



NEWSLETTER

Issue 10

Spring 2006

- ♣ Homeopathy & Healing
- ♣ The pH Miracle
- ♣ Mobile 'phones

COURSES & EVENTS

NEW: FILM NIGHTS £2

Fed up of rubbish on the TV? Then come and watch & discuss films with a spiritual message.

What The Bleep?

Wed. March 22nd 7pm

(Also available for hire).

Introduction to Reiki

Wed. April 26th 7-9pm

Experience the gentle energy of Reiki. (Dates to be arranged for those interested in qualification).

Chakra Meditation Day

Sat. May 20th 10am-4pm

A colourful, exciting and practical exploration of the 7 in-body energy centres. Learn how to detect & correct chakra "blocks" & create positivity in your life!

£35 includes vegetarian lunch & "chakra folder." Suitable for anyone over 12. Previous experience not essential.

Vortex Healing

With Lisa Walmsley-Pitts

Wed. June 7th 7-9pm £5

Vortex healing is a divine, energetic therapy which can stimulate profound changes in physical & emotional health. See it demonstrated using a musical instrument (*please bring an instrument if you wish*) or the quality/ tone of your own voice!

Booking is essential for all courses as places are limited, please ask Maggie.

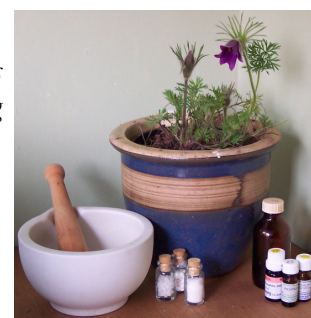
Homeopathy & Healing

What Is Homeopathy?

"Homeopathy is a system of natural medicine which stimulates the body's own healing abilities using remedies chosen according to each individual person".

Homeopathy treats the person not just the disease.

Homeopathic remedies provide an energetic stimulus to re-balance the body on a physical, emotional, mental & spiritual level. The mind & body are one: the body reflects what's happening within. *Homeopathy treats the cause of illness not just the symptoms.*



What Do We Mean by Healing?

There are differences between the conventional & complementary approaches to healing. The former attempts to remove or suppress the physical symptoms of disease, whilst the latter views the cause of disease as an **energetic imbalance** at a mental, emotional or physical level that requires an energetic stimulus to enhance the individual's innate ability to heal themselves.

The body has memory & consciousness in the cells which respond to thoughts: negative emotions cause disturbance of energy which may be stored in the tissues & organs leading to disease. **So healing starts with changing our belief systems & thought patterns about others & ourselves.**

A homeopathic consultation allows time to consider your individual health & thought patterns, where it stems from and whether you choose to continue with it. Your physical symptoms often give clues to how you feel emotionally & are the body's way of expressing imbalance - speaking to you!

So what is your body trying to tell you?

Do you pay attention to these messages?

What is your thought pattern (self-belief)? So who told you that about yourself? When & - especially if it was a long time ago - why do you still believe it now?

There is a place for different systems of healing according to the nature & severity of symptoms. ***There is no right or wrong approach, just different***

Mobile 'phones

How safe are mobile 'phones? The government says masts are "probably not" dangerous to health yet Russian research shows that global system for mobiles can "influence human mood & behaviour ranging from depression to docility & rage." Evidence continues to mount that mobile 'phones may



cause headaches, dizziness, fatigue, leukaemia, cancer & other chronic diseases. If you would like full details about the dangers of mobile 'phones / masts and what you can do to minimise exposure, check the practice library for the "Mobiles information pack." Contains the findings of research studies, suppliers of magnetic beads / protection devices with ratings re: effectiveness taken from WDDTY.

(WDDTY Aug. 2004)

Snippets

Do you belong to one of the following schemes? If so, you could claim back consultation fees for homeopathic treatment.

BHSF; CLINICARE FORRESTER HEALTH; HEALTH SHIELD; HEALTH SURE; H.S.A.; PATIENT AID; PAY CARE; PROVINCIAL HOSPITAL ASSOC.

*If you require a receipt for treatment received, please inform Maggie by email * or 'phone or at your next visit, as fully printed receipts will now be prepared in advance of your next appointment.*

Contacting the Practice

As a result of my concerns about using mobile 'phones, (see overleaf) please make all calls through the practice number i.e. 01782 620514.

I will still check for texts or messages left on the mobile but please note that these may not be picked up immediately.

Please call during 'phone-in times if at all possible as I may be with other clients or out of the office at other times. If you do leave a message, please state if urgent. If I am away from the office e.g. during holidays or courses, details of cover will be given on the answerphone.

The pH Miracle

The authors of this book believe that consuming a more alkaline diet is the answer to most western illness! High acidity in our current diet is believed to cause many symptoms & diseases such as lack of energy, fatigue, poor digestion, obesity, aches & pains & foggy thinking. Diet is not the only factor that governs health, but it is vitally important in body chemistry. We can lose weight on many so-called "fad" diets but some can lead to health problems or have only short-term benefits.

"Forget cholesterol counts...calories...fat grams...blood pressure...blood sugar...hormone levels or any other markers of health you're used to at the Dr's office. It turns out that the single measurement most important to your health is the pH of your blood & tissues." When the body is acidic – i.e. a pH below 7 – it becomes vulnerable to germs. Bacteria & viruses are only part of a toxic overload. Yeast, fungus & moulds (microforms) such as candida can cause infections but also excrete poisons (mycotoxins) that thrive in an acidic environment.

We need stomach acids to kill bacteria but ant-acid drugs can cause overproduction.



So what can we do to alkalise our body?

- **EAT MORE VEGETABLES AND LESS MEAT** especially green veges fresh and organic to minimise intake of pesticides & drugs. Eat different coloured foods as these contain phytonutrients which help prevent cancer, lower cholesterol, relieve arthritis & osteoporosis & reduce acidity. Veges contain fibre which removes toxins & acids.
- **CHEW FOOD THOROUGHLY & EAT SLOWLY** this helps enzymes digest food properly & register when you are full so you don't eat more than you need.
- **DRINK MORE CLEAN WATER** : the body is made up of 70% water. Most drinks except water have a dehydrating effect on the body. Try to drink at least 1.5 litres per day. (2 litres is better still)
- **FRESH HERBS & SPICES** are both nutritional & tasty.
- **TRY SUPPLEMENTS** such as probiotics – e.g. acidophyllis & bifido-bacterium – to correct imbalance in the gut & grasses as "green drinks," which are nutrient dense, regenerate the body at cellular & molecular level.
- **ESSENTIAL FATTY ACIDS:** polyunsaturated fats such as flax (linseed), evening primrose, grape seed & hemp oil are essential for healthy cells, building hormones & eliminating acid. EPA's are especially beneficial in brain health & general immunity.
- **BUY A JUICER** –vegetables contain lots of water & nutrients. The authors suggest you avoid fruits except tomato, avocado, lemon, lime & grapefruit, which leave an alkali residue. (Perhaps avoid fruit in the short term then reintroduce slowly those that don't aggravate.)

Foods to Limit/avoid

Alcohol, caffeine, yeast & sweeteners.
Sugar & sugary foods e.g. chocolate, biscuits
Refined & processed foods e.g. fast foods
Fruit except lemon, lime, grapefruit
Dairy products which contain hormone & pesticide residues, microforms, toxins & saturated fats.
Saturated fats e.g. hydrogenated / partially (solidified fats) - use "good oils" e.g. olive/linseed/grapeseed/omega oils e.g. Cool Oil
Salt
Meat – contains hormones, chemicals, drugs
Eggs – contain mycotoxins
Stored grains – i.e. last years crops which contain microforms

Alkalisating foods

Asparagus
Aubergine
Beetroot
Broccoli
Brussels
sprouts
Burdock
Cabbage
Carrots
Cauliflower
Celery
Cucumber

Garlic
Greens
(especially
beans, spin-
ach, kale)
Okra
Onions
parsley
parsnips
peas (fresh)
peppers
radish

salsify
sea veges e.g.
nori/wakame/
hijiki
spring onions
sprouted
grains/beans
or seeds
swedes/
turnips
squash

NEW BOOKS



Loans from the practice library are for up to 3 months. A small range of cassette & video/DVD's are also available. Donations are welcome as this helps to purchase new titles. Recent additions are

The pH Miracle

R.Young & S.Redford Young: Heal yourself of virtually anything through an alkalisating diet; see left.

The Power of Now

Erkhart Tolle

A classic text for spiritual readers. Living in the present moment: freeing yourself from feeling weighed down by the past & releasing fear of the future.

Signposts

Denise Linn interprets coincidences & symbols given by the Universe that can guide us through life but which we often miss. "In every moment the universe is whispering to you".

Maitraya's Teachings:

The Laws of Life

For those looking for answers to the most profound questions in life. Contains amazing insights into international events such as the war in Iraq, religion & politics from a "World Teacher".