

**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 winter solstice will soon be upon us (21st December) so I keep reminding myself to enjoy these long dark nights for they will soon be gone. We've also started our winter supplement boost. Omega oils are good. They are an essential ingredient in our cell membranes, so especially affect our skin quality, resistance to disease, nerves and brain. It also helps with dry skin. Take time to care for yourself in this mad, busy season.

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CranioSacral Therapy (CST) – Anything's Possible

Terri, a normally healthy 62-year-old woman was suffering from severe anaemia that doctors at two different hospitals couldn't explain. Her health had started deteriorating a year earlier. She found herself short of breath. "I couldn't get dressed in the morning without having to sit down and rest," Terri said. "I couldn't even walk to the bathroom from my desk at the office."

Doctors suspected Terri had a rare form of asthma, but that didn't feel right to her as she wasn't wheezing -she just had shortness of breath. Nonetheless, they put her on a steroid for six months to try to clear it up. "It didn't do anything except make me gain a lot of weight," she said.'

Then Terri's right foot and big toe went numb and turned blue. She was hospitalised with probable peripheral artery disease. The surgeons began preparing for an angioplasty. Terri's intuition told her that something wasn't quite right with this diagnosis. So against doctor's orders she signed herself out of the hospital and found her way to a different doctor, one she hoped would finally listen to her.

A battery of tests ruled out plaque around the heart. The new diagnosis was a broken big toe and severe anaemia. By the time Terri went back to the hospital five days later, her haemoglobin was at an 8. But she still wasn't prepared for what her doctors recommended next: a blood transfusion. "I was shocked. Terri received blood transfusions but her haemoglobin kept going back down after some time. Her doctors didn't know what was causing it. They even suggested chemotherapy just in case it was a cancer they couldn't find."

When Terri went home she decided to take her health care into her own hands. She started by searching for clues on the Internet. She was determined to "sit there for 24 hours if that was what it took to find some kind of treatment for anaemia." She found some information and also an Upledger CST therapist.

"It didn't feel like any massage* I'd ever had," Terri said. ... It was strange, I remember hearing in my right ear the sound of blood flowing. It sounded like the ocean." The treatment lasted for two hours and the therapist come back several times in seven days.

Terri went to her doctor to have her blood checked once again. "I was so depressed. If this didn't work, I didn't know what I was going to do." To her surprise, her haemoglobin count actually went up two-tenths of a point. "That doesn't sound like a lot, but normally I'd go down five-tenths every week. So to me, that was more like seven-tenths of an increase!"

Hopeful for the first time in months, Terri had two more CranioSacral sessions the following week. Her next blood

test was even more promising. She was up to a 9.3. "It went up six-tenths of a point! And my iron levels went up one whole gram, and I wasn't eating spinach or anything. I had just started taking iron pills, but the doctor told me they wouldn't have started working for months."

"My doctor said it's a miracle," Terri said. When she told him about CST, he commented, "I suppose anything's possible." Fortunately for Terri, with the help of hands-on therapy, he's right.

*CST is not massage.

Ref: By John Upledger, DO, OMM : MassageToday.com

Massage : Immune Function

- a. Field, T., Hernandez-Reif, M., Ironson, G. *Massage Therapy Effects on Breast Cancer. (unpublished); 1998.*
- b. Ironson, G., Field, T., et.al. *Massage Therapy is Associated with Enhancement of the Immune System's Cytotoxic Capacity. Intern. J. Neuroscience. 84:205-217; 1996.*
- c. Zeitlin, D., et.al. *Immunological Effects of Massage Therapy During Academic Stress. Psychosomatic Medicine. 62:83-87; Jan/Feb 2000.*

These three studies show that massage increases cytotoxic capacity (activity level of the body's natural "killer cells"). The studies demonstrate consistent findings across different populations.

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

Life Coaching : How many of us find ourselves in this situation?

Chapter One

I walk down a street
There is a deep hole in the sidewalk
I fall in
I am lost
I am helpless
It isn't my fault
It takes me forever to find a way out

Chapter Two

I walk down the same street
There is a deep hold in the sidewalk
I pretend I don't see it
I fall in again
I can't believe I'm in the same place
But it isn't my fault
It still takes a long time to get out

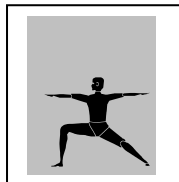
Chapter Three

I walk down the same street
There is a deep hole in the sidewalk
I see it is there
I still fall in
It's a habit
But my eyes are open
I know where I am
It is my fault
I get out immediately

Chapter Four

I walk down the same street
There is a deep hole in the sidewalk
I walk around it

Virabhadrasana II



This is a basic hip-opening and strengthening 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, bend right knee ideally taking the knee over the ankle. Stretch between finger tips. There is a tendency to lunge forward over the bent knee. Aim to keep the spine vertical, the back of the head in line with the hips. Check that the back arm is horizontal and at shoulder level, then turn the head to look over the forward knee arm. Spine lengthens between the crown of the head and the sacrum, lengthen between finger tips. Breathing stays deep and easy. No tension in the face, fingers, throat, toes,...

References: Leslie Kamanoff, "Yoga Anatomy", Human Kinetics, 2007
Tobias and Stewart, "The Yoga Book", Pan Books, 1986

Vaccinations

I have recently become aware of the number of vaccinations our children are being asked to have and of the contents of these vaccines. As a future grandmother I am interested in both sides of the vaccination story and feel the importance of being informed and informing. Vaccination is a choice – it is not compulsory.

By the age of 5 months 19 vaccines are given, 25 by 16 months, 32 by 5 years old and the new cervarix for girls aged 12-18 plus diphtheria, tetanus and polio at 13-18 years old. And in addition are the BCG, hepatitis B, flu, cholera, typhoid, yellow fever, swine flu... Vaccination is also given to the most vulnerable in society; pregnant women, the very young and the elderly....

A vaccine will contain anything from toxins, bacteria and viruses to aluminum compounds (adjuvant to stimulate the immune system into action), African monkey's kidney cells (in polio vaccine), yeast extract, monosodium glutamate (used as a stabilizer to MMR), guinea pig embryo cells, chick embryo (MMR and flu), formaldehyde and thiomersal (a preservative made from 49% mercury in flu and Hep B vaccines).

Just two examples are: Thiomersal is one of the ingredients in the flu vaccine and a common cause of allergic or sensitivity reactions and immune suppression and are also neurotoxic for premature babies or those whose brains are still developing. 2-Phenoxyethanol is a preservative which has replaced thiomersal in vaccines since 2004. It can cause headaches, convulsions and kidney damage.

The vaccinated child's/vulnerable adult's immune system has to manufacture antibodies against all these contaminants and ingredients.

Immunity is inbuilt - it may be weak, medium or strong. If weak it can be pumped up. To build good health and a strong immune system proper sleep and rest and exercise are also important. If your intestine and liver are healthy, your immunity will be strong. Probiotics like curds, buttermilk, sprouts, fresh fruits and vegetables and herbs improve your intestinal health and liver function. Oranges and lemons, or Vitamin C, in particular, and Vitamins A, E, K and B Complex help in building up immunity, as also Alfalfa, spirulina supplements.

A quote from Sherri Tenpenny, DO, MD in October 2009. "There is little doubt that by the 21st century, a 19th century concept should have evolved. The frailty of the immune system is a medical myth. We need a better understanding of the relationship between humans and microbes to live in optimal health."

[Further information can be found at www.informedparent.co.uk, Jabs.org.uk and www.wddty.com (What Doctors Don't Tell You) and The World Association for Vaccine Education (WAVE). There is also Nexus Magazine and The Mother.]

What's Happening

- ✦ Yoga classes. Wesley Hall (Green Room), Methodist Church, Alexandra Road, North Camp. Tuesdays at 6:00 to 7:30 pm. Thursdays at 7:00 to 8.30pm. **The First Class is FREE.** Tel: 01252-333738. Further information can be found on www.DaleSpenceYoga.com.
- ✦ Pranayama – ongoing workshop series. Saturday afternoon 2.00 – 4.00pm. Wesley Hall, Methodist Church, Alexandra Road, North Camp. Dates TBA.
- ✦ 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.

Christmas Gift vouchers available for any value towards any treatment or combinations of treatments –

CranioSacral Therapy, Therapeutic Massage, Reiki 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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