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NEWSLETTER

NO15

October/November

Therapies offered

Aromatherapy

Hypnotherapy

NLP

Life Coaching

Classical Massage

Thai massage

Indonesian
massage

Colonic

Hydrotherapy

Sports Injuries

Counselling

Homeopathy

Acupuncture

Beauty

Physiotherapy

Reflexology

Indian Head
massage

Well Essence
Therapy

Reiki

Hypnomassage

Hot Stone Massage

Yoga

Qi Gong

Herbal Medicine

Pilates

Thai Herbal Compress Therapy By Dave Sowden

Herbal compresses are steamed bags of medicinal herbs, which have many of the benefits of aromatherapy and hot stone massage. They help to *simulate digestion, smooth muscular aches and pains, calm the mind, reduce headaches, and dissipate congestion in the tissues.*

Dave studied herbal compress therapy at the ITM & Nerve Touch Massage Schools in Chiang Mai, Thailand. He makes them himself with a combination of western and eastern herbs: rosemary, thyme, camphor, lavender, lime rind & leaves, turmeric, peppermint, cloves, lemongrass, ginger and cinnamon. This combination is ideal for *preventing winter colds, by boosting the immune system.*

Herbal compresses are used in a DeepTissue or ThaiMassage Treatments available at Blue Lotus.

NEW PRACTITIONER

ROBBIE BREADON PhD, Adv Lic Ac, MBAcC, AHPP (Associate) I grew up in Co Fermanagh, N Ireland where my family ran a farm and the local country store. My passion as a young man was biology and this led me to Queens University in Belfast and onto Warwick University to complete a PhD in molecular microbiology. Since 1984 I have explored and experienced many approaches to working with people on levels of body, mind and spirit. I changed career in 1988 and trained initially in Shiatsu and then in Traditional Acupuncture.

TRADITIONAL ACUPUNCTURE. Acupuncture is a system of healing which has been practised in China other Eastern countries for thousands of years. Although often described as a means of pain relief, it is in fact used to treat people with a wide range of illnesses. Its focus is on improving the overall well-being of the patient, rather than isolated treatment of specific symptoms.

According to traditional Chinese philosophy our health is dependent on the body's motivating energy – known as Qi – moving in a smooth and balanced way through a series of channels beneath the skin. By inserting fine needles into these meridians, an acupuncturist can stimulate the body's own healing response and help restore its natural balance. The flow of Qi can be disturbed by a number of factors. These include emotional states such as anxiety, stress, anger, fear or grief, poor nutrition, weather conditions, hereditary factors, infections, poisons and trauma.

The principle aim of acupuncture in treating the whole person is to recover the equilibrium between the physical, emotional and spiritual aspects of the individual.

Menopause and Reflexology.

Increased awareness of women suffering from menopausal symptoms in the western world is apparent.

In recent research, (Annemarie Colbin, Ph.D, 1997) stated: “Let’s remember that in most traditional societies, such as Japan, for example, women don’t experience these.”

Suggesting that the menopause should not be a painful transition process, it is believed that lifestyle factors like stress and certain dietary elements may trigger imbalances and that in turn has an effect on the systems of the body.

Whereas those in the west suffer from an abundance of symptoms, advanced reflexology techniques (ART) are applied to specific reflex points on the feet that represent organs and systems in the body. Through primarily focusing on the endocrine system, known as the control centre of hormones is one of the major systems under strain. ART can have a profound effect on the function of hormones and your body can be re-balanced in response to a course of treatments. Menopausal symptoms such

as hot flushes, fatigue, insomnia, and depression may be relieved suggest recent case studies by BalanceOne.

Negative symptoms fading and even disappearing following a course of treatments of ART are revealed in a recent testimonial -

“By the end of the course of treatments I was stunned when my hot flushes disappeared just as suddenly as they started,” wrote a client.

Over the duration of reflexology treatments the client chose not to undertake Hormone Replacement Therapy (HRT), yet claimed positive results. Although it should be stressed not to discourage orthodox medicine, complementary therapies can be integrated into the health care system, which evidently helps to stabilise the endocrine system, bringing your body back to optimum health.

To promote the benefits of advanced reflexology, throughout October/November at the blue lotus therapy centre a **£5 discount** will apply. Contact *Louise Philpott* for your appointment T. 01209 822400