



**CranioSacral Therapy, Holistic Massage, Reiki,
Life Coaching**

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WELL BEING NEWSLETTER : Information and Inspiration from Patricia Spence
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Greetings. The beginning of this month brought mid-summer or Lammas (according to the Anglo-Saxons) – the beginning of harvest time. I love this time of bounty and itch to gather the harvest whether my own or foraging further afield. I wish you all a bountiful time in harvest and leisure.

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CranioSacral Therapy (CST) – Relevant Research: Early Antibiotic Use Linked to Asthma

“Asthma is the most common cause of chronic illness in childhood,... [In the UK, over 1.1m children have asthma.] Most children experience initial symptoms such as chronic cough, intermittent rapid breathing, shortness of breath, unusual fatigue or weakness, or feelings of tightness in the chest by the age of 5. Nasal allergies, family history, frequent respiratory infections and exposure to tobacco smoke (pre- or postnatal) are risk factors - as is antibiotic use during the first year of life, according to a recent study published in the March issue of the ... medical journal *Pediatrics*.

The study evaluated antibiotic exposure in more than 250,000 infants, looking for a potential association between antibiotic use during infants' first 12 months and the development of asthma during their first 24 months. Results showed a small risk that increased with the number of antibiotic courses prescribed; the risk was highest in children treated with more than four courses during their first year. Findings were adjusted to exclude other potential factors that could have contributed to asthma onset, including birth weight, acute bronchitis, delivery method, socioeconomic status, gestational age and other variables. Even when considering these factors, an independent association between antibiotic use and asthma remained.

Of course, reducing the chances your child will develop asthma is just one reason to limit their exposure to antibiotics and other medications whenever possible, particularly when they're young. Excessive antibiotic use can reduce their effectiveness over time, meaning they're progressively less likely to work the more often they're prescribed. And along with over-the-counter and prescription medications, antibiotics come with a variety of potential side effects - some that are relatively minor, but others that can be life-threatening. To learn more about antibiotic resistance visit www.cdc.gov/resistance.”

Ref: MassageToday.com

Asthma is one of the symptoms that responds to CST, particularly in the very young.

Massage : Research: Soft-tissue massage for shoulder pain

“Soft-tissue massage improved range of motion, reduced pain and improved function in people with shoulder pain, according to a research study.

‘A trial into the effectiveness of soft tissue massage in the treatment of shoulder pain’ was conducted by staff at Auburn Hospital and Concord Repatriation General Hospital in Sydney, Australia.

Twenty-nine subjects who had been referred to the Concord hospital for management of shoulder pain participated in the study. Their medical diagnoses varied, but impingement, rotator-cuff tear and unspecified shoulder pain were the most common diagnoses.

Fourteen of the participants were randomly assigned to the control group, where they were placed on a waiting list for massage and received no treatment for two weeks.

Fifteen of the participants were randomly assigned to the massage group, where they received six sessions of soft-tissue massage around the shoulder for two weeks. Each session lasted 15-20 minutes.

Active range of motion was evaluated for flexion, abduction and hand-behind-back movements before and after the study. Pain was assessed on the Short Form McGill Pain Questionnaire, and functional ability was assessed with the Patient Specific Functional Disability Measure, both before and after the study period.

Subjects in the control group showed no significant improvements from the beginning to the end of the two-week period. Subjects in the massage group showed significant improvements in all measures, with a mean improvement of 22.6 degrees in flexion; 42.2 degrees in abduction; and the ability to reach a mean of 11cm further up the back. Subjects in the massage group also reported decreased pain and improved function.

'This randomised, controlled trial has shown that soft tissue massage around the shoulder in subjects with shoulder pain of local mechanical origin produces significantly greater improvements in pain, function and range of motion than does no treatment over a two-week period,' state the study's authors.

'The fact that these patients improved with such a wide range of diagnoses points to the potential generalisability of the effects of this massage in patients with shoulder pain of local mechanical origin.'"

—Source: Auburn Hospital and Concord Repatriation General Hospital in Sydney, Australia. Authors: Paul A. van den Dolder & David L. Roberts. Originally published in the Australian Journal of Physiotherapy 2003, Vol. 49, pp. 183-188. Reference: www.massagemag.com.

The greatest wealth is health.
~Virgil

Life Coaching : Confidence

Real confidence comes not from boasting, but from listening and understanding. Real confidence comes not from taking all you can, but from giving the best you have.

Real confidence comes not from ignoring your fears. Rather, it comes from learning what those fears have to teach, and then moving ahead more fully prepared.

Real confidence brings with it a level of effectiveness that cannot be imitated. Real confidence has a momentum that is nearly impossible to deny.

Real confidence comes not from trying to appear impressive. Real confidence comes from taking the actions that lead to truly impressive results.

A small achievement brings with it the confidence to take your efforts to the next level. And when that next level is reached, you'll gain the confidence to go even higher.

In this way, real confidence is built, one step at a time. Build some for yourself, and see how very far it can take you.

- Ralph Marston

Whatever you are from nature, keep to it; never desert your own line of talent...
Be what Nature intended you for, and you will succeed; be anything else,
and you will be ten thousand times worse than nothing.
~Sydney Smith, The Way To Succeed (1902)

Yoga : Pose of the Month – Trikonasana



This is a basic hip-opening standing pose which acts on the joints of the foot, knee and hip. It also works the front and back leg muscles, including iliacus, psoas major and piriformis. This asana also lengthens the front and back leg muscles.

Instruction

Stand straight with feet together. Breathe in and jump or step your feet about 3 or 4 feet apart. Turn the left foot in and the right foot out. Make sure the whole right leg is turned out with the knee pointing directly over the toes. The right heel should be aligned with the arch of the left foot. Breathe in and stretch your arms out in line with the shoulders, palms facing the floor. Breathe out and extend the spine towards the right. Initially, let the right hand rest on the right shin, the left hand straight up towards the ceiling. Lengthen in the spine and aim to turn the head to look up towards the ceiling. Keep the spine and neck as straight as you can. As you progress you can aim to lessen the weight of the hand resting on the shin. That makes the back and legs work that much harder. In time you can aim to get the lower hand onto the floor. You are aiming to get a straight line through the lower arm wrist, lower arm shoulder, upper arm shoulder and wrist, along with the spine lengthening. Breathing stays deep and easy. No tension in the face, fingers, throat, toes,...

Anatomy

This is a complex posture. The structures working will depend on how much you can get to the final position. Basically it is a hip opening posture, strong in the legs. Most working are the side trunk and into the gluteals (external abdominal oblique, latissimus dorsi, quadratus lumborum, gluteus maximus, minimus and medius; also tensor fascia lata. These are the main muscles keeping you upright. Also involved will be the muscles keeping the arm up and head turned. These are working, but are more secondary. The muscles particularly lengthening are the hip/buttock muscles (gluteus maximus and minimus) hamstrings (biceps femoris, semitendinosus and semimembranosus) and back of knee (plantaris, peroneus). What you feel will vary from person to person, but these are the primary muscles that that I feel in the posture.

References: Leslie Kamanoff, "Yoga Anatomy", Human Kinetics, 2007
Tortora and Anagnostakos, "Principles of Anatomy and Physiology", Harper and Row, NY, 1990
Netter, "Atlas of Human Anatomy", Novartis, 1997
"Gray's Anatomy", Churchill Livingstone, 1989
Tobias and Stewart, "The Yoga Book", Pan Books, 1986

Sinusitis Solutions

"If you think sinus problems are limited to the winter months, think again. Sinusitis - inflammation of the mucous membranes in the nose, sinuses and throat, eventually leading to blocked sinuses and potential infection - can be triggered by a number of things, from viral or bacterial infection to allergies or hay fever. Regardless of the cause, sinusitis is a common problem with frustrating symptoms: congestion, cough, sore throat, fatigue, fever, pain and pressure around the eyes, cheeks nose or forehead, and sinus drainage in the form of a thick yellow/green discharge.

What can you do to prevent sinusitis? *Harvard Women's Health Watch* offers a few simple suggestions for reducing your risk or relieving early symptoms of the condition. First, keeping your nasal membranes moist is a great way to avoid/reduce sinus symptoms. Stir 1 teaspoon salt into 2 cups of lukewarm water; use a squeeze bottle to stream the solution through your nose. Do this 1-2 times daily to keep your nasal passages from drying out and clear excess mucus before it has a chance to cause congestion and/or infection. Drinking lots of water every day is another great way to keep mucus from building up; water keeps mucus thin, loose and easy to dissipate with the saltwater solution or simply by blowing your nose.

If you have sinus symptoms, inhaling steam also can help to reduce congestion and other symptoms. You can do this several ways: by spending a little extra time in a hot shower or steam room; or by boiling water in a pan and then inhaling the steam. (Place a towel over your head to maximize the effect.)

Finally, sleeping with your head elevated helps prevent mucus from pooling. When mucus builds up in your nasal passages, it's a veritable breeding ground for infection. It might mean you spend a few days and nights with a runny nose, but it's better in the long run than the alternative - congestion and infection."

Ref: MassageToday.com

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, 7:30 to 9pm. **The First Class is FREE.** 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.
 - 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 Life Coaching.

Birthday discount of £5, on all treatments, during the month of your birthday. [Please advise me on booking.](#)

Voucher

£15 discount for introducing a friend to my practice.

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