



Complete Balance

Holistic Therapies with Helen Mawson

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I hope my Newsletter finds you all happy and healthy!

This newsletter focuses on how The Bowen Technique can help with hay fever and other seasonal allergies. I will also look at rebounding and how it can help with weight loss and fitness.

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

Wellness Workshop – Haven Hospice

The Wellness Workshop that I ran at the Haven Hospice in April was a real success. I am therefore offering another workshop on the 30 July.

The Haven is a wonderful therapy centre dedicated to treating women who have been diagnosed with breast cancer. The workshops offered from the centre are open to the general public so if you are interested in attending please let me know.

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!

Hay Fever & Seasonal Allergies

If you are suffering from Hay fever or any other seasonal allergy, you might want to consider The Bowen Technique which utilises a

powerful procedure that works with the upper respiratory system. Bowen helps to rebalance the body and its systems as a whole and can be extremely powerful. In the treatment of hay fever, allergies or intolerance the technique utilizes a powerful procedure which helps to harmonize the upper respiratory system. This procedure has been known to bring long lasting relief from troublesome Hay Fever.

What is Hay Fever:

Hay fever is an allergic response that occurs when your body is exposed to grass, tree, plant or flower pollen. For some reason in some people pollens are not correctly assimilated by the body and are treated as a foreign substance which stimulates the immune system to respond in order to expel the substance. For many people particularly over the summer months this can result in miserable symptoms including; Runny nose, Streaming eyes, Itching, Sneezing, Rashes, Difficulty breathing, Headaches

Kinesiology can also help with Hay Fever:

Kinesiology is a system of natural healthcare that I use to rebalance the body and its energy systems. The system uses a technique called muscle testing that can identify the allergies or intolerance that are causing you problems. A range of "corrective" techniques will then be used in order to eliminate or "switch off" the allergy or intolerance.

Supplements:

The obvious supplement that helps to calm hay fever by working with the immune system is Vitamin C. The immune system can become extremely depleted when allergic reactions are being experienced. Supplementing around 2000mg is usually best. Do not exceed 2000mg if taking the contraceptive pill or consult your doctor / pharmacy.

A remedy that works as a powerful anti inflammatory and particularly useful at calming the mucous membranes is essential fatty acids. These are available in the form of Omega 3, 6 & 9 and can be taken in capsule or oil form.

Quercetin a plant flavonoid is an effective hay fever remedy, this supplement has been known to significantly reduce the allergic response in most people.

Herbal Remedies:

Luffa complex is a herbal remedy that is used to counteract the symptoms of hay fever. This can be taken in tincture form and there are also Luffa nasal sprays which help reduce inflammation in the nasal passage.

Weleda manufacture a nasal spray which contains Aloe Vera this is soothing for the nasal passage and also helps prevent further pollen getting into the nose. Potters also produce nasal sprays and soothing eye drops with a potent herbal formula.

Homeopathic Remedies:

Homeopathic remedies work by introducing minute quantities of the substance that your body is reacting negatively to. This helps the body recognize the substance and become accustomed to it without reacting.

Local Honey:

Eating locally produced honey around 2 months before your hay fever symptoms start has worked for many people. This helps your body become accustomed to the local pollen.

Tapping Techniques:

There are certain points on the body that when gently tapped will help switch of an allergic reaction. These techniques have been used by people to switch off anaphylactic shock so are very powerful when used properly. For more information on this please get in touch.

Rebounding

Rebounding or bouncing is an exercise that is performed on a mini trampoline otherwise known as a bouncer. According to NASA - "Rebound exercise is the most efficient and effective exercise yet devised by man"

The discovery of rebounding:

Rebounding was discovered by ex-professional wrestler Albert Carter. He and his family used rebounding as their main form of exercise and they all experienced high levels of fitness and health. Albert Carter went on to research rebounding and made some interesting discoveries. The main revelation that he discovered is that rebounding exercise harnesses 3 powerful forces – gravity, acceleration and deceleration.

How rebounding works:

When the body is subject to gravity and acceleration it automatically strengthens itself to cope. As a result the body gradually

becomes stronger in each cell and as a consequence all the muscles and organs become stronger.

Health benefits of rebounding:

One major benefit of rebounding is that it stimulates the lymphatic flow and lymphatic circulation. This means that the body becomes extremely effective at clearing waste and the immune function is much more effective.

In a study conducted by NASA it was shown that training on a bouncer is up to 68% more oxygen efficient than other forms of exercise. This means you can train quite strenuously without feeling out of breath, but still gain the same benefit as you would from more strenuous exercise on a hard surface.

This study also found that there is much less likelihood of taking cells particularly in knees, ankles, and lower back above their rupture level and consequently causing pain.

NASA used rebounding exercise with astronauts in order to restore the bone mass that they had lost in space. It has been shown that rebounding can reverse the deterioration caused by osteoporosis and stop it getting any worse.

Symptoms / Illness helped by rebounding include:

allergies, arthritis, asthma, back problems, balance, blood pressure, cholesterol, circulation, colds, diabetes, fatigue, headaches, stiff neck, migraines, osteoporosis, heart complaints, PMT, sleep problems, skin problems, sports injuries, stress, varicose veins, weight loss to name a few!

I started rebounding about 6 years ago and have found it extremely effective. I missed doing it while living in a second floor flat and so when I recently moved house I was able to start again. In 10 weeks I have shed 14 lbs and have lost about 3 inches off my body! I highly recommend this form of exercise. It's fun, quick, easy, and best of all it really works!

There is a wealth of information online concerning rebounding. I use a PT Bouncer which is one of the best and is recommended by fitness instructors in the UK and US. Cheaper units do not have the same effect, are not as sturdy and can cause injury. The PT Bouncer is distributed in the UK by Super Tramp, see www.supertramp.co.uk

