



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

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

Greetings. Compliments of the Season to you all – it's almost too late for that now!! However, I do hope you all had a good Christmas and New Year and are looking forward to a sparkling and exciting 2009. To say these are life changing times isn't too dramatic a statement I believe. Some of the old, established, trustworthy businesses and ways of doing things are no longer working. I keep hearing though of new businesses emerging (the greengrocer in Frimely Green who sells fabulous duck eggs) and businesses who 18 months ago were hanging on by the skin of their teeth acquiring new business. So, there is hope and the hope that springs from my heart is that the changes that will take place, world-wide, will be good for humanity.

And on that positive note, Dale is starting up his yoga classes again. See below for details.

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CranioSacral Therapy (CST) – A exciting new trial

The back room of the Pirbright Garrison Community Centre is the venue for a new Mums and Babes Clinic. The first of which was held on the 13th. I am there through the kindness of Yvonne and Diane who run the Home Start Group. I'm excited to be offering Reiki and CST to these army Mums and children whose husbands and fathers are often away. This clinic will be held for a three month trial period.

Babies and children respond especially well and quickly (depending on the symptoms) to CST. Birth is a complex journey and can be a challenge for Mum and baby. When we think of birth trauma we think of ventouse, forceps, caesarean section, the cord around the neck, inhaling or swallowing meconium, but there is the chemical side to it too. The substances given to Mum to aid birth also affect the baby and its ability to know how to be born and can have more permanent effects on baby. (I put my hand up to having epidurals for both my children.)

The craniosacral system directly impacts the central nervous system so it's easy to see how imbalances and restrictions there could cause sensory, motor or neurological problems. The gentle application of CST, which works predominately with the craniosacral system, helps the body release these restrictions and imbalances and can help forge a lifetime of good health. The membranes and fluid that surround and protect the brain and spinal cord make up the craniosacral system. This system extends from the bones of the skull, face and mouth down to the sacrum, the heart shaped bone at the end of the spine. CST helps and/or improves a multitude of conditions such as colic, vomiting, hearing and motor problems, and the autistic spectrum. It's a great help with suckling problems too. It's a gentle non-invasive way to soothe, comfort and relieve babies and children.

[Affirming this is a wonderful French obstetrician, Michel Odent MD, who has been researching the affects of birth for several decades now. He founded the Primal Health Research Centre in London, which focuses on the long-term consequences of early experiences. An overview of the Primal Health Research data bank demonstrates how health is shaped during the primal period (from conception until the first birthday). The research also suggests that the way we are born has long-term consequences for sociability, aggressiveness—in other words, for our capacity to love.]

Massage : Foot-and-Hand Massage Eases Postoperative Pain

A 20-minute foot-and-hand massage significantly reduced subjects' perception of pain intensity and distress the

day after surgery, and also lowered their heart and respiratory rates, according to a recent study.

"Foot and Hand Massage as an Intervention for Postoperative Pain" was conducted by staff at Clarion Health Partners Methodist Hospital and Indiana University School of Nursing, in Indianapolis, Indiana.

Eighteen subjects who underwent surgery participated in this study the day after their operations. Participants were age 20 or older, and recovering from gastrointestinal, gynaecological, urological, head, neck or plastic surgery. They each received pain medication one-to-four hours before the massage intervention and had asked for an intervention to relieve their pain the day after surgery. All subjects reported that the surgical wound was the area that hurt most.

Pain intensity and distress scores, heart rate, respiratory rate and blood pressure were measured before and immediately after the 20-minute massage. Subjects were also asked to rate the percentage of pain relief from the pain medication before the massage and the percentage of pain relief from the massage following the intervention. ...

Perceived pain intensity was measured using a scale that ranged from 0 (no pain) to 10 (pain as bad as you can imagine). Perceived distress was measured on a similar scale, ranging from 0 to 10. Perceived pain relief, from both the pain medication and the massage intervention, was measured on a percentage scale, ranging from 0 percent (no relief) to 100 percent (complete relief).

Results of the study showed significant reductions in both pain intensity and distress after the 20-minute massage, as well as significant decreases in heart rate and respiratory rate, but not systolic and diastolic blood pressure.

"The findings from the study indicated that a 20-minute foot and hand massage significantly reduced both pain intensity and distress resulting from incisional pain on the first postoperative day," state the study's authors. "Foot and hand massage appears to be an effective, inexpensive, low-risk, flexible, easily applied strategy for postoperative pain management."

Reference: Hsiao-Lan Wang, R.N., and Juanita F. Keck, R.N.
Originally published in Pain Management Nursing, June 2004, Vol. 5, No. 2, pp. 59-65.

Preserving the health by too strict a regimen is a wearisome malady.
~François Duc de la Rochefoucauld

Life Coaching

"In this article I write about how we can become content with life by learning to like ourselves and by appreciating what we have in life. There are far too many people who are comparing their lives to that of their friends and neighbours, and who then think that they are not good enough. This can make them become jealous and even depressed.

I have to admit that I was like the people I am describing above. I was not happy with the car I drove, or at the company where I worked, or at how much money I earned per year and even with the girlfriend I had. My friends seemed to drive much better cars, worked for much better employers, earned far more per year than I did and had much better looking girlfriends, sorry Claire!

I have since managed to change my attitude to life and am now very happy with what I have in life. I now look at the bigger picture and instead of concentrating my thoughts at people who I feel are better off than me, I watch the news from around the world and hear about people who are far less fortunate than I am. I certainly now feel that I am actually very lucky compared to most people who live on this planet.

I also did not really like myself, I wanted to be taller, stronger, a better communicator (I had a stutter), and a lot fitter than I was (I was quite fat). I have since accepted that there are various things that I cannot change, such as my height and have therefore accepted that I am shorter than the average male. I have also thought about the positive aspects of being short, more leg room on a plane etc. ...

I now like myself and if other people choose not to, that is fine by me, I have enough people who do. In any case it is what I think that counts, therefore if they think I am an idiot, that's fine, because I believe I am not.

I now have an opinion that what car I drive or how much money I earn is not important. For me, health and happiness are the two most important things in life and these are things which money cannot buy.

I have decided that stressing or worrying about a situation does not help me to succeed, it just makes things a whole lot worse and more difficult. I now think to myself, that all I can do in life is to try my best and if I do that I can be proud of myself.

I used to be very hard on myself, my own worst critic. I am now a lot easier on myself. I have realised that I will make mistakes and always try to learn from the experiences. My body and brain are temples and I need to be nice to them. Hopefully if I am they will reward me with my continued health.

I am now far happier than I have ever been and am determined not to slip back into my old ways of depression and negative thinking.

I hope this article helps you in your quest for a better life."

Reference: Stephen Hill – Solution Box

[Counting my blessings (literally) works for me – 9 out of 10 times anyway.]

Hatha Yoga

Dale has been involved with yoga and the principles of yoga for about 30 years. He has been influenced by many approaches including Iyengar, Ashtanga, Shadow Yoga and Surat Shabd Yoga. He started teaching Iyengar Yoga in the 1980s and achieved a Yoga Teacher Training diploma through the British Wheel of Yoga in 2001. In addition his yoga practice has been influenced by his training in osteopathy, naturopathy, cranial osteopathy, craniocervical therapy, Tai Chi and Chi Kung.

Hatha Yoga is the practice of postures (asana) and breathing techniques (pranayama). The human body is an amazing mechanism with all its parts and components being distinct but interdependent. Yoga aims at balancing, harmonising and integrating all the components that make up a human being. From this balanced integration comes health, equanimity, and clarity of perception.

Yoga asanas were devised for perfecting the economy of the body and when practised correctly they work on all the organs deep within as well as on all the muscles and ligaments, particularly those of the spine. They strengthen and tone all the body structures, as well as increasing flexibility and range of movement in all the joints.

A significant proportion of all disease and dysfunction today derive ultimately from reduced strength, movement and clarity.

Classes are suitable for mixed ability.

Tuesday

Wesley Hall (Green Room), Methodist Church, Alexander Road, North Camp

Class 1 - 6:00 to 7:30 pm

Class 2 - 7:30 to 9:00 pm

Price: £8 per drop in class, or £70 for a book of 10 tickets purchased at the class, to be used anytime.

Contact Dale on 01252-333738. Further information can be found on www.wanimo.co.uk/yoga. This site is still under construction so will be changing over the months.

Body & Soul Clinic are holding a taster day on Tuesday 24 February. I know it may not be the best day (being a week day), but why not help banish the winter blues, be pampered and de-stressed. All treatments will be ½ hour and FREE as long as you bring a friend who will also receive a free ½ hour treatment.

Ayurvedic Home Remedies for Dry Cough Relief from Bananas

"Parents were shocked earlier this year when the FDA issued a public warning that over the counter cough and cold remedies could cause "serious and potentially life-threatening" side effects. Parents of children under the age of two have been strongly advised not to use these products.

Pediatrician Dr Alan Greene has expressed his approval over the warnings and reassures parents that they are not missing out on effective remedies, but rather on pharmaceutical preparations that have proved to be no more effective than placebos in clinical trials.

Instead of using what he considers to be non-effective over the counter remedies, he is recommending that concerned parents step back in time and learn some natural home remedies instead.

Here's a simple recipe that shows how to make one of my [Ananga] favourite Ayurvedic home remedies for a persistent dry cough. It's easy to make, safe for small children, and it tastes delicious...

Mashed Banana Cough Relief Remedy

Mash 1 ripe banana; add 1 teaspoon runny honey and 2 pinches black pepper. Mix thoroughly and eat two or three times a day. That's it!

This simple home remedy is better in every conceivable way than buying over the counter cough suppressants. It's better for our children, it can be rustled up in no time from ingredients we usually already have at home, it's easy, it's cheap and there is no risk of nasty side effects.

Regular sips of boiled water cooled to a warm and comfortable drinking temperature will also help keep the tissues of the mouth and throat hydrated."

Reference: www.LivingByDesign

What's Happening

- ✦ Hatha Yoga classes. Tuesdays (from 3/2/09) Wesley Hall (Green Room), Methodist Church, Alexander Road, North Camp. Class 1 - 6:00 to 7:30 pm and Class 2 - 7:30 to 9:00 pm. Tel: 01252-333738.
 - ✦ 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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Gift vouchers available for any value towards any treatment or combinations of treatments –

CranioSacral Therapy, Massage, Reiki 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.](#)

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Contact us

Patricia or Dale Spence : Tel 01252-333738 : Mobile 075 9459 9004
email: admin@handfulofcherries.com : www.HandfulofCherries.com
