

# Newsletter

## Welcome to the Winter edition

from the Practitioners @ The Blackdown Healthy Living & Activity Centre



BLACKDOWN  
HEALTHY LIVING &  
ACTIVITY CENTRE



### Reflexology

The Dalai Lama said 'don't let the energy of others disturb your inner peace.' Easier said than done!...especially when someone around you is unhappy. But, through staying centered and calm, it's easier to focus your energy on where you want to go in life, which helps dispel inner tension leaving less room for disease to linger and develop.

**Tip:** practice observing without instantly needing to react/respond; connect with your breathing (especially long slow exhalations); surround yourself with nature.

**Emma Finch IIR MAR, Meaningful Soles Reflexology, 07957 161748**

### Homeopathy

#### Homeopathy for Winter joint pain



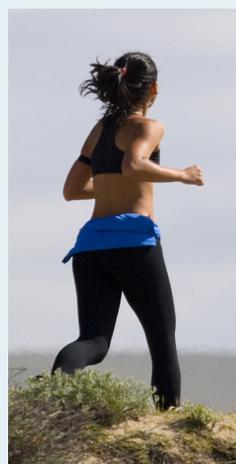
Joint pain and stiffness usually worsens during winter with ligaments and tendons stiffening in cold weather. It is important to maintain regular gentle exercise and keep active to enhance flexibility.

Staying adequately hydrated helps keep the cartilage between the joints moist and soft.

Gently apply castor oil to inflamed swollen joints to help relieve arthritic pain.

Rhus Tox homeopathic remedy may be indicated for muscle and joint pains with stiffness and a "seized up" feeling, worse on initial movement but loosening with continued motion.

**Jacque Haylett, Homeopath LBSH RSHom  
Tel 01823 429397**



### Chiropractor

With New Years resolutions a few words on how to warm up and cool down before and after exercise.

A) Have a walk or gently carry out your chosen sport for 10 minutes, then stop and stretch.

B) Dynamic stretches to move the joint through it's full range of motion and prepare the muscles for activity.

C) Core stability work so enabling stability of the body to help with the exercise to come.

D) Postural stretches.

E) High jumps or skips to prepare for movement.

Then enjoy your chosen sport and repeat at the end.

**Sue Moore, Chiropractor, BSc (Hons) Chiro,  
RGN Tel 07534222031**

### Acupuncture



#### Surviving winter with Chinese Medicine

Things you can do to improve your health through the cold and dark days of winter.

- **Conserve your energy.** Slow down, have more rest and plenty of sleep.
- **Help your immune system out.** Eat well and take more time for yourself.
- **Take care of your energy.** Release stress, work less and sleep more.
- **Stay warm.** Wrap up and use a heating pad.
- **Pay attention to light.** Get outside or sit in a sunny window.
- **Look inward.** Reflect, review and prepare for the coming year.

**Kerry Wratten, Acupuncturist, BSc LicAc MBACc Tel 07712 481231**



## **Hypnotherapy**

### **Create the habit of success**

What unhelpful elements of the past are you dragging around after you like a personal rubbish sack?

Sometimes we retain too many of those reminders of disappointments, failures and losses, and their combined weight holds us back from making the changes we seek. It can seem as if failure is inevitable, almost a habit.

However, by letting go of the rubbish, experiencing in your mind what achieving your goal will look and feel like; and keeping on track by regularly checking on progress, you can create the habit of success.

**Roland Bullivant, Hypnotherapist. PDCHyp Tel 07900 340257**

## **Massage & Bodywork**

### **Breathe:**

Luckily for us, breathing is both a voluntary and involuntary action, meaning we breathe without thinking about it! But do we really breathe to our full capacity?



Anxiety can create poor breathing patterns – poor breathing patterns become more focused in the upper thorax – shortened habitual breathing patterns can create anxiety... the cycle goes on...

If you feel yourself become anxious/agitated or overwhelmed, then take some time out to slow down and breathe deeply. Meditation and yoga can help with developing good breathing practice.

**Ruth Bell, Massage & Bodywork Practitioner (MTI & APNT) Tel 07892 896895**

## **Osteopathy**



### **Top Tips for a Healthy Spring**

- Take time to enjoy the beautiful countryside; there are lots of lovely places to walk. Your body will benefit from the sunlight, too.
- Try a new fruit or vegetable.
- Tackle the project in the garden that you've been putting off all winter.
- Sort out the niggling aches and pains: stretch, maybe have a massage or a treatment.
- Catch up with an old friend.
- Dig out your bicycle and go for a spin.
- Limit your consumption of alcohol. It's good to have a break after the festive period!

**Martha Price B.Sc(Ost), Osteopath Tel 07734 431624**



## **Alexander Technique**

### **Old habits die-hard!**

Have you ever been aware of the way you walk or how you get in and out of a chair or climb the stairs?

Because simple movements are an unconscious or automatic activity, we can become unaware of habits in the way we move.

Over time, these habits can lead to patterns of tension throughout the body and may lead to pain and discomfort.

Awareness of HOW you move is as important while carrying out these simple daily movements as it is while exercising.

Awareness is the start of being able to make a change to those habitual movements.

**Jane Julier, Alexander Technique Teacher, M.S.T.A.T, Tel: 01884 799263**