



HOLISTIC-CENTRE.org Ltd
Newsletter

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HOLISTIC-CENTRE.org Ltd

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Special Offers

Lymphatic Drainage & Reflexology

90 minutes – special price £45

120 minutes – £55

Stimulate your body's lymphatic system, improve your metabolism, help your body to eliminate toxins & excess fluid and give your immune system a boost with these two amazing treatments combined.

Lymphatic Drainage & Hypnotherapy

120 minutes– Special price £75

Lymphatic drainage combined with hypnotherapy can help you to lose weight physically, mentally and emotionally. We can use the lymphatic drainage massage to help eliminate built up water retention, puffiness of the face, hands and ankles.

Indian Head Massage & Reiki

60 minutes– Special price £40

This lovely treatment combines massage to the head, neck, shoulders, face and scalp with the warm touch of a Reiki healer. Clearing any negativity and bringing you into a state of harmony.

Homeopathy

60 minutes– Special price £45

Homeopathy can help with most health complaints – asthma, skin problems, IBS, ME, depression and more - as well as everyday health problems. It uses natural plant and mineral remedies in order to avoid side effects and safely restore your health.

Brand New Asyra System

60 minutes – special price £55

We are now offering the same system currently offered at **Harrods** and **Selfridges**, but at a fraction of the cost. The Asyra PRO system is the very latest in Computerised Electro Dermal Screening and stress tests the body's energy system for a whole range of potential problems:-

- ⇒ Allergies, sensitivities and intolerances to foods and environmental factors.
- ⇒ Whole body system scan
- ⇒ Produces bio-energetic remedies
- ⇒ Gives a complete printed report.

Uses no uncomfortable probe, so results are completely objective

Perfect for Christmas Gift Ideas!!

How to Support Your Immune System

The immune system is one of the most important functions of your body. Millions of bacteria, viruses, microbes, toxins and parasites constantly try to invade our bodies, and our immune system works hard to fight them off and keep us healthy.

It is only when our immune system fails to protect us that we really appreciate how important it is. A weak or low immune system not only leaves you susceptible to colds and flu, but it can also make you more prone to periods of severe illness.

With a little bit of time and effort you can make huge differences to the strength of your immune system. Helping it to support your body's defences and increasing your chances of avoiding unwanted sickness.

So How Can You Help Your Immune System?

- Avoid sugary foods and drinks and processed foods. They have very little nutritional value and make your body work harder to obtain the energy and nutrients it needs.
- Start eating more fresh fruit, vegetables, quality meats, oily fish and raw nuts, not only are they packed full of vitamins and minerals but you will notice a huge difference in your mood and energy levels.
- Get regular, daily exercise. As well as lowering your risk of serious health conditions like heart disease and osteoporosis, exercising for 30 minutes 3 to 5 times a week will improve your mood, boost circulation and keep your immune system thriving. Any activity that leaves you slightly breathless is ideal. Make it part of your daily routine and fun, so you are more likely to stick to it.
- Get enough sleep. During sleep your body repairs itself. Aim for around 7-8 hours every night, and try to develop some sort of routine.
- Get out in the sun. Vitamin D comes from direct sun exposure and plays a major role in immune function, as well as protecting against major illnesses.
- Avoid stress. When you are stressed, your blood pressure increases and your immune system slows down. Take time to relax and recharge your batteries during the day.
- Avoid cigarettes, caffeine, alcohol and medication as much as possible. These things not only damage the immune system, but they can also lead to other serious health conditions.
- Drink plenty of water, unsweetened fruit juices and herbal teas. Water will flush out your system, and fruit juice is packed full of vitamins and minerals. Herbal teas make a refreshing alternative to tea and coffee.

Useful Supplements For The Immune System Include:

Echinacea, Acidophilus, Vitamin C, Colloidal Silver, Ginseng.

Further information can be obtained by ringing 0151 336 6222 or pop into our shop for an informal chat.

Homeopathy & Winter Ailments

By Mike Day, RSHom, Homeopath.

Winter is upon us – crisp frosty mornings, cosy log fires – coughs, colds, flu and aching joints. Shame we can't have one without the other. But this is where homeopathy can help.

Homeopathy is a natural form of medicine that is safe for all ages. Gentle yet powerful it uses diluted, potentised remedies that are made from natural substances such as plants and minerals. These remedies are safe to take and side-effects are rare.

Homeopathy treats the whole body and can therefore be effective with most health complaints. It works by stimulating your body's own healing response and can quickly improve your energy and well-being.

Homeopathy has a whole range of remedies that can help with many of the short-term (or acute) illnesses that appear in winter. Aconite can be used to nip *colds* in the bud; Belladonna is the number one remedy for *sore throats* that come on suddenly; Bryonia is good for dry hacking *coughs*. However the choice of remedy will depend on your symptoms as a whole - things like temperature, energy, mood changes, type of cough, appetite, thirst etc. The reason for this is that even if each of us catches the same virus we will each respond in a different way. Some will have a high temperature and a raging thirst; others will be chilly and thirst-less and much worse at night. Homeopathy means treating like with like and therefore the homeopathic remedy needs to be matched with your individual symptoms.

Where homeopathy is particularly effective is in treating you as a whole person (or constitutional care) rather than just treating your acute illness. This approach can lead to an improvement in your overall health by strengthening your immune system and enabling you to get through the winter with less frequent illnesses. If you do succumb recovery can be within a few days rather than weeks. Constitutional care also enables homeopathy to help with longer-term (or chronic) illnesses.

There are remedies than can help with the chronic respiratory illnesses that flare up in winter such as:

Influenza – Gelsemium (yellow jasmine) particularly helps with that heavy flu tiredness; *Sinusitis, Laryngitis, Pneumonia and Pleurisy*.

The cold damp weather often leads to a worsening in *arthritis or rheumatic conditions, kidney and urinary infections* and a worsening of conditions such as *ME*.

Homeopathy can be effective with these physical conditions but also with the *tiredness and low mood, depression or SAD* (Seasonal Affective Disorder) that can arise from the short days and lack of sunlight in winter.

The run-up to Christmas can be a stressful time. We are at our busiest when it's natural to slow down and rest. Homeopathy also has remedies that can help with *insomnia, anxiety, high blood pressure and stress*.

Try a different approach this winter! Contact the Centre for more information about homeopathy and to arrange a preliminary chat with Mike to see if homeopathy might help you.

**Introductory Offer 90 minute consultation – special price £45.00
(Normal Price £55)**

Common Homeopathic Remedies

Aconite 30c

For shock and trauma

Arnica 6c and 30c

Bruising; after falls, accidents and injuries; before and after anaesthetic

Arsenicum 30c

For stomach upsets, vomiting, diarrhoea, food poisoning

Ledum 30c

For bites and stings, puncture injuries

Nux Vomica 30c

For hangovers, stress, irritability

Rhus Tox 30c

For stiffness of the joints, rheumatism and inflammation, when better for movement.

Urtica Urens 30c

For burns and scalds

Manual Lymphatic Drainage

M L D is a preventative and remedial treatment and can enhance your sense of well being.

Techniques are performed with hands and fingers simulating gentle, wave-like movements. They are neither tiring nor straining but light-touch and easy to use. We also use manual manoeuvres to activate lymph and interstitial fluid circulation.

This may help:

- Strengthen the immune system.
- Relieves fluid congestion: swollen ankles, tired puffy eyes and swollen legs
- Is an effective component of the treatment and control of Lymph oedema
- Is deeply relaxing

In affected body tissues, such as the area under your arms, the lymph is unable to drain properly and within these swollen tissues the protein-rich lymph becomes stagnant and is unable to drain bodily water and fluids and there for a build up of unwanted fluid occurs which can make us feel sluggish and puffy and gain weight.

Lymph vessels do not normally cross from one area of the body to another, so M L D stimulates the flow vessels through massage and manual manoeuvres from one area to another. It also encourages the formation of new lymph drainage pathways to help restore the correct flow and help the body to drain itself.

Recommend a friend and both will receive £10 of their next treatment.

Lymphatic Drainage With Hypnotherapy

Lymphatic drainage combined with hypnotherapy can help you to lose weight physically, mentally and emotionally. We can use the lymphatic drainage massage to help eliminate built up water retention, puffiness of the face, hands and ankles.

We use specific massage techniques on specific areas of the body to drain unwanted fluid from around the body through the lymph system which can make all the difference of being able to fit into that dress. Cellulite and problem areas can also be reduced.

Massage can also help you to feel more confident within yourself, lift your mood and ease stress and tension, there for, eliminating the majority of factors which can cause overeating or comfort eating.

Hypnotherapy can help you to lose weight by planning structured sessions which includes help and guidance on establishing eating patterns or unwanted habits. Building self confidence and esteem and dealing with emotional triggers through hypnotherapy and changing eating habits and thoughts through using Neuro linguistic programming techniques (NLP).

We can help you to change the way you think about food by using a number of proven techniques. We can also set targets and goals to help you achieve your target weight and maintain it! We can give you the support you need to achieve your desired weight.

So we can treat both aspects of the mind and the body doubling your chances of success

60 minutes Hypnotherapy & 60 minutes Lymph drainage = £75

Keeping Asthma At Bay During Winter

According to researchers at Harvard University temperature influences asthma more than any other environmental or weather factor. Cold air has the effect of cooling and drying the bronchial airways, which can potentially trigger an asthma attack. When you inhale a blast of cold air, your airways respond by going into contracting the airways, which causes them to get narrow. This is because of the severe temperature difference between the outside air and your airways.

Dry air caused by central heating systems in our houses also leads to problems as in order to compensate for the dry air, lungs increase mucus production. It is the additional, thick mucus in the airways that can lead to worsened symptoms of asthma. You may wish to consider buying a humidifier to prevent this dry air but there are some pros and cons you will need to consider. While a humidifier will increase the moisture in your house's air, this can create a breeding ground for mold and mildew. If you decide on buying a humidifier, it is important to follow the manufacturer's instructions for keeping the unit clean to avoid mould and mildew buildup.

Asthma sufferers face asthma triggers from many different fronts. Common cleaning products or even perfume can cause asthma attacks. Allergies to animal dander, pollen, mould, and dust mites can also induce asthma attacks.

Researchers at The University of Southampton found that the cold virus is able to replicate at up to 50 times the normal rate in lung cells taken from asthma patients. Which is bad news, given that the lungs of an asthmatic are already more reactive than those of non-asthmatics.

The number of children being affected by asthma is dramatically increasing, with asthma now considered one of the most common causes of childhood hospitalization and school absences. With the arrival of winter, the estimated 6 million children who suffer from asthma face numerous triggers of the disease.

So with the cold, wet weather that Winter provides gently creeping around the corner, what can be done to help avoid an attack and to give asthma sufferers confidence to fight back?

- ⇒ Try to avoid cold medicines containing pseudoephedrine (a common ingredient in decongestants and multi-symptom products). It can dry out your airways and has the potential to cause palpitations when combined with some asthma medication.
- ⇒ The hours around 3 and 4am are frequently reported to be problematic. Ensure that your bedroom is warm and dust free; and use a vaporizer or humidifier to hydrate the air.
- ⇒ Be sure to drink plenty of liquids. Your goal should be about eight glasses a day. Drinks like tea, coffee and fizzy drinks don't count. Tea is a diuretic (meaning it causes your body to lose fluids) and fizzy drinks are very high in sodium. Simply put, your body needs water. Not only will increasing and maintaining your water intake help your lungs, but the rest of your body will also reap the benefits, especially your skin.
- ⇒ Do not underestimate your asthma condition. Many people feel better in the warm weather of summer so by the time winter rolls around they often see less of a need to take precautions. Keep your prescriptions to hand and keep your inhalers warm in order to avoid a cold aerosol spray
- ⇒ Wear a scarf or facemask over the nose and mouth to warm the air you are breathing and don't wear damp clothes.
- ⇒ If you take exercise, stick to swimming in an indoor heated pool. Avoid winter sports, such as skiing, snowboarding, or ice skating, especially if your asthma is not properly controlled. Use your bronchodilator inhalers, 20 minutes prior to exercise and be sure to "warm-up" and "cool-down" after exercise.
- ⇒ You should also make a habit of using your peak flow meter. This is a device designed to monitor how well your asthma is doing. It measures your ability to forcefully expel air from the lungs, and experts say using one regularly can help you head off a potential crisis regardless of the season.

Warning Signs of an Asthma Attack

The most common symptoms of asthma or an attack include:

- Coughing, especially at night or during exercise
- Wheezing or losing your breath easily
- Tightness in the chest or shortness of breath
- Runny or stuffy nose, sore throat, and other typical allergy or cold symptoms
- Fatigue and weakness, especially during exercise
- Trouble sleeping

Warning signs of a more serious attack are:

- Symptoms that keep getting worse, even with treatment
- Difficulty catching your breath or talking
- Flaring your nostrils as you breathe
- Sucking in your chest or stomach with each breath
- Difficulty walking
- A bluish or greyish tinge to your lips or fingernails

If you have any of these asthma symptoms, get emergency medical help right away.

Knowing Your Own Warning Signs of Asthma

Of course, the list of asthma symptoms above is only a general guide. Everyone's case is different, and you may have other asthma warning signs distinct to you.

So, pay attention to your asthma symptoms. You may notice a pattern that can help guide you. Knowing your personal signs of asthma allows you to take action early, reducing the severity of your asthma attacks -- or preventing asthma attacks altogether.

Asthma UK's Deadly Serious campaign is urging everyone affected by asthma to carry an Asthma Attack Card, so they and people around them know what to do in the event of an attack.

The Asthma Attack Card provides basic information on how to recognise an asthma attack and what steps to take. People can indicate on the card what their most common signs of an attack are, and add important contact details.

Order your Asthma Attack Card via www.asthma.org.uk or call 020 7786 5000

Nutritional Therapy

Are you tired of niggling symptoms that no one seems able to help with?

Do you want to make 2010 the year you regain control over your health?

Whether you want to lose weight, increase energy levels, beat stress, balance hormones or improve digestive function come and find out how nutritional therapy can help you "eat yourself well" by booking in for a **FREE** 15 minute consultation on 7th January.

Although media advice can sometimes be confusing, most of us know that even small changes to our diet could seriously improve our health..... it's just taking that first step!

As a nutritional therapist I can help identify the underlying causes of your symptoms, jointly work with you to create a workable programme for change and also help support you through the healing process. In addition, as an experienced cookery coach I can also share practical tips and advice to help you discover that healthy food can be delicious, inexpensive and quick to prepare.

Even if you don't feel ready for a consultation, do please come and pick up some of my handouts on 'friend and foes' in the diet and my new range of winter recipes.

Sarah Kearns
BSc Nutritional Medicine

Date: 7th January 2010
Time: 11.00 am – 4.00pm.

Please call Holistic-Centre.org Ltd on 0151 336 6222 to book your free consultation.

Courses for the New Year

Aura Reading & Soul Path Mentoring

13TH MARCH 2010

With Jules Blythe
Holistic Soul Mentor/Coach
Reiki Master/Dru Yoga Teacher

A holistic reading of a photograph of your aura including colour psychology, psychic physiology/chakra analysis and numerology.

CREATE YOUR LIFE BY INNER DESIGN

Discover the purpose to your life and where you are now on your Soul Path Journey. The keys to opening to your full potential and unblocking the path to living the life you were meant to live.

Aura Analysis is a true indicator of mind, body, spirit well-being. Discover where imbalance is occurring in your energy and receive Soul Coaching and Energy Medicine recommendations to bring about harmony and stimulate the body to heal naturally.

- Would you like to achieve a better balance within?
- How are your thoughts and feelings affecting your health and well-being?
- How is the energy of near past influencing you today?
- What are you attracting towards you in the near future?
- Are there any blockages that are stopping the natural flow of your life force energy?

£30 per person for half hour consultation with a £10 voucher towards Life/Soul Mentoring Package

For more information please contact us at:

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