

Complete Balance

Holistic Therapies & Training with Helen Mawson

Newsletter March / April 09 ©

I hope My Spring Newsletter finds you all in vibrant health. As we approach the long awaited warmer weather and lighter nights we see the first signs of renewal that this time of year brings. I always feel spring helps renew our optimism and hope for the year ahead. Perhaps it will bring you inspiration to take charge of a health issue, start a new exercise or eating plan or try and conquer a long standing bad habit! Whatever your aims for the year I hope you will find some inspiration and useful advice in the following pages.

Complete Balance:

Under the name of Complete Balance I practice the therapies of Kinesiology and Tera Mai Reiki & Seichem. I am also currently training in The Bowen Technique! I thought I would give a quick overview of these therapies as a quick reference. For more detailed information either get in touch or log on to my website.

Kinesiology

Kinesiology is a holistic therapy concerned with re-balancing the body and energy systems. In a session I communicate with your body by using a technique called muscle testing which helps reveal where there is imbalance and identifies how balance can be restored. Common forms of treatment involve the use of magnets, homeopathic remedies, flower essences or even a particular thought, in each instance specific acupuncture points are held to bring your body back into balance.

Tera Mai Reiki & Seichem

Tera Mai is an ancient system of natural healing that involves laying hands on different parts of your body, in order to release trauma and stress from body and energy systems. Effects of treatment can be profound helping the body release stress, relieve pain, eliminate toxins, increase vitality and promote well-being.

The Bowen Technique

The Bowen Technique is a dynamic and holistic system of muscle and connective tissue therapy. It was developed by the late Tom Bowen in the 1970's in Australia. The technique involves delivering small but measured inputs to the body which stimulate the body to realign and heal often with profound effects.

The practitioner applies light moves to very specific points on the body which deliver signals to the nervous system at specific locations i.e. on muscles, tendons, ligaments fascia, joints or nerves, this input stimulates the body to balance and heal itself.

As well as focusing on specific complaints the Bowen technique addresses the entire body by restoring balance via the autonomic nervous system. Bowen can be beneficial for a wide range of situations; it can assist recovery, from many conditions, from traumatic injury to chronic illness. Many clients report that the technique is the most relaxing therapy they have experienced.

Wellness Workshops:

My next workshop will take place on 30th May 09 at The Broadmeadow Holistic Centre, Leebotwood, Church Stretton, Shropshire. If you would like to have further information or book your place please get in touch.

In the Wellness Workshop participants are shown and will learn how to use several Kinesiology/Energy techniques that can be applied daily to improve general health & well being. Participants learn how to; reduce stress, feel positive, balance their nervous system, clear tension headaches, reduce digestive tension, boost their immune system and much more.....

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

Useful Energy Boosting Techniques:

Most of the following techniques are Kinesiology based and are published in Donna Eden's excellent book Energy Medicine. She also has a new book just published called Energy Medicine for Woman. This is an excellent sequel, and contains lots of wonderful techniques which can be used to balance troublesome but nevertheless essential female hormones! The techniques I describe below are a follow on from the ones described in my previous newsletter. I teach most of these techniques along with some that are a little more complex in my 'Wellness Workshop'. All of these techniques balance and boost energy and promote health & well being. They can be done several times per day and are great to get into the habit of using!

Perform the 3 Thumps Routine (this can be found in my Nov / Dec 08 Newsletter).

* remember to breathe in through your nose and out through your mouth while doing all of the exercises!

Hook up:

The hook up connects the two energy channels running up the front and back of your body. These channels are concerned with connecting your body and brain energy and are vital to your health. The hook up is a powerful technique for centering yourself.

- Place the middle finger of one hand on the space between your eyebrows
- Place the middle finger of your other hand gently in your navel
- Gently press each finger into your skin and pull it upwards. Hold for 15-20 seconds and breathe in out deeply.

Zip Up:

The Zip up is perfect to do when you are feeling sad, vulnerable or before going into a meeting. The Zip up will help you feel more confident, centered and protected.

- Place one hand on your pubic bone
- Move your hand up your body in a straight line from your pubic bone to the bottom of your lower lip.
- Move your hand up above your head now and turn your palm out.

Repeat this sequence 3 times

Cross Crawl:

Crawling is an important stage of a baby's development. If they do not do this for any reason some developmental processes could be missed. Crawling helps the babies brain hemispheres begin to cross over appropriately. As an adult our brain hemispheres cross so the right brain co-ordinates the left side of the body and vice versa. As adults this energy cross can become impaired and we sometimes switch over. When walking we are naturally cross crawling unless we are carrying a bag in our hands. The following technique is a good pick me up and will help you; feel more balanced, think more clearly, improve co-ordination, harmonize your energies, balance your left & right brain hemispheres

- Lift left leg bent at knee and lift right arm crossing arm over to leg at same time
- Lift right leg bent at knee and lift left arm crossing arm over to leg at same time
- Continue to do the above for around 10 moves on each side
- Do this as and when throughout the day

Crown Pull:

Energy accumulates naturally at the top of your head and can become stagnant if it does not move out of your head.

The crown pull helps; release any energy that may have become stuck in the head, clears the mind, calms the nervous system, and can often, clear a tension headache, clear stress induced stomach aches and digestive disturbances.

- Starting at the forehead, pull the fingers across the forehead ending at the sides of the head at the top of the ears.
- Continue to make the same movement and move up and over the head until you finish on the back of the head by the neck.

Allergies & Intolerance

The hidden cause of your health issues

Many people suffer from problems caused by allergies or intolerance, for some these problems can be life threatening, for most people symptoms are miserable and in most cases needless! Kinesiology uses gentle yet effective techniques in order to identify and eliminate allergies and raise tolerance levels. After this work has been done you will generally be able to eat or be exposed to the substance without any problems making it easier to enjoy life and be healthy!

Allergic reactions occur when a person is exposed to or ingests a substance or food that the body does not recognise. An immune response is triggered which is the reaction people experience as an allergy. With a true allergy the person responds to any amount of the substance and they can be life threatening.

Intolerance on the other hand occurs when an individual is exposed to a certain amount of the offending substance or food, too much for their body to handle which tips the balance. Stress levels effect intolerance greatly, if a person is very busy and under pressure their tolerance levels will be low, on the other hand tolerance will be high when a person is relaxed

Typical allergy/ intolerance symptoms include; runny nose, streaming eyes, itching, sneezing, & rashes. Hidden allergies could also be causing problems for you and could be the root cause of other health issues such as; arthritis, PMS, IBS, digestive disturbances, weight loss / gain, eczema, asthma, migraine, fibroids to name but a few.

Causes of allergies / intolerance include; A good indication of allergy or intolerance' is when you constantly crave certain foods common examples are sugar, wheat and dairy foods. Grass and tree pollen are common allergens and cause hay fever. Chemicals around the home or workplace could also be causing problems as could airborne substances such as moulds. Other allergens may be more complex.

Help yourself:

Have a Kinesiology session; to identify and eliminate allergies and intolerance issues, raise energy levels and help you feel fantastic.

Supplement your diet; certain supplements are proven to reduce allergic symptoms, Quercetin which is a plant flavonoid is one of these it's been known to reduce allergic reactions especially hay fever & asthma. Vitamin C is a great supplement also as it boosts the immune system function.

Eat organic and or local produce; organic foods that are free from chemicals tend to be easier to eat for those people suffering with allergies.

Wash fruit & veg; Chemical residue and moulds on fruit and vegetables builds in between them been picked and packed and cause problems for some people. You can buy custom made veg and fruit washes or try washing in diluted Citricidal (Grapefruit seed extract) this is an excellent natural antibacterial and antibiotic.

Avoid processed foods; such as wheat & dairy products substitute with organic whole foods such as rye based products.

Use eco friendly skin & household products; these are much kinder to your skin, body systems, clothes, household & environment. Things that tend to cause reactions and that generally should be avoided include sodium sulphates and parabens.

Boost your energy; by performing the energy exercises described earlier on a daily basis you will balance and significantly boost your energy. My Wellness Workshop' detail further exercises that can be used daily for improving general health & well being, so book your place today!

Chromium – Mineral for sugar cravings:

Chromium has been proven to; cut sugar cravings help aid weight loss, improve mood prevent and even reverse diabetes! The mineral works by improving sensitivity to insulin which reduces appetite, energy dips, and sugar & fat cravings so is very important for weight loss.

Insulin resistance is thought to effect one in four non obese people in the UK. Chromium has been found to be so effective at improving insulin sensitivity that it has been given to diabetics with amazing results – in some studies this wonder mineral has even reversed diabetes!

Chromium has also had amazing effects on mood and depression in patients suffering from depression with associated excessive sleepiness, carb cravings and weight gain. Recent studies at Cornell University showed a major improvement in depression symptoms with 65% of patients who were given the mineral.

Generally it is suggested that you take between 200 and 600mcg of chromium daily. Also chromium polynicotinate or chromium picolinate is preferred over the chromium chloride used in cheaper supplements. Information from www.patrickholford.com

As with all supplements and medicines it is important that you get exactly what your body needs so it is advisable to see a professional who can effectively assess your needs. Kinesiology uses a technique called muscle testing that allows a response from the client's body to ascertain exactly what is needed for balance, health & well being. For more information please get in touch. Higher Nature www.highernature.co.uk, supply an excellent range of high quality and affordable vitamins, minerals and herbal remedies.

Useful Info:

As mentioned earlier the New book from Donna Eden, Energy Medicine for Woman is an excellent reference and resource for anyone who wants to learn self help techniques that can be used in order to boost health & well being. Author: Donna Eden, published by Piatkus.

If there is anything health or energy related that you would like me to write about in my next Newsletter please be in touch!