



**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
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I will be working
Saturday 11th April.

Greetings. Isn't it glorious – it feels as though spring is finally here and with it hay fever time. I have a few natural home remedies in this issue. Please try them and let me know how you find them.

This year I will be away on holiday from the 18th April to 24th - back at work on Saturday 25th April. I will be away on a course from 20th to 23rd May – back at work on the Tuesday 26th.

At the end of this newsletter you will find a 10% off Spring/Recession voucher. Please bring it with you for you discount. I wish you happy lawn mowing, gardening or just enjoying the warmth of the sun.

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CranioSacral Therapy (CST) – How Upper Neck Muscles Influence Hamstring Length

This is an abstracts of an interesting research study. The researchers used PNF (or active resistance) stretching to examine the effect of upper neck muscles on hip joint range of motion.

Stretching the hamstrings caused 9% increase in hip extension range of motion as measured with the passive 'straight leg raise' (SLR) manoeuvre. Yet stretching the small suboccipital muscles (which connect the occiput – the base of the skull - with the upper two vertebrae) resulted in almost twice as much (13%) increase of hamstring length as measured with the same SLR test.

The explanation for this extraordinary finding has probably more to do with the neurological importance of the suboccipital muscles. These small muscles have the highest density of muscles spindles in the whole body (wow – isn't that amazing!) and have a major sensory function for antigravity organization. Via the so called 'Tonic Neck Reflex' (which we share with most other mammals) an extension of these muscles tends to trigger a tonus decrease of the hip joint extensor muscles (a decrease in the tone of the muscles that extend the hip joint.)

Reference: Robert Schleip, McPartland J M, Brodeur R R, Rectus capitis posterior minor:
a small but important suboccipital muscle,
Journal of Bodywork and Movement Therapies, January 1996

CST is ideally suited to this kind of problem. There are a number of techniques that release the cranial base, and specifically these suboccipital muscles as well as gentle spine, sacrum and pelvic/hip joint techniques to support the release of the suboccipital muscles and the nerves involved.

Massage : Massage for Long-Term Pain

Massage significantly improved self-rated health, mental energy and muscle pain in people with chronic musculoskeletal pain, according to a recent study.

"A Randomised Clinical Trial of the Treatment Effects of Massage Compared to Relaxation Tape Recordings on Diffuse Long-Term Pain" was conducted by staff at the Uppsala University Department of Public Health and Caring Sciences, in Uppsala, Sweden.

One-hundred-seventeen subjects with long-term, diffuse (spread out) musculoskeletal pain participated in the study. Each subject had pain that had lasted for at least three months and was not caused by a specific disease or condition.

Participants were randomised to either a massage or relaxation group. Subjects in the massage group received anywhere from 6 to 10 massages, each lasting 30 minutes. Subjects received the massages 1 to 3 times per week. Participants received an average of 7 massages. One person administered all massages, and each session was adjusted to meet subjects' individual pain thresholds.

Subjects in the relaxation group listened to a relaxation tape twice a week for 5 weeks. The tape instructed them to tense and relax the muscle groups and breathe slowly and regularly.

Questionnaires regarding the subjects' age, gender, smoking habits, country of birth, marital status and profession were filled out before, immediately after and 3 months following the study. A self-rated health questionnaire and rating scales for mental energy and muscle pain were also administered at these times.

Results of the study showed that, during treatment, there was a significant improvement in self-rated health, mental energy and muscle pain for subjects in the massage group as compared to those in the relaxation group.

"For all three outcome measures, massage was significantly more effective during treatment, even after controlling for other possible factors," state the study's authors.

However, at the 3 month follow-up evaluation these improved scores had reverted back to their initial levels.

"This lack of long-term benefits could be due to the short treatment period or treatments such as these do not address the underlying causes of pain," state the study's authors. "Future studies of long-term pain should include longer treatment periods and post-treatment follow-up."

Reference: Massage Therapy Foundation
—Source: Uppsala University Department of Public Health and Caring Sciences, in Uppsala, Sweden.
Authors: Dan Hasson, Bengt Arentz, Lena Jelveus and Bo Edlestam.
Originally published in Psychotherapy and Psychosomatics, 2004, Vol. 73, pp. 17-24.

Within each of us lies the power of our consent to health and sickness, to riches and poverty,
to freedom and to slavery. It is we who control these, and not another.
~ Richard Bach

Life Coaching : Believe in what makes you feel good and what makes you happy.

Believe in the dreams you've always wanted to come true, and give them every chance to.

If you are willing to take the opportunities you are given and utilise the abilities you have, you will constantly fill your life with special moments and unforgettable times.

No one knows the mysteries of life or its ultimate meaning, but for those who are willing to believe in their dreams and in themselves, life is a precious gift in which anything is possible.

Reference: Robert Sewell

Yoga : Pose of the Month – Uttanasana (standing forward bend)

This is a relatively simple pose, yet it can take a long time to become "classically good" at it.

Anatomically, the structures most involved are legs, hip and spine structures. The legs are working to maintain their vertical posture. Muscles particularly working include quadriceps, and the muscles stabilising the knee and ankle. Muscles particularly lengthening include spine extensors, gluteal group, hamstrings. The main obstacle with this one is tight hamstrings. There is not much effort in this posture. You need to work to keep the legs vertical, and let gravity act on the hanging torso, arms and head. The main joints involved are the hip joints.

Where hamstrings are particularly tight (common in those of us with sedentary life styles) you will not be able to



reach the posture as indicated with a relatively straight back. Instead the back will be more of an inverted 'C' shape. There is no right and wrong with this. It is simply working at the place that we are at. But it does mean that the structural orientation and physiology at the end point varies widely. If when you do it, the primary experience is screaming hamstrings, let the knees bend as required. This allows the back to get more of the benefits of the full posture.

At the end point of the classic posture, the torso is hanging downward. Many of the benefits of inversions become relevant. Especially the reversal of the gravity effects on the blood supply into the head. This can have negative implications for people with either high or low blood pressure. This will blood-flush many of the important endocrinal glands – pituitary, pineal, hypothalamus, thyroid, thymus. Hence there is a significant endocrinal boost with this inversion. Another effect of this increased blood supply into the upper torso and head is the increased oxygen supply to the structures of the central nervous system – spinal cord structures and brain. Nerve tissue is particularly oxygen hungry.

Most inverted postures tend to be weight bearing in the spine (eg, shoulder stand and head stand). This forward bend allows inversion with no weight bearing in the intervertebral joints. This is physiologically significant as it allows the intervertebral disks to expand, and a gapping of the vertebral articular facets. This would aid compressive conditions of the spine, though it could exacerbate structural problems in the spine. Another effect of this inversion is an increased intradural pressure in the cerebrospinal fluid. This would have a profound effect on the Cranial Rhythm – significant in CST.

References: Leslie Kamanoff, Yoga Anatomy, Netter, Atlas of Human Anatomy, Gray's Anatomy

A quotation for our present times.

"The more credit you give away, the more will come back to you.
The more you help others, the more they will want to help you."
~Brian Tracy

Natural Allergy Treatment for Hay Fever

Mother nature provides us several natural antihistamines, which relieve hay fever symptoms really effectively.

Apple Cider Vinegar (and old favourite of mine) is extremely helpful in the prevention and treatment of allergy.

Mix 1-2 tbsp Apple Cider Vinegar in a glass of water (250ml). Take this quantity 2-3 times a day. If taken at the onset of symptoms, improvement occurs in 1-3 hours. If you have been experiencing allergies for several days, your symptoms will diminish after about 1 day. If you don't notice any ease of your hay fever after 2-3 days, stop taking the remedy. Otherwise use throughout the hay fever season.

If you have a problem with the taste of Apple Cider Vinegar try the following:

- add 1 tsp honey to the water-apple cider vinegar mixture
- mix apple cider vinegar in apple juice
- mix apple cider vinegar in herbal tea
- if your stomach is sensitive to vinegar and feels upset after drinking the remedy add 1/4 tsp baking soda to 250ml apple cider vinegar mixture.

WARNING! Your teeth don't like the acid so drink through a straw and rinse your mouth out after drinking.

What's Happening

- ➔ Yoga classes. Tuesdays at 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. Further information can be found on www.DaleSpenceYoga.com.
 - ➔ 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.
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✦ 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.

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.

Voucher

- CranioSacral Therapy
- Holistic Massage
- Aqua Detox
- Life Coaching
- Reiki

For the Spring/Recession
10% off any treatment during April/May

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