

Complete Balance

Holistic Therapies & Training with Helen Mawson

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Website Update:

The Complete Balance website is still undergoing re-development, the minor tweak I anticipated is taking far longer. I am developing a new brand image that more accurately reflects what I do and how I work. Please bear with me and let me know if there is anything you can no longer find on the site.

Wellness Workshops:

In my 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.....

I am planning to run my next workshop in February 09 in Shropshire. If you are interested or would like more information please get in touch.

Natural Skin Care Products:

My friend and colleague Ann Berwick has developed a wonderful natural skin care range.

Ann uses all natural ingredients and essential oils in her skin creams and deodorizing body sprays. The secret and rather magical ingredient in the products works similarly to homeopathy or healing essences and involves incorporating specific healing energy into the products. Blends can also be developed for individuals that incorporate unique ingredients to benefit specific symptoms and illness and are tailor made to suit different skin types. These hand-crafted products not only make uniquely individual gifts - they may also contribute significantly to general health and well-being.

New additions planned for next year include; shower gels, body lotion and shampoos, so watch this space!

For further information please contact Ann direct on:
T: 01837 659 380, M: 07717 833536
E: annberwick2@yahoo.co.uk

Useful Energy Boosting Techniques:

Most of the following techniques are Kinesiology based and are published in Donna Eden's excellent book Energy Medicine. The techniques are simple and once you get into the habit of using them they become second nature. I teach most of these techniques along with some that are a little more complex in my Wellness Workshop'.

Thymus Tap:

The Thymus tap is an efficient and effective variation on a "Meridian Balance" that I perform as a Kinesiologist before working with a client. Tapping the Thymus in this way for around 20 seconds will balance your meridian energy system for around 30 minutes. It is a great technique to use throughout the day and is perfect to use before or after a stressful event or interaction. It is ideal when you are experiencing an energy slump, it boosts the immune system, and increases general strength and vitality.

To perform the Thymus Tap:

- Bunch the fingers of your dominant hand together
- Tap around your thymus area in a large circle in anticlockwise direction (or left to right)
- Do this for at least 20 seconds and your energies will stay balanced for between 30 -60 minutes

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

Alternative Natural Sweeteners:

Many of us 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 Glycemic 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. **Rapadura** cane sugar sometimes known as **Sucanat** is a highly nutritious form of pure sugar. It is less refined than most other sugars and is literally dehydrated raw cane juice from unburnt sugar cane. It smells and tastes similar to molasses and in small quantities is an excellent alternative to processed sugars.

Try and avoid 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 concerning the dangers of these products so if you feel compelled do some research.

If you find yourself constantly craving sweet foods, it may be that there is an underlying health problem. Many food cravings either mask an unknown allergy, intolerance or nutritional deficiency. In many cases the cravings can be rectified quickly and efficiently using Kinesiology techniques and wanting changes.

Vitamins & Minerals:

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.

Collodial Silver is a powerful anti bacterial and anti viral agent that can be used in a number of ways for infections and symptoms. Collodial 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.

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 on Health Kinesiology, how it works and what it can do for you please get in touch. 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.

Useful Info:

The online magazine www.nourishedmagazine.com.au is a great source of nutritional information. I recently did some research concerning Soya and came across some really informative articles via this website. I also came across a book called Nourishing Traditions – The Cookbook that Challenges Politically Correct Nutrition and the Diet Dictocrats. This book does exactly what the title suggests and is a real eye opener. It also packed with wonderful recipes and interesting facts regarding nutrition. Author: Sally Fallon, New Trends Publishing.

As mentioned earlier the book Energy Medicine 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, Tarcher Putnam.