



NEWSLETTER

Issue 13

Winter 2006/07

COURSES & EVENTS

Usui Reiki Training

Reiki is a gentle yet powerful method of healing which can be channelled for the benefit of all living things, including plants.

Reiki 1: Sat. Jan 27th 10-5pm

The first level will give you a powerful tool for self-healing. The full day training is £75 including a comprehensive manual, refreshments & light vegetarian lunch.

Reiki 11: Fri & Sat Feb 16/17th

Level 11 is a more advanced, 2 day course that gives you the ability to treat others & use distant healing. Course fee £125 including manual, refreshments & lunch day 1. (Day 2 please bring vegetarian food to share).

If you wish to train in Reiki but cannot attend on the above dates please ask about other dates.

Meditation Day

Sat. Feb 3rd 2007 10 – 4pm £35

There are many different ways to relax and meditate that can benefit your health.

So how can you “do it?”

Suitable for those who have little or no experience of meditation, or if you need a “refresher” course.

An experiential workshop of meditation & energy healing including how to use affirmations, visualisation & the chakra's.

Lunch & refreshments provided.

Your life can be transformed in just a few minutes each day!

Monthly meditation group will be starting in March: open to all.

Booking is essential for all courses as places are limited.

HAPPY NEW YOU!



Happy New Year to all valued clients at May Bank Homeopathic & Reiki Practice! I hope that you enjoyed the festive season & feel refreshed & looking forward to the year ahead. Or do you have the post-festivity blues? Christmas can be a time of over-indulgence although there's no harm in letting your hair down if it's an occasional occurrence & *if you enjoy yourself*. In most cases, it seems to be too much or too little of anything that causes health problems.

The question to ask yourself is *Was it worth it / did I really enjoy it?* How many of us spend the next day or so wishing we hadn't over-indulged & start the new year vowing to turn over a new leaf? When new years resolutions fade, we can rapidly descend into self-criticism and even depression, especially if we use food & alcohol as a comfort or to block out stress or unhappiness. Relief is at best temporary & sometimes makes situations worse unless we deal with the underlying cause. Addictive tendencies may have become more apparent as we celebrated with friends, families & colleagues, maybe even caused arguments & compromising situations e.g. at the office party!

So how do you strike a balance & still have fun?

- **Eat what you like!** Choose the foods/drinks that you really enjoy & *savour every mouthful*. *Listen to your body* – notice how you feel after certain foods/drinks. Buy organic/junk-free brands wherever possible.
- **Take your time** eating & drinking, chewing food thoroughly before swallowing: this way you feel full before you have eaten as much as when you eat quickly. *Drink water* alongside alcohol – it prevents the dehydration that causes hangovers; fills you up so you drink less & clears the palate.
- **Stop when you are full:** ask *do I really want this?* It is ok to leave food/drinks if you are full. Nourish yourself in other ways – replace food & drink with activities that help you feel good, like exercise, relaxation, hobbies, reading, music, seeing friends, sharing time with loved ones.

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REIKI SUPERVISION / SHARES

Supervision / Reiki shares are invaluable to practice, share experience & to support learning. At least 3 supervision sessions are recommended to ensure competence before certificates are issued. These are usually monthly and are £5 each. The first follow-up is 1:1 either in person or by 'phone / email; subsequent group “shares” are normally in an evening 7-9pm. Flexible arrangements may be possible if it is difficult for you to attend.



Raynaud's Syndrome

Raynaud's may be especially problematic at this time of year but there are lots of natural ways to help.

In this condition, the small arteries of the hands & sometimes feet constrict in response to cold or stress. White or blue discoloration occurs & pain, burning or tingling can occur when blood flow returns.

What causes Raynaud's?

Although the cause is unknown, there is a possible link with helicobacter pylori (bacterial infection) certain drugs such as beta blockers & cold /weight control medications.

Conventional treatments have limited success & side-effects such as dizziness, headaches, nausea, abnormal heartbeats, psychoses & jaundice, so it is worth looking at alternative treatments such as **Traditional Chinese medicine** – e.g. Ginseng, ginger; **homeopathic remedies** such as agaricus & sepia.

Natural supplements

Diet: L-arginine, beta carotene, selenium, folic acid, omega 3 oils, grapeseed extract.

Herbs ginko biloba, **Vitamins** B, especially inositol nicotinate– a form of niacin (B3) - B6, C & E.

*Reduce caffeine & smoking
Watch out for cold triggers, stress & prolonged exposure to vibrations. Keep your fingers & toes warm & exercise regularly.*

Ref.: WDDTY April '05

Most people know someone who has obsessive tendencies & may recognise such patterns of behaviour in themselves. (Anyone else out there who loves writing lists?) Often such actions help us to feel in control & can provide positive coping strategies – unless we find ourselves compelled to carry them out through fear of what may happen if we don't. Homoeopaths recognise a genetic link between obsessive tendencies & addictions & prescribe “constitutional remedies” to keep these in balance.

So what causes addictions?

There are many triggers that can cause an imbalance & increase addictive behaviours. Addictions are a symptom of deeper imbalance; the cause of drug and alcohol addiction for example, often being layers of **intense emotional pain**. Occasional use or less frequent dependence masks discomfort too difficult to confront. They are used as a remedy for stress, social unease, feelings of inadequacy and fears of being judged, rejected or humiliated.

The degree of dependency depends on the frequency of these feelings; more frequent experiences lead to greater dependency. Finding & healing the cause of emotional pain is the key to healing addiction.

The spiritual cause can be parts of the personality that are not aligned with the soul – the souls' intentions being:

- Harmony
- Co-operation
- Sharing
- Reverence for life

Examples of painful emotions not aligned with the soul are sorrow, despair, anger, resentment, vengefulness, shame, fear, jealousy, all of which show a **lack of trust**. If we avoid, mask, anaesthetise or obscure such emotions by using alcohol or drugs, we close the doorway to healing.

Identifying our own negative thought processes & habits is vital for change to occur. We can choose to face our inadequacies & be compassionate not judgmental: we can nurture rather than blame. Notice how our body feels when following addictive urges. Does this make you feel better or not? Healing integrates all parts, creates a wholesome, joyful, aware and responsible personality.

Homoeopathy, Reiki & other complementary therapies can assist the healing process through stimulating energetic change, but **“only you can extinguish the source of your emotional pain. Listen to the call from your soul.”**

References: The heart of the Soul”, Gary Zurkov.

Practice Shop



The practice shop stocks healthy food, vitamin & mineral supplements & household / body care products. All are sold at below the recommended retail price.

New pharmacy charges

The cost of remedies & creams has been the same for the last few years so from January 2007 I will be altering prices to match increasing pharmacy costs. New charges will be as follows:

Acute prescriptions £6.25; **Remedies:** half bottles £1.75, full £3.25
Creams: small jar £2.25; full £4.25.
Consultation fees remain unchanged.

Website: www.mbevington.co.uk **E-mail:** m.bevington@btinternet.com

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 of up to £1 are welcome as this helps to purchase new titles. Recent additions are:

“The Seat of the Soul”
by Gary Zurkov

An inspirational writer whose books change people's lives...for the better! This is an exploration of the deepest level of health – the soul. Reaching beyond the 5 senses into our internal world; exploring the concepts of intention, intuition, choice & karma.

...And to bring you back down to earth,....

“Beyond Chocolate”

Sophie & Audrey Boss
We can't approach the New year without looking at how to diet!

This is a liberating approach to weight loss & body confidence. The book provides clear strategies to help you to eat the foods you love without feeling guilty, to stop over-eating & lose weight & keep it off. Say goodbye to yo-yo diets!

“Alternative” Xmas Ideas

If you are looking for holistic Xmas pressies– visit the practice shop. Chakra crystal sets £3.50; individual crystals from 10p each; energy sprays £8.50; remedy kits or homeopathic / Reiki gift vouchers from £10; meditation / relaxation CD's from £5; Angel cards from £7.