



**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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Merry Christmas and Happy New Year. I wish you all a good and nourishing time with family and friends and may 2008 be a health-full year for you. I will be working till Friday 21st with a few emergency slots on the 24th December. I'll be back at work on Thursday 3rd January. Just a reminder; I'll be exhibiting some of my paintings at the Peter Thompson Gallery, the Royal Surrey County Hospital from 2nd to 23rd January 2008.

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1. CranioSacral Therapy (CST)

CST has its roots in osteopathy. American osteopath, William G Sutherland, began investigating the influence of the cranium in the 1920's. It took another 20 years for the first cranial osteopathy course to be held! In the early 1970's the College of Osteopathic Medicine at Michigan State University embarked on research into the efficacy of cranial osteopathy. The results of this research influenced the therapeutic application of cranial techniques. Dr John Upledger later developed a therapy programme which became CranioSacral Therapy.

The most powerful effects of this gentle therapy are considered to be on the function of the central nervous system, the immune system, the endocrine system and the visceral (abdominal) organs via the autonomic nervous system.

CST is highly effective in relieving adverse strain patterns and restrictions, thereby enhancing the movement of fluid throughout the brain, spinal cord and the body as a whole. This therapy works with the body's natural rhythms. A light touch is usually all that is needed to achieve a response. If local pain makes it difficult to treat a particular part of the body directly it can be treated remotely. For example, a condition in the pelvis can be treated from the cranium. It is quite usual for symptoms in one part of the body to be treated elsewhere and for problems to be spontaneously corrected when other apparently unrelated conditions are being treated.

CST goes on working after the therapy session. It is gentle and entirely natural and because it progresses at a rate determined by the patient's own healing process no harm can be done or negative side effects caused. It is common for various reactions to occur as with any natural healing, especially for a few days after a session, and changes in normal symptoms may be noticed.

2. Life Coaching : How to Reduce Stress and Ease Worries in Just 3 Minutes

As we all know this can be a stressful time of the year. We know it's unhealthy, and we know the conditions it can lead to. Many of us feel we really should do something about it, but the trouble with stress is when we're in its grip it's difficult to do much about anything.

The standard recommendations for dealing with stress are meditation, relaxation and visualisation, and they are all beneficial and useful to us in many ways, however, they are not so easy to put into use when stress strikes with it's disruptive companions frustration, overwhelm, confusion, anxiety etc in full attendance.

Here's something simple you can try to diffuse stress quickly and easily, anytime and anywhere.

1. Rub your forehead with both hands in vertical lines from your eyebrows to your hairline for a few moments.
 2. About an inch above each eyebrow you will find a bump – rest your fingertips there lightly and hold.
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3. Take a deep breathe in and lighten the pressure of your fingertips until they are touching those points very softly.
 4. Breathe deeply again and allow yourself to sink into how you are really feeling right now – focus clearly and specifically on the one thing that is mainly causing you stress, or anxiety.
 5. Let yourself take a step back now and think the truth of the matter, hold the points and breathe and remain that way for a couple of minutes.
 6. Concentrate on the area you are holding and feel for pulsations under your fingertips as the blood flow, previously diverted by stress, is restored to your forebrain. Now you can begin to think clearly again as you feel stress drain away and find yourself in control and able to choose how you wish to respond to what's at hand.

What many of us don't realise about stress is that although it is often triggered by our mental states and emotional responses it is in fact a physiological occurrence. The body responds directly to every impression we feed it, be it real or imagined; it makes no difference to the body. If you tell it you are stressed it will respond immediately by sending the majority of the blood from your forebrain to your chest for faster breathing and the more efficient pumping of blood through your heart and to the muscles of your legs for whatever action they may need to take.

When you consider this automatic physical response it's easy to see why we don't always think well under stress. This simple technique tells your body to stand down and encourages the blood flow to return to the brain for clear thinking and decision-making. Use the above routine for:

- diffusing stress on the spot and stopping it from accumulating
- easing worries
- regaining control of your resources and having access to your full capacity for dealing with any given situation
- preventing the digestive disorders associated with stress developing. (Use this before eating to make sure that your digestive system is ready and willing to receive the goodness from your food in a calm and efficient manner.)
- relaxing and clearing your mind before sleep
- inducing a feeling of calm from which you can then step deeper into a meditative or relaxed state

Reference: Ananga Sivyer ,LifeScape magazine

A good laugh and a long sleep are the best cures in the doctor's book.
~Irish Proverb

8. Gift vouchers

Stuck for a Christmas present? Why not give a lovely massage? Give me a ring and I'll put a voucher in the post to you or you can collect it.



9. **About this newsletter** - This is a free newsletter written and distributed by Patricia Spence at HandfulOfCherries.com. My intention is to inform, inspire and promote a holistic lifestyle.

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