

4



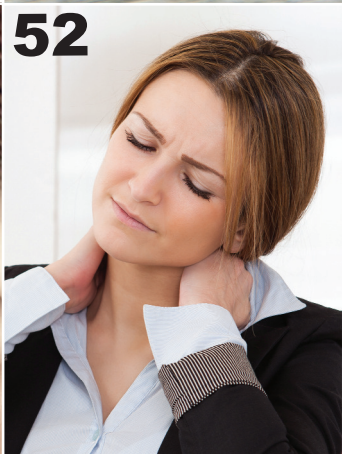
ISSN 2041-7780 Issue 26 Spring 2014 £3.95

Choice

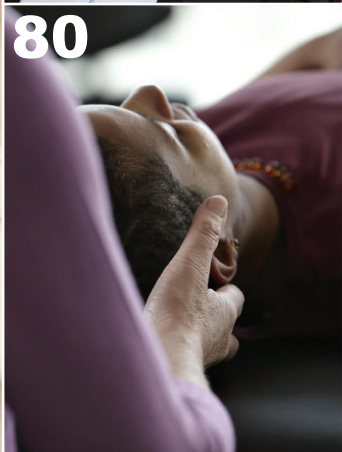
Health & Wellbeing

The Leading Publication for Complementary Health, Education and Wellbeing

52



80



Eye & lip care

prevention is better than cure

**Your Health and
Wellbeing Success
Starts Here!**

Are you a health-conscious consumer, looking to come into the industry or looking for a suitable treatment? Find out what the experts say and read.

www.choicehealthmag.com

Choice

Health & Wellbeing

Issue 26 Spring 2014

Aromatherapy

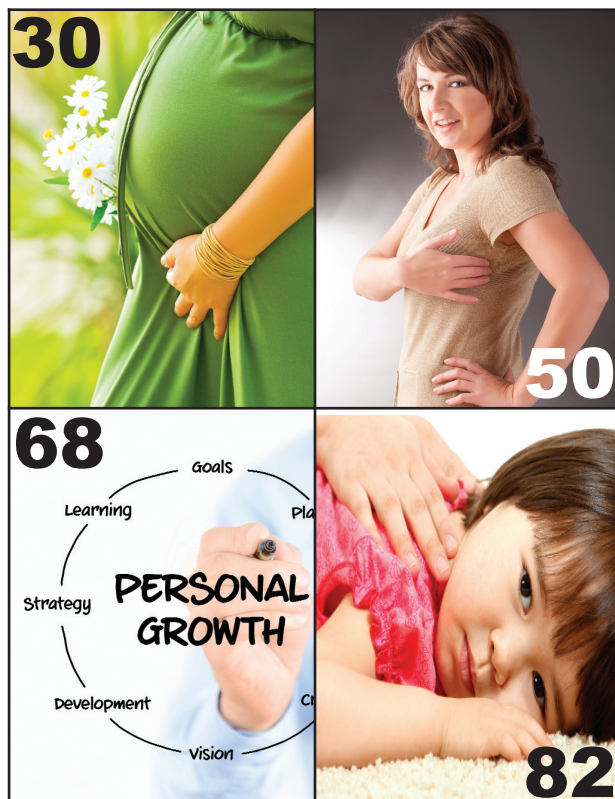
- 4 Aromatherapy and the common cold
- 7 Mood and the sense of smell
- 8 Cinnamon leaf oil
- 9 How parents can help combat stress!
- 12 Essential oils for gentle weight management
- 13 Eat, pray and learn part 3

Ayurveda & Yoga

- 14 Ayurvedic approaches to asthma
- 16 Butter or margarine which is better?
- 18 Colour therapy in Ayurveda
- 19 Become a Mindfulness meditation teacher
- 21 Breathing for relaxation

Business Support

- 22 Marketing with mindfulness
- 24 The top 3 reasons most people hate selling
- 26 Time to start tracking your success!
- 28 Time to review
- 28 90p or zilch?



Complementary Therapies

- 30 Using reflexology during pregnancy
- 32 The Bowen Technique - anxious times
- 33 Bach Flower Essences
- 36 What is Seichem?
- 38 Health ramifications of the misaligned bite

Health & Nutrition

- 40 Women's health
- 42 Healer, help yourself
- 44 The shocking truth about sugar
- 45 Childhood caries
- 46 Silicium and joint health

Integrated Healthcare

- 50 META-Health and EFT
- 52 Atlas rejuvenation
- 54 Do not let poor sleep ruin your life!
- 56 Craniosacral therapy for headaches

Letter from the Editor



Hello and welcome to the latest issue of Choice Health and Wellbeing.

After careful thought and consideration we have decided to change the format of Choice

Health and Wellbeing as follows:

New format, 84 pages

Magazine - Perfect bound

Frequency - Quarterly, each of our spring, summer, autumn and winter issues will be bigger, and packed with the latest news and techniques.

Subscriptions have been adjusted automatically to take these changes into account.

Organisations today are confronted by challenges brought about by continuous change, globalisation, growing cultural differences and a constant need for efficacy and efficiency. These and other factors contribute to the ever increasing

pace at which organisations operate to remain competitive in a difficult marketplace. This trend is challenging the wellbeing and health of the working population and indirectly of the economy itself.

Together through the work we do, promoting health, education and wellbeing for a healthier nation, remember how important you are.

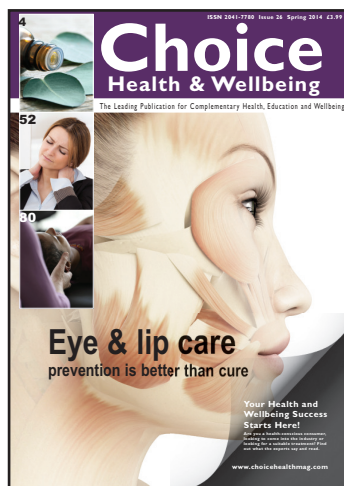
Happy reading,

Angela

Angela Mahandru **Editor, Publisher**

Take out a subscription

Choice is the leading publication for complementary health, education and wellbeing in the UK



1 year's subscription from £23

Receive the following
FREE Bonuses

- 🌀 FREE Web listing of your business
- 🌀 Selection of Quinessence blended oils
- 🌀 3x60min FREE relaxation MP3s
- 🌀 FREE ebook of 36 highly effective massage techniques
- 🌀 FREE PDFs of selective back issues

"I always look forward to the magazine as it has so many interesting and helpful articles."
- Julie Egginton.

"I love this magazine, the articles are clear, short and to the point. I just love learning about all these wonderful techniques and look forward to every issue" - Mrs. S Patel.



Your Guarantee, If at any time during your first 60 days you decide not to continue, just write to us and you will receive a full refund. You get to keep all bonus items plus the set of blended essential oils by Quinessence. (Oils only available to UK subscribers.)

Call us on 0161 284 6602 Quoting SP14, or email us with your contact details and we will phone you back info@choicehealthmag.com

www.choicehealthmag.com

Natural Beauty

- 58 First impressions do count!
- 60 Beauty secrets you need to know
- 62 Eye & lip care, prevention is better than cure
- 64 Using the beneficial properties of herbs

Personal Development

- 66 Interrupted?
- 68 Warrior mind
- 70 Under-earning is a very common condition
- 72 Are you burnt out?
- 73 How good can you stand it?

Training & Education

- 74 Cervical traction
- 76 To treat or not to treat
- 78 Putting it all together
- 80 Zero Balancing
- 82 Once upon a touch...
- 83 Diary Dates

CONTRIBUTORS

Special thanks to Dr Freya Martin

Dinesh Kotecha *Spa Isha*, Dr Depa Apte *Ayurveda Pura*, Sumita Singh *Affable Therapy*, Angela Mitchell *Top Note Therapies and Crafts*, Beverley Higham, *International Association of Aromatherapists*, College of Practical Homeopathy, Gervasio Da Gloria *Just fit*, Nicola Brooks *Bodywork CPD*, Penny Price *Penny Price Aromatherapy*, Andy Edwards *Marketing Therapy*, Geeta Vara, Robert Waghmare, Joanne Ross *META-Health*, Janie Godfrey *ECBS*, Geoff Lyth *Quinessence*, Rachel Fairweather *Jing Advanced Massage*, Jonathan Lawrence *Turning Point*, Dr Marilyn Glenville, Paul Carbis, Daniela Chandler *Pevonia*, Sunita Passi, Julian Baker *ECBS* and others

Editorial & Advertising

Contact Details

T: +44 (0)161 284 6602

e: info@choicehealthmag.com

w: www.choicehealthmag.com

Follow us on twitter @angela_mahandru

Follow us on Facebook, Connect via LinkedIn

Printers

Produced by Printech

Choice - Health & Wellbeing

is copyright to Success Publications Ltd 2014

No part of this publication may be reproduced or transmitted in any form or by any means electronically or mechanically, including photocopying without prior permission from the Publisher. The Publisher has taken all reasonable measures to ensure the accuracy of information contained within this journal.

Do not let poor sleep ruin your life!



Regarding sleep issues, if someone does not sleep enough, then it is a medical fact that their health will deteriorate. For example, statistics show that people who are short of sleep are more likely to suffer from an accident in the workplace.

What is a healthy sleep pattern?

As a rule of thumb, if you do not wake up refreshed and full of energy, then your sleep pattern probably needs some work. Medically, it is very hard to clarify what constitutes healthy sleep because individual requirements for sleep actually vary widely, from as few as four hours to nine hours of sleep every night. For example, as I practise in Spain, I see many clients who can manage with as little as four hours if this is complemented by a nap during the day (to accommodate work schedules or through custom).

Medically, sleeping patterns are considered to be driven by the hormonal system: the level of cortisone (the stress hormone) in the blood tends

to rise just before waking up, and fall before going to bed. In parallel, the pineal gland secretes melatonin (our sleep hormone) when it gets dark around us.

However, as in general for health, it is not as simple as that: many people can sleep in full light, or during the daytime, and with practice most people can achieve very effective 'power naps' (a 15–20 minute sleep).

Sleeplessness is not a disease as such but a symptom that can have many causes. Insomnia is defined as partial or complete lack of sleep during the night. It is the most critical sleep problem.

Disturbed sleep, excessive perspiration, difficulty in getting to sleep or a feeling of being unrefreshed and tired when getting out of bed are, however, equally damaging in the long run, and can also lead to problems.

How can I improve my sleep patterns without the use of drugs?

First, I need to stress that sleep issues, like

digestive issues, are often too complex for self-prescription. There is usually a combination of stress, emotional issues and poor lifestyle or diet. For this reason, my view is that it is more effective to ask for an objective analysis from a competent health practitioner.

However, as a general rule, two areas need to be worked on: lifestyle and the emotional cause behind poor sleep.

In terms of lifestyle, review what you do during the last two hours of your waking life. Review everything with an open mind in order to be as relaxed as possible when going to bed.

Also, try to find what works for you in terms of feeling more relaxed. Be open-minded as being relaxed is very individual. One typical example in my clinic is that people get better sleep after some gentle exercises an hour before going to bed. Most of the general health advice would suggest that you should not be active before

Here are some examples of recent sleep issues that may respond well to a homeopathic approach:

- ☉ **After a big scare:** Aconitum napellus 30C or 200C
- ☉ **During periods:** Actea racemosa 30C or 200C
- ☉ **Anxiety:** Arsenicum album 30C or 200C
- ☉ **Frightening visions when we close our eyes:** Belladonna 30C or 200C
- ☉ **After severe diarrhoea or vomiting:** China 30C or 200C
- ☉ **Because of intestinal worms:** Cina 30C or 200C
- ☉ **Because of altitude sickness:** Coca 30C or 200C
- ☉ **After night shifts or nursing someone at night:** Cocculus 30C or 200C
- ☉ **Because of mental over-activity:** Coffea 30C or 200C
- ☉ **After extremely good news:** Coffea 30C or 200C
- ☉ **After too much coffee:** Coffea or Chamomile 30C or 200C
- ☉ **After bad news:** Gelsemium 30C or 200C
- ☉ **Because of cramps:** Mag phos or Nux vomica 30C or 200C
- ☉ **After a heavy meal or too much alcohol:** Nux vomica 30C or 200C
- ☉ **After severe grief:** Natrum muriaticum 30C or 200C
- ☉ **After mental or physical abuse:** Staphysagria 30C or 200C
- ☉ **Waking up at 3 am:** Nux vomica, Sepia or Kali Carb 30C or 200C
- ☉ **Waking up at 5 am:** Sulphur 30C or 200C
- ☉ **Not sleeping until 1 am:** Arsenicum album 30C or 200C

These are readily available from your local health food shop or by order from a homeopathic pharmacy. If you wish to self medicate remember it is hard to be objective about our own health so think seriously about seeing a qualified practitioner.

going to bed, because it is supposed to raise your level of cortisone. However, these people find themselves sleeping much better after a good dance or a good swim. If this is your way to let go of your stress, then go for it. Do not believe the health headlines and just trust your body.

As a matter of general advice, which needs to be individualised, here is what I suggest:

- ☉ If you watch TV, computers or play video games one to two hours before going to bed, and have sleep issues, then try and cut it off and replace it with a walk or reading a book. TV and computers etc. are major stimulators of our brains, and will definitely disturb the levels of cortisone and melatonin just before sleep.
- ☉ Ensure that your diet is low in refined carbohydrate, soft drinks, coffee and tea. You may have sleep issues because of what you eat: foods that keep your brain active are likely to disrupt your hormonal system.
- ☉ Strong spices or artificial additives such as monosodium glutamate (MSG) have been linked to sleep issues. So if you suspect this to be an issue, try and stay off them for a couple of weeks to see if it makes a difference.
- ☉ Drink at least 1.5 to 2 litres of water a day. Many people are not good at spotting that their body is not hydrated. A poorly hydrated body is usually under stress, and this can lead to anxiety and sleep issues.
- ☉ If this is something you are attracted to, practise some form of relaxation or meditation to train your mind to 'calm down'.
- ☉ Are you taking any recreational drugs or conventional medication that may impact your sleep pattern? If so, could you arrange to have

an alternative strategy to be able to reduce them, or alternatively take them early in the morning, with the agreement of your GP?

- ☉ Finally, herbal teas such as chamomile, passiflora, valerian or hops can help you find sleep. However, especially in the case of valerian and hops, some people are sensitive to these herbs.

What can I do if following these suggestions do not help?

This is where the second part of the equation comes in. I have seen numerous patients with sleep issues, and for each of them I could trace the issue to some emotional stress, either deep in the past or still recurring.

Sleep is our gateway to our subconscious, and any emotional issue that has not been dealt with may disturb it.

This is where in my view, homeopathy as taught at the College of Practical of Homeopathy is well ahead of any other healing practice. Homeopathy has about 200 remedies available for sleep issues from depending on the cause of poor sleep, your sleep pattern, when you wake up, your dreams, what awakes you, and so on. This is one of the areas where homeopathy really seems miraculous.

What happens if I am taking medication for this and I want to stop?

If you have been a long-term user of conventional sleep medication, and find you cannot stop taking it, then it is because the actual cause of the sleep issues has not been addressed. In most cases, it is best to consult a practical homeopath. Your health practitioner will have to first help you with any underlying issue impacting sleep and then work in cooperation with your GP so that the latter can reduce your medication slowly and gently.

In the meantime, have a good month, and a restful sleep. **CHW**

© Thierry Clerc, Clinical Homeopath, LCPH, MSc. If you wish to have a consultation regarding your sleep issues, contact him on 01223 655 300 or check his website at www.thierry-health.com. CPH now offer a postgraduate course in Homeopathy for qualified CAM Practitioners who would like to 'integrate' homeopathy into their practice. If you are interested contact Tessa on 0208 445 6123 or go to www.collegeofpracticalhomeopathy.com

TRAINING IN CRANIOSACRAL THERAPY

With Jonathan Lawrence BA DO Cert ED

● Craniosacral Practitioner Training
Next course starts 19th September in North Devon

Please call or check
our website for further
information and course dates



Tel: 01769 574833
Web: www.craniosacralcourses.com
email: info@turningpointtraining.org

Further information: Turning Point Training, 79c South Street, South Molton, Devon EX36 4AG.