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NEWSLETTER

NO14

August/September

Therapies offered

Aromatherapy
Hypnotherapy

NLP
Life Coaching

Classical Massage

Thai massage
Indonesian
massage

Colonic
Hydrotherapy

Sports Injuries

Counselling

Homeopathy

Acupuncture

Facial
Enhancement
Acupuncture

Physiotherapy

Reflexology

Indian Head
massage

Well Essence
Therapy

Reiki

Hypnomassage

Hot Stone Massage

Foot Health Clinics

Pilates

HYPNO

MASSAGE

Combining the physical benefits of massage and aromatherapy with hypnotherapy and NLP, this treatment is ideal for achieving very deep relaxation and promoting positive changes in physical, mental and emotional health. Can help: stress, anxiety, IBS, CFS, high blood pressure and other common conditions.

Treatment lasts for an hour (initial consultation and treatment half an hour longer) and costs £30. £5 off if you quote ("Newsletters")

Book with Andy
Oldfield BA (Hons)
MA MA DipITEC
MCThA 07989
197554
info@therapy-cornwall.co.uk

Fibre is not just about a healthy Poo

In today's world we are constantly bombarded with new fancy tricks and new fad diets to get healthy and lose weight. Although high fibre diets don't seem very fashionable or glamorous, there are countless pieces of evidence to say they work time and time again. Not only do they have weight loss benefits, but the potential benefits to your general health and bowels are overwhelming! Increasing fibre in your diet can improve constipation, haemorrhoids, diverticular disease, symptoms of IBS, help to stabilise blood sugars, control cholesterol levels and reduce the risk of heart disease to name a few. But more recently and possibly more importantly scientist have discovered good fibrous diets can help to prevent some digestive cancers such as colon and stomach AND can halve the risk of pre-menopausal women developing breast cancer.

So, how much fibre do we need to eat and where do we get it from?

The general guide lines suggest that the recommended daily intake (RDA) of fibre for women is 20-25grams a day, for men 30-35grams and children 15-25 grams depending on age. Below is a table containing some high fibre foods and low fibre foods. A good way to start increasing fibre in your diet is to swap low fibre foods for high fibre foods.

If you would like more information on fibre and bowel health, please contact Mel Perry at

mel@colonyhydrotherapycornwall.co.uk or at the Blue Lotus therapy centre on 01209 822400

Food	Serving Size	Fibrecontent (g)
All-bran	6tbsp	10.3
Branflakes	4 tbsp	4.2
Cornflakes	5tbsp	0.3
Wholemeal bread	1 slice	2.1
White bread	1 Slice	0.5
Wholewheat pasta	230g	8.1
White pasta	230g	2.8
Dried apricots	6	3
Banana	1	1.1

TAKE CARE OF YOUR BACK.

Most of us will have backache or pain at some time in our lives.

Back pain can often be caused by bad posture or injury, but sometimes it can be triggered by everyday activities such as DIY, gardening, housework, driving and lifting.

Even if your backache disappears it could return again, so try following these simple rules which are suggested by physiotherapists to avoid suffering constant back pain and discomfort:

LIFTING: Always keep your back straight and bend your knees when lifting anything from a piece of paper to heavier items. Keep the load close to you. Don't twist your back, turn your feet instead. If possible, get some help, or get someone else to lift it instead!

SITTING/DRIVING: Try and sit as upright as possible in the chair and if necessary, place a cushion or lumbar support into the small of your back to maintain a good posture. Change your position regularly.

GARDENING/ DIY: Don't be tempted to spend too long doing these activities. If you know they aggravate your back, limit yourself to a couple of hours, max! Vary the tasks you are doing, eg. ½ hour weeding and then ½ hour mowing the lawn and return to the weeding afterwards. Maintain a good posture. If the work is quite physical, try doing some simple back stretches before and after, to avoid back pain.

If you would like an assessment with an experienced physiotherapist to discuss your back problem and how best to treat it and also how to prevent it recurring, book an appointment with me..... **Jo Marriott.**

Blue Lotus Therapy Centre or 07795 515712. As well as offering Patient Assessment and Treatment I also practice Acupuncture which can be very effective at treating pain.

I also run PILATES on Wednesday evenings for beginners or inter-mediate. A great way of strengthening and stretching the back and whole body.

Tai Chi & Relaxation classes starting at the Blue Lotus from Monday 8th September at 12pm. Phone Dave Sowden on 01872 573776 or 07791 042260 for further details.

HAYFEVER ... Another example of a Homeopathic Success Story

In the last Newsletter, I explained about my approach to treating hayfever using homeopathy.

At the end of June I was visited by a young lady who had suffered from hayfever for over 20 years.

She came to me because the strong antihistamines she usually had to take were not only no longer working for her, but causing her nasty headaches, amongst other symptoms.

She also complained of food intolerances to onions in particular.

After an hour's detailed case-taking I prescribed some homeopathic pills on a Friday morning, which she started taking Friday night. I saw her at the end of July, and this is what she told me :

She woke up on Saturday morning sneezing a **lot** more than usual and her eyes were really sore and itchy.

Sunday was the same. (Homeopathy can sometimes cause symptoms to get worse for a short while)

Monday morning her symptoms had ... all but gone, and over the next 5 weeks she did not suffer any further symptoms, which really surprised her because July is usually her **worst** month !

What also surprised her was that her food intolerances have also started to improve.

I should not need to see her now until January 2009 (the very best time to prepare her body for next year's hayfever season) and will need to see her once more in January 2010 just to make sure that all is well.

Of course, Homeopathy treats most ailments, not just allergies, hayfever or food intolerances.

Visit www.bluelotustherapycentre.co.uk to find out more about how it can help and to see what other excellent therapies are available

Peter Smith LCH RSHom – Registered Homeopath
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