



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

Issue 38 – October 2008

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

Greetings. I apologise to anyone who has been unable to get hold of me on the phone the last part of September and first half of October. We changed our phone to broadband and we had some teething problems. We also had our whole house rewired so the power was up and down. Unfortunately I've probably missed calls – apologies again. With this in mind I am also using my mobile phone which is 075 9459 9004.

After a lovely autumn it seems we move quickly into winter. I fully intend to enjoy a period of hibernation which will include doing something with the box of apples outside my back door. May this be a good winter for you, even though fuel prices are high.

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1. **CranioSacral Therapy (CST) – When the Inner Physician Speaks, I Listen**

“Even after many decades of being a physician, my work never gets boring, because I am constantly learning from my own patients. One of my greatest teachers was a woman I'll call “Samantha.” My experience with her brought me into a far greater awareness of the power of dialoguing with body tissues and cells as an extension of the work I had long been doing with my patients' Inner Physicians [or biological wisdom]...This is the voice of wisdom; the part inside all of us that maintains complete awareness of our inner and outer workings.

Samantha came to see me about five days before she was scheduled for a radical mastectomy of her left breast. She had a malignant tumour that was about 2 cm by 0.5 cm on the mammogram. It was attached to a smaller tumour about half its size, which was interpreted as a spread of the larger tumour. Fortunately, there was no detectable spread to the axilla (armpit).

In the few days she had before surgery, Samantha wanted to see whether she could reduce the tumour and avoid a radical mastectomy by receiving CranioSacral Therapy and accessing her Inner Physician. As I worked on her, I gently placed my hand on the tumour tissues and silently asked the white cells to phagocytize (consume and digest) the tumorous cells. For about 30 minutes, I intentionally sent energy into the breast tissue while I visualized the two tumours shrinking. After awhile, I actually felt them getting smaller and melding into each other. The process finally stopped when the tumour felt as if it was about the size of a pea. When Samantha visited the surgeon a few days later, he was openly astonished at the change. Instead of having to perform a radical mastectomy, he did a simple lumpectomy and removed the pea-sized tumour through a small incision.

I saw Samantha frequently for some weeks after the malignant tumour was removed. All went well for about a year. Then one day, she came in with an ulceration in the same spot where she had the incision on the breast. Together, we put healing energy into the ulceration with positive, observable results. To my knowledge, Samantha has been fine ever since.”

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

2. **Massage : Benefits of Massage Therapy**

"Massage therapy not only provides relaxation and relief to muscle strain and fatigue, a therapeutic massage may improve your health. There are many benefits to massage therapy, including physical, emotional, and physiological improvements in the body.

Why Get a Massage? Imagine a long day of standing on cement floors, lifting heavy boxes, or sitting at a desk. Your back is killing you, there is a sharp pain in your shoulder, and your temples are throbbing. Fatigue, repetitive motion, muscle strain, or staying in one position for an extended length of time could cause any or maybe all of these symptoms.

It's your body's way of saying, "slow down and take it easy." How you respond to these symptoms determines how you will feel.

What if your stress, pain, tension, and fatigue could be purged from your body through therapeutic massage? ...There are many reasons a person may desire or need a massage...

Physical Benefits. During massage therapy, the masseuse works the tension out of stiff and sore muscles, encouraging their patient to relax. This may help the person receiving the massage on many levels: his muscles feel relaxed and are no longer sore, he is relaxed and no longer tense, and the muscles loose, allowing a larger range of motion.

A study performed on university dance students demonstrated that the dancers had improved in range of motion, mood, balance, posture, and performed better [with massage therapy].

Emotional. As certain muscles are massaged, emotions may be released. The kneading motions combined with heat ... cause a person to relax, releasing tension. Stress and tension is often rubbed away along with any aches or pains in the body.

Physiological. Studies performed by the Touch Research Institute at the University of Miami indicated that the immune system improved in children who were massaged daily by their parents; the children's white blood cell and neutrophil counts increased. Therapeutic massage is used as a treatment for many illnesses and during the recovery period after surgery.

Scientists believe that this deep, healing massage triggers the release of certain chemicals in the body that helps to combat illnesses and speeds recovery.

When You Should Ask Your Doctor before Getting a Massage. With certain health conditions, it could be dangerous to be on the receiving end of a massage. People with the following symptoms or illnesses should contact their doctors first.

Blood vessel conditions: if you have a blood clot, the massage could cause the clot to move.

Cardiovascular conditions: people suffering from these diseases may have swollen blood vessels, blood clots, or heart disease.

If you have skin conditions such as burns, cuts, cold sores, bruises, sores, herpes, open cuts, and swollen areas, you should not have a massage in one of these areas.

People with high fevers or chills should not get a massage, since it may be the sign of a serious illness.

People with a mild stage of osteoporosis could benefit from massage if permitted by their doctors, but not anyone with severe osteoporosis.

Massage Therapy — Is it right for you? The power of touch has miraculous effects: for the very young to the very old, for the terminally ill to the marathon athlete, and for the stay-at-home mom to the over-stressed executive. Massage has the power to relax, heal, and help release emotions and tension without aid of drugs or any other unnatural element.

Reference: Brandon Raynor

3.

Health is like money, we never have a true idea of its value until we lose it.
~Josh Billings

4. **Feed your face** : Some of best products for skin may be in the fridge

Julia Busch, author of "Treat Your Face Like a Salad," says "You have to be careful of what you put on your skin," "Whatever you put on your skin -- including preservatives and dyes -- eventually works its way into your body". "Just because it's [in] a wonderful wrapper doesn't mean it's a wonderful product".

Using natural products isn't exactly new. Apparently, the ladies of the French Court used **old wine** on their faces as an exfoliate. [mmm next time I have any old wine left over]. **Lavender** essential oil is a great skin balancer for all types of skin, and **sweet thyme** will help those suffering from acne. The age-old remedy of dry **oatmeal** mixed with water and **yogurt** is one of the best cleansers for the face.

"People are rediscovering things that their grandmother used to do, which works."

5. **Nutritional supplements - Sometimes they can help a drug, too**

We've all heard a lot about the adverse effects that nutritional supplements can have on pharmaceutical drugs, but nobody ever mentions the positive effects that nutritionals can have. There's growing evidence to suggest supplements interfere with the processes of some drugs, but there's also plenty of evidence to suggest that nutritional supplements can actually help the effectiveness, or offset the toxic effects, of many others.

This almost never gets a mention, and so leading nutritionist Dr Leo Galland has decided to redress the balance. Like us, Dr Galland is intrigued by the number of press headlines that have been warning people off nutritional supplements. But when he started researching the underlying supportive evidence, he was "struck by the high degree of speculation and the low level of documentation". Most of the interactions were pharmacodynamic, which relates to the effects a nutritional might have on a pharmaceutical. "These possible effects are interesting, but they may never occur, or they may be beneficial rather than harmful, depending upon the circumstances of the individual case," says Dr Galland.

Perhaps the best-known example is St John's wort, the natural antidepressant, which has significant adverse reactions with 24 different drugs. Of the drugs, warfarin, the anticoagulant, is the one most likely to be affected by a supplement. Dr Galland identified 49 natural products that might block the pharmacological effects of the drug.

But researchers have ignored the possible positive effects that a nutritional can have on a prescription drug. Sometimes they enhance the effects of the drug, sometimes they compensate for the drug's toxic effects. Fish oil is the supplement that has the greatest positive effect on drugs, and especially with the anti-inflammatories, the anti-arrhythmics, antidepressants, neuroleptics, beta-blockers, anti-lipemic drugs, insulin and lithium. Dr Galland has identified 37 natural products that have a directly beneficial effect when taken with a drug. As he points out, around half of all prescription drugs deplete our nutritional stores, and so it's important that we supplement if we are going to maintain a healthy immune system.

Story from WDDTY:
www.wddty.com
Published: 01/04/1990

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

- ✦ Body & Soul Clinic, 175 Send Rd, Send, offers complementary natural health therapies (also CST), beauty treatments and mini-spa packages (10% discount on some therapies on offer now) : 01483 225147 email: info@bodyandsoulclinic.co.uk.
 - ✦ 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. **Christmas 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 month 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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Patricia or Dale Spence : Tel 01252-333738 : Mobile 075 9459 9004
email: admin@handfulofcherries.com : www.HandfulofCherries.com
