

Complete Balance

Holistic Therapies & Training with Helen Mawson

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New Contact Details:

I moved to Shropshire Ludlow to be precise in late September, so my practice is now based here! I do plan however to run some Wellness Workshops both here and possibly in the South West depending on interest so do get in touch if you are interested. More information concerning the workshop's can be found on at www.complete-balance.co.uk

My new phone number is 01584 874 841.

My email remains the same helen@complete-balance.co.uk and now I finally have my broadband set up (things seem to happen a lot slower up here) I can reply to any incoming mail more quickly.

As I said things are happening quite gradually up here but I am doing all I can to get my practice up and running. I am also doing more distant therapy sessions which are great and clients are experiencing some amazing results from these which never ceases' to amaze me! Do get in touch if you would like to know more about distant sessions.

This newsletter won't be as long as usual but I just wanted to say hello and write a few bits and bobs of (hopefully) useful information before the silly season begins, and of course wish you all a healthy and happy festive season!

Vitamins:

It's the time of year we all need a few extra vitamins and minerals to pep ourselves up. I list below some of the most useful Vitamins, Minerals and Herbal remedies for the winter months;

Multivitamin and Mineral complexes are a great starting point when considering supplements, you can then monitor changes in any symptoms and how you feel and then consider adding something else if necessary. Even when we eat a fantastic diet full of fruits and vegetables our daily vitamin and mineral intake invariably falls below what our body actually needs to feel vibrant.

Our lifestyles, prescription medication, nutritional habits etc all contribute to our being deficient in certain vitamins and especially minerals so as I said taking a supplement is a good starting point.

Zinc is a metal co factor necessary for the correct functioning of the reproductive and immune systems. Zinc is lowered by the contraceptive pill. Zinc is high in oysters and other seafood, also red meat. This mineral works in conjunction with Vitamin B6. Zinc is especially good at this time of year as it works with the immune system.

Vitamin C is a Water soluble vitamin present in many fruits and vegetables especially rose hip powder, citrus fruit, kiwi and chilli peppers. This vitamin is lowered by the contraceptive pill, smoking and tetracycline drugs. Vitamin C is anti viral, anti bacterial, and anti histamine. Smokers are deficient as each cigarette uses up 25mg of Vit C. Works with the immune system so is excellent to take at this time of the year.

Vitamin B complex is a combination of water-soluble vitamins found primarily in yeast, liver, eggs and certain vegetables. Vitamin B can also be produced in the small intestine by Bifidobacteria. Taking too much of one B vitamin can cause shortages of the others. Vitamin B is lowered by the pill. If you are feeling low on energy it may indicate a B vitamin deficiency. It is

always advised to get any suspected deficiency checked out by a practitioner before self prescribing.

Olive Leaf Extract is a great immune booster so perfect for this time of year, with all the viruses and bugs.

Echinacea is a great as an immune booster, especially in winter months when you may be more susceptible to colds and other bugs and virus'. Echinacea is best taken in monthly bursts and then have a month off.

Milk Thistle

Great for the liver and if you are undergoing a detox programme, you will need to drink lots of water alongside this supplement. Wonderful if you've over indulged over Christmas.

Colloidal Silver is a powerful anti bacterial and anti viral agent that can be used in a number of ways for infections and symptoms. Colloidal Silver is a natural antibiotic and it can be taken orally or applied topically.

Citricidal is Grapefruit seed extract and is another natural antibiotic which is also a powerful anti bacterial agent. Citricidal can be used diluted and applied topically for a variety of fungal infections. Citricidal can also be taken orally for fungal infections or for colds, flu or other infections that you may be prescribed anti biotic' for. You must always dilute Citricidal in water before using.

Digestive Enzymes are wonderful to take at this time of year when we are over indulging and eating rich foods, they give the digestive process a helping hand. **Probiotics** also work well And are a bacterial supplement used to replenish the Bifidobacteria and Lactobacillus acidophilus which inhabit a healthy gut. The growth of these friendly bacteria encourages a healthy digestive system and also oestrogen clearance.

Higher Nature www.highernature.co.uk, supply an excellent range of vitamins, minerals and some herbal remedies. They are of a very high quality and are affordable. I would advise you to buy from Higher Nature rather than Boots, Supermarkets or Holland & Barrett!
Bioforce www.bioforce.co.uk stock a wide range of Herbal Tinctures so check them out. Also Quest and Bio Health vitamin supplements are good quality and are available from good Health Food shops.

Xylitol/Fruit Sugar:

We all tend to consume more sweet treats at this time of year which pile on the pounds and play havoc with our blood sugar which may have health knock on effects for many of us. There are several things that can be used as sugar substitutes which are natural and actually have added health benefits. **Xylitol** for example is a substitute for sugar that is extracted from Birch Trees, it tastes like sugar and can be used just as you would use sugar in drinks, cooking, on desserts and on cereals. Xylitol also has some other great health promoting properties;

Low GI - The Glyceamic Index (GI) of Xylitol is incredibly low – 8! Sugar has the GI of 70!. Due to the fact that the GI of Xylitol is so low the product is ideally suited for diabetics. Xylitol also does not require insulin in order to be metabolised which also indicates its suitability for diabetics.

Less Calories - Xylitol actually contains nearly half the calories of sugar at 2.4kcal/g as opposed to 4.0kcal/g in sugar.

Prebiotic - Xylitol actually promotes the growth of friendly bacteria in the gut which means it's a natural prebiotic.

Good for Teeth - Proven to promote healthy teeth and gums and is used extensively in oral hygiene products and chewing gum etc.

Xylitol should not be consumed in excess as it could have a laxative effect. The product is available from Higher Nature but also in good health food shops.

As an alternative to Xylitol you could also try **Fruit Sugar** which is available in most supermarkets. You could also try a product called **Agave** which is used in a lot of health food snacks also available from most good health food shops. While honey has a high GI the health promoting properties of the substance are also high so you could try using this in some of your cooking as an alternative or for a change. Other alternatives include using fruit juice to sweeten things or dried fruits in cakes to sweeten, my mum makes a fantastic sugar free Christmas cake by using lots of dried fruit and fruit juice as a replacement for sugar. Try and avoid all artificial sweeteners such as Aspartame, Saccharin and Acesulfame K as they are incredibly bad for health, many diet or low fat products especially yoghurt and fizzy drinks contain these so get into the habit of reading labels. There is a wealth of information out there concerning the dangers of these products so if you feel compelled do some research.

Daily Energy Exercises for Optimum Health & Vitality:

The following techniques work to strengthen and maintain your body's natural balance. You can use these at any time of the day and as many times over as you want. It's great to start the day with them and when you are more accustomed to using them will take you about 5 minutes. The techniques are especially useful for this time of year when we are subjected to endless bugs and viruses and when we are burning the candle at both ends with the endless office parties!

Most of these techniques have been taken from the book **Energy Medicine by Donna Eden (1998)**, which I would recommend to anyone wanting to know more about health and the body's subtle energy systems. Some of the techniques are ones used in Health Kinesiology therapy.

3 Thumps:

1. K27- 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 over your thymus gland will:
 - Boost your immune system
 - Stimulate all your energies
 - Increase strength & vitality

3. Spleen Points – Tapping the Spleen Points below armpits bottom of bra (spot is often quite tender to the touch) will:
 - Lift your energy level
 - Balance your blood chemistry
 - Strengthen your immune system

4. Thymus tapping – Tap around your thymus area in a circle with finger ends in anticlockwise direction (or left to right) will:
 - Balance all of your meridians and energies
 - Boost your immune system
 - Dilute stress response
 - Increase strength & vitality