick and effective way to detox and cleanse the body. (See website for client experiences and further information.)

7. What's Happening

- ✦ 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.
 - ✦ Body & Soul Clinic, 175 Send Rd, Send. Tel: 01483-225147. For CST and other therapies.
 - ✦ 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.
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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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