



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

Issue 45 – January 2010

WELL BEING NEWSLETTER : Information and Inspiration from Patricia Spence
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Greetings. I wish you a healthy, happy and abundant 2010. This newsletter will be another short issue. You would have thought that with all this snow I would have had lots of time for office things. With my sister being here well into January it felt as though Christmas was exteeeeeeended and we have been able to enjoy this time of snow. I trust that you have also found a positive and fun aspect to this weather. What an amazing way to start the decade. Is this a portent for the decade? Have you made any resolutions? Have you forgotten them already or are they taking a long time to be actioned? Read about mine below – nooo more mince pies, at least for another year.

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CranioSacral Therapy (CST) – Ben

I recently had 13 month old Ben (not his real name) referred to me after a road traffic accident that the whole family was involved in. Ben was admitted to A&E with a large bump on the forehead and bleeding from the nose and mouth. He was emotionally traumatised and went from being a happy confident toddler who slept well at night to being an anxious wee soul who wouldn't leave his mother's side, woke screaming in the night and was uncomfortable with strangers.

The first appointment was spent allowing Ben to feel easy with me. I always work on the floor with toddlers (it is their known territory after all). I began with giving his mother a treatment on the floor or rather putting my hands on her as Ben thought this was something he should participate in. I said a silent thank you to Ben as I managed to put my hands on him to begin assessing and treating him. Ben had post traumatic stress. His brain and nervous system were stuck on high alert which meant lots of adrenalin and his muscles (the whole body fascia in fact) especially the left neck muscles.

The first treatment session I mainly spent working with his adrenal glands and reticular alarm system (after a trauma it is often on high alert and the smallest thing sets off a stress chain reaction in the body and brain) as well as releasing the muscles in his neck. The feedback from Ben's mum at the second session was that Ben slept well that night without nightmares and was already less clingy.

All in all Ben had four treatments balancing, correcting and releasing his whole body with the feedback after each treatment being that Ben was increasingly becoming his old happy, contented self. Also at the end of each of Ben's treatments he was happy for me to give his mum a short treatment.

A delightful experience for me with a delightful child.

You will probably be reading more articles on pregnancy and child birth in the next few months as I move through my daughter-in-law's pregnancy with her.

Massage : Postpartum Massage Can Help Speed Emotional Healing

It is not at all unusual for most new mothers to experience mood disorders after the birth of their child. The dramatic shift in hormones, the labour and birth, and general fatigue all contribute to fleeting feelings of sadness.

As many as two-thirds of new mothers worldwide experience postpartum blues, also known as "baby blues." The onset generally occurs at about day three and the duration of these transient feelings of sadness is about a week or two. The blues are characterized by weeping, insomnia, fatigue, moodiness, and anxiety but is self-limiting. With some rest, support, sunshine, and compassion, these feelings recede without lasting effects. Since the blues are short-lived, a nurturing massage can be profoundly relaxing and help speed up the emotional healing.

Severe emotional symptoms after giving birth such as feelings of guilt, hopelessness, helplessness, social withdrawal or suicidal thoughts may be an indicator of postpartum depression and you should talk to your doctor immediately.

Reference: www.MassageToday.com

Exercise: Good for You, Good for Baby

It's common knowledge that regular exercise is all-the-more important during pregnancy. Why? Well, for one thing, because the combination of developing child, hormonal fluctuations, and other factors means you will likely gain a moderate amount of weight as part of the natural process.

Moreover, as any mother will tell you, delivering a baby can be a physically traumatic - albeit joyous - experience; exercise in the months leading up to that day helps strengthen your muscles and heart, which can be placed under severe stress during delivery.

Less well-known is that exercising during pregnancy may make for a healthier child. Consider a recent study involving pregnant women (ages 30-35) who were divided into two groups - one group that performed moderate-intensity aerobic exercise for 30 minutes per day at least three times per week, and a second group that did not perform regular exercise over the same time period. The study revealed the following:

- * Foetal heart rate was significantly lower (a good thing, within reason) in the exercise group during foetal breathing and non-breathing movement periods.

- * Foetal short-term and overall heart rate variability (indicative of a mature neurologic system) was higher in the exercise group during breathing movements.

- * The exercise-exposed fetuses had higher measures of vagal (cardiovascular) control during breathing movements.

Talk to your midwife about the benefits of exercise and which specific exercises are most appropriate to perform (and which are best to avoid altogether) during pregnancy. [I also feel that it is vital to listen to your own body. If it's something you don't usually do this is a great time to start.]

Reference: www.MassageToday.com

Life Coaching : Stretch Through the New Year

Have you ever started a workout program and then found something that got in the way? Or even reached your goal then quit the routine? This year is going to be different, and here is help for you to stick with your resolution.

Set goals: Start with a short term goal, meet it then reach for another goal.

Variety: Change your workouts. Begin with flexibility training, then incorporate strength, cardio and balance training.

Fun: If you are not enjoying your workout, you are more apt to quit. Have a great attitude and it will make a huge difference.

Balance: This is two-fold. Moderate workouts paired with healthy nutrition, and being able to stand on one foot.

Accountability: Find a workout partner who is motivated and has similar goals as you.

Discipline: Commit to your workouts, eat every three hours, and get an adequate amount of sleep.

Log: Keep a log of everything you eat, portion size and any physical exercise.

Visualize: Envision what you want to look and feel like five, 10 and 20 years from now.

The key to sticking with any program is to ask yourself "Is fitness a lifelong commitment to improve my quality of life or just something I'll do for a short time?"

Reference: Teresa M. Matthews, LMT, CPT

What's Happening

- Yoga classes. Tuesdays at 6:00 to 7:30 pm. at St Mark's Church Hall, corner of Alexandra Road and Guildford Road East. Thursdays at 6:00 to 7:30 pm. Wesley Hall (Yellow Room), Methodist Church, Alexandra Road, North Camp. **The First Class is FREE.** Tel: 01252-333738 or 07775604378. 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.
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Gift vouchers available for any value towards any treatment or combinations of treatments –

 Birthday discount of £5, on first treatment, in the month of your birthday. The voucher is available on my website. Please advise me on booking.

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