

Complete Balance

Holistic therapies training & workshops with Helen Mawson

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About Complete Balance

Complete Balance is the name I use for my therapy practice based in Ludlow. The word balance sums up what I believe health, well-being and happiness to be ultimately concerned with. When all or mostly all of the complex aspects of our lives are in balance, health, well-being and happiness result.

Under Complete Balance I practice the Holistic therapies of Health Kinesiology and Tera Mai Reiki & Seichem. I run regular Wellness Workshops which incorporate different aspects of both therapies as a self help class, and I also teach Tera Mai Reiki & Seichem. I will briefly explain the therapies but for more detailed information contact me, log on to my website or book a session!

Health Kinesiology (HK)

HK is a holistic therapy concerned with re-balancing the body and energy systems. HK communicates 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.

A therapy session generally involves a combination of both therapies but is tailored to meet your specific needs. No two treatments are ever the same even for people with similar symptoms. In a single session for example I may identify allergies, rectify chemical imbalance, release psychological or emotional stress and re-balance chakras or other parts of your energy system.

Nature's ability to re-balance

I have now been based in Shropshire for 5 months, things are starting to move forward for my practice but I am still finding my feet and getting acquainted with the area which I have to say is stunningly beautiful. I recently found the Mortimer Forest which is a huge expanse of Forest owned and managed by the Forestry Commission it is to my delight 5 minutes drive from my house! I am mentioning this however with health and well being in mind. Each time I have spent time in the Forest I come away feeling re-charged and full of vitality, things that were bothering me seem to have melted away. I know it seems clichéd but nature really does have the ability to re-balance our body and energy systems. Nowadays most of us live frantic lives we are juggling more than enough, jobs, families, finances, relationships, spending little time in nature its no wonder we become ill or seriously out of balance. In Kinesiology we use a technique called "life balance" where we check to what level your life is in balance and what would make it more balanced out of a selection of options. I am witnessing more and more that in order to increase an individual's life balance s/he requires more time spent in nature. In practice I am finding that more often than not this is the body's priority for health. Getting out into nature is free relatively easy to do for most of us and incredibly enjoyable so with spring almost upon us why not make this part of your health and well being regime and experience the difference it can make.

Flower remedies:

Flower remedies or essences are wonderful tools for balancing the emotions, in holistic terms and in most cases when we are out of balance at an emotional level some sort of illness generally occurs. The same principle applies if we become out of balance on a mental or spiritual level. In my Kinesiology practice I work with lots of different flower remedies and am reminded time and again just how effective these can be in tackling a multitude of symptoms and illness. If you are new to Flower Remedies you may want to look at the Bach Remedy range. Dr Edward Bach created these in the 1930's he found that working with specific flowers counteracted different negative emotional responses. There are different combinations of Bach Remedies available now, Neal's Yard, www.nealsyardremedies.com stock a wide range of these.

The Bach range has 38 single flower remedies which have different themes, the combination essence – 5 Flower Remedy or Rescue Remedy is probably the most well known of the flower remedies. This remedy is a must for everyone and can be used for a variety of everyday occurrences. Use the remedy after you have had a difficult exchange with someone or before a stressful event such as a meeting or interview. Healing Herbs, www.healingherbs.co.uk produce the Bach range exactly as Dr Bach produced them and are incredibly pure. With the Healing Herbs range the Rescue Remedy is called 5 Flower Remedy which is the original name given to it by Dr Bach.

First aid or Emergency use:

- Obtain an essence that is appropriate to first aid or emergency situations such as Five Flower Remedy/ Rescue Remedy from the Bach range or Emergency Essence from the Australian Bush Flower Remedy Range.
- Have the essence with you in your bag or keep a bottle in your car
- Take after an incident that unsettled you or before embarking on anything stressful
- You can also put a few drops in a bottle of water and sip throughout the day
- Sometimes simply holding the bottle in your hand is enough to settle you
- Or you could try holding the bottle to your Solar Plexus
- Or try placing a few drops on each palm and rubbing in
- Putting a few drops in a warm bath is also extremely effective

Natural Alternatives to Anti-Depressants

With the news in the media this month regarding Anti-Depressants I feel I should write a little on natural and holistic alternatives that can be used instead of prescription medicines.

- Generally speaking any form of Holistic Treatment will work to re-balance your body and energy systems and will impact positively upon your psychological and emotional health.
- Taking time out to re balance and reduce stress is also extremely important so work out positive and healthy ways in which you can do this. For example – bathing in essential oils, exercise, or spending time in nature, think of the things you enjoy most that are also good for you!
- Getting regular exercise (particularly outdoor exercise) can work wonders for depression and mood balance. Moving the body helps the lymph system to work which rids the body of toxins and supports the immune function. Movement also stimulates certain hormones to work such as mood enhancing endorphins.
- Cutting down on sugary carbohydrate rich foods and caffeine can also help with depression and mood. In doing this you are helping regulate your blood sugar levels which are intrinsically linked with how we feel emotionally and psychologically.
- Be kind to yourself – At the end of each day think about everything that made you feel positive and happy during the day and say thank you, to yourself, the universe or whoever you feel you want to thank.

- When you are feeling happy and positive tap the space between your eyebrows and smile. In doing this you are literally tapping in the positive energy at a cellular level so your body and energy system will remember the feelings.
- In Kinesiology we have lots of different tools and techniques that can be used as self help on a daily basis to balance body and energy systems, I teach several of these in my 'Wellness Workshop'.

Natural remedies include;

5 HTP – Serotone which is a natural amino acid that may be lacking in people who feel depressed or experience fluctuations in mood. Blends such as Higher Nature's Positive Outlook which combines amino acids, B vitamins, and neurotransmitters which are all necessary to balance the mood are excellent. Chromium may also be relevant if you are experiencing mood fluctuations as it helps balance blood sugar levels. Also taking a good B vitamin complex could be supplemented and Omega Oil blends are vital for brain function and balance so are also useful for depression and mood balance.

You may also wish to consider taking a flower essence blend which helps balance a variety of emotional states. (See Flower Remedy section above or contact me for more information)

As with all natural remedies it is important to seek advice from a qualified practitioner before taking. A Kinesiologist will test your body to ascertain exactly what it requires for optimum health that way you are getting exactly what you need. A Kinesiologist or other Holistic practitioner can also work with you to rectify underlying imbalance that may be causing you to experience depression or mood problems.

Wellness workshops:

Two new dates are booked in for my Wellness Workshops 5th April and 7th June these will take place at the Ludlow Assembly Rooms 10am – 4pm. In the workshop you will be given tools and techniques that can be used daily to enhance health & well being. You will learn how to; reduce stress, feel positive, balance your nervous system, clear tension headaches, reduce digestive tension, boost your immune system, think clearly & much more!

Workshops cost £40 and include refreshments and a detailed manual containing everything we will learn during the day.

For more information or to book a place please contact me and if you would like me to consider running a workshop elsewhere in the UK please get in touch.

Distant treatment:

Distant Treatment involves sending the healing treatment through time and space and is made possible by using focused intention and the tools of Kinesiology and Tera Mai healing. Working as a therapist for me involves working with a clients energy or electromagnetic fields. An electromagnetic field exists around everyone's physical body, we are electromagnetic in nature and this is one reason electrical equipment in hospitals can take readings from our bodies. Our electromagnetic field is incredibly sensitive and can be influenced at a distance. The field is continually omitting signals and so in a distant session I use the tools I have to tap into these signals whether my client is present in my treatment room or in another town. Clients are often amazed at the accuracy and depth of healing that occurs during and as a result of a distant treatment.

Distant sessions take place in the comfort of your own home at a mutually convenient time. This form of treatment involves a telephone conversation before and after the actual treatment session. I am currently in the process of gathering case studies & testimonials from clients who have had distant treatment. For more information or to book a session please contact me.

Website revamp:

I am in the process of overhauling my website so please bear with me if you can't find what you need on line - give me a shout if this is the case. I am hoping to make the website more modern looking and visually pleasing! If you have any suggestions or comments please get in touch!