



Complete Balance

Holistic Therapies with Helen Mawson

Newsletter January 2010 ©

I hope my New Year Newsletter finds you all happy and healthy!

This newsletter has been delayed slightly due to my moving house over the Christmas period, not something I would recommend or probably do again at this time of year! My new pad is great however and I now have a dedicated treatment room and waiting area which is a real bonus!

The Bowen Technique Taster Sessions

I ran a Bowen Technique taster event on the 26 January at the gym in Ludlow.

The event was well attended and is something I plan to do again on a more regular basis throughout the year. Please check on my website, or drop me a line for future dates as they are yet to be confirmed.

For those of you who don't know, the Bowen Technique is an amazing therapy and can be beneficial for a wide range of situations, including recovery from traumatic injury to chronic illness.

In a Bowen session I apply light moves to specific points on your body, for example the moves are made over muscles, tendons, ligaments or nerves. These moves send a signal to your nervous system which helps your body retrieve its memory of a relaxed and balanced state of being. Once this balance has been restored your body is able to heal itself often with profound effects.

Wellness Workshop – Haven Hospice

My next Wellness Workshop is being held at the Haven Hospice Centre in Hereford on the 16 April, 1 – 4pm.

The Haven is a wonderful therapy centre dedicated to treating woman who have being diagnosed with breast cancer. The workshops offered from the centre are open to the general public as well as people accessing the centre.

In the workshop you will be given tools & techniques that can be used daily to enhance your health & wellbeing. You will learn how to Reduce Stress, Feel Positive, Balance your nervous system, Clear Tension Headaches, Reduce digestive tension, Boost your immune system, and Think clearly.

The Wellness Workshop is derived from the tools and techniques I use as a therapist which are presented simply and easily in order for you to be able to use in your everyday life. For more information or to book a place please get in touch.

The Power of Echinacea

Echinacea is a great addition for everyone's herbal medicine cabinet.

According to recent research published by Bioforce, Echinacea appears to work by inhibiting the binding of viruses to cells. It was shown to inactivate the viruses even at concentrations less than that obtained with the normal dosages used.

The research conducted shows that;

- Echinacea has direct antiviral activity.
- Echinacea works against many flu viruses, including the H1N1.
- Echinacea is more effective than Elderberry.
- Echinacea works against viruses that have become resistant to the drug Tamiflu.
- Echinacea can be taken long – term.

(Bioforce Magazine, Jan 2010)

Great Expectations

I have recently been reading *The 10 Minute Life Coach* by Fiona Harrold. I find her work interesting, stimulating, and very easy to incorporate into daily life. I also see many links between Life Coaching and the work I do as a Kinesiologist. I want to share with you one really simple yet incredibly positive and energising exercise you might want to try for yourself;

Write the following statement as a heading on a piece of paper; *Great Expectations that I am now holding for myself*

Write something under this heading immediately

Over the course of a day keep adding to the list

At the end of the day, take some time to look at the list

Notice any re-occurring themes, maybe these are clues to something that needs attention

I have found this exercise really useful and try and repeat it on a monthly basis, in order to “check in” with my expectations. It can add a significant boost of positive energy, and you will feel incredibly energized at the prospect of wonderful things coming your way!

Also even if you do nothing towards achieving any of the expectations you list, the simple act of writing them down puts you on course to receiving them! Give it a go what have you got to loose?

(*The 10 Minute Life Coach*, Fiona Harrold, Hodder Mobious, 2002)

Quick Winter Energy Boost

During the winter months energy can become depleted. As well as taking a good multivitamin, getting regular exercise and keeping hydrated you could also try the following exercises to give yourself a boost.

3 Thumps Routine:

1. **K27 End Points** at the end of your Kidney Meridian, dents just below your clavicle. Tapping or massaging these points is a simple yet effective exercise that will:
 - Energize you if your feeling drowsy
 - Focus you if your having difficulty concentrating.
2. **Thymus** – Tapping the area directly over your thymus gland will:
 - Boost your immune system
 - Stimulate all your energies
 - Increase strength & vitality
3. **Spleen Neurolymphatic Points** – Tapping these Spleen Points located about 2” below the nipples (spot is often quite tender to the touch) will:
 - Lift your energy level
 - Balance your blood chemistry
 - Strengthen your immune system

Please feel free to contact me if you have a health query or would like to know more about the therapies I practice and teach.

Colloidal Silver

Silver has been used for centuries for storing food, water and as a medicine. Its use can be traced as far back as 550 BC. It is now being used in plasters and other surgical dressings in many hospitals. In Russia silver is used to sterilise recycled water aboard space shuttles. Many airlines use silver water filters to guarantee passenger safety against water borne diseases. In the US some cities use silver in the treatment of sewage. In the early twentieth century several papers concerning the healing properties of silver were published in the Lancet and British Medical Journal.

A colloid is a liquid that holds ultra fine particles of a substance in suspension in a liquid. The substance does not dissolve it stays suspended and distributed evenly throughout the liquid. Colloidal silver is made from minute particles of actual silver suspended in distilled water.

How silver works:

Silver seems to inactivate bacteria but why it does so still remains unclear. It has been observed that silver appears to react with the cell walls of bacteria. This reaction appears to inhibit the ability of the cell to transfer oxygen into the bacteria which results in the death of the bacteria.

Silver is reported to kill many different microbes including all the different bacteria that so far has been tested and many viruses, fungi and parasites. It is known as a natural antibiotic, a natural anti-inflammatory, and a natural antiseptic.

Uses of silver:

Uses of colloidal silver are vast and varied and include;

Spraying directly on skin diseases and problems such as; acne, athletes foot, warts, burns & cuts, eczema, and open sores.

Taken internally silver can be used to treat infections such as; colds, flu, sore throats, urinary tract infections, yeast infections, and other more complex infections.

It has also been used to successfully treat; tooth problems, mouth sores, mouth ulcers, tooth decay, tooth abscess

Always seek advice from your health care professional before taking any medicines. This ensures that you are treating your illness and symptoms correctly and with the right medicine for you as an individual.

(The Colloidal Silver Report, Zoe Adams)

Please feel free to pass my Newsletter on to friends / family or anyone else you feel may benefit from the information.