



**August 2009
Newsletter**



Currently practicing Homeopathy & teaching Relaxation for Living Courses at
Courtyard Complementary Health Centre, Boyn Hill Road, Maidenhead

Laughter Yoga with Ali Heathfield

A great way to improve your well being, these classes are starting in All Saints Hall, next to the Courtyard Complementary Health Centre on Monday 21 September 8.15pm – 9.15pm.

Special Offer – Book a course 01628 566112 – join a Free Session on Monday 07 September!

Suitable for all levels. The only pre-requisite is for you to turn up and be willing to laugh!

The benefits of laughter are recognised by many in the medical profession. People have been known to cure themselves from serious illnesses by using laughter as a therapy. One of the first to publish his experiences was Norman Cousins, in his book *Anatomy of an Illness as Perceived by the Patient*, where he describes the crippling, irreversible disease he was diagnosed with, and how in 1964 using laughter, courage and tenacity he used the power of his mind and his body's own natural resources to beat the odds.

Did you know that during laughter you can...?

give your full body a workout as muscles throughout the body tense and relax.

tone up the muscles of your diaphragm whilst pushing out all the stale air from your lungs replacing it with fresh air.

increase the blood flow to your internal organs, as more oxygen is inhaled and more carbon dioxide released.

massage your internal organs as your diaphragm pushes against them.

exercise - "1 minute of laughter is equal to 10 minutes on the rowing machine" Dr W Fry, Stamford University.

lower blood pressure after it rises slightly during the actual laughter to increase oxygen and blood supply to tissues.

release endorphins making the world seem like a brighter place to be. They are also natural pain killers.

improve the functioning of your immune system, thus producing a rise in your body's own defence mechanism.

Increase blood flow to your face giving it a healthy glow, and your facial muscles are given a good workout.

reduce cortisol levels so laughing is a great way to de-stress.

These classes utilize the breathing from yoga techniques, but there are no difficult or awkward postures to worry about! You will simply be standing, sitting or lying and you can choose the most comfortable position to suit you. Yogic breathing utilizes the deepest parts of your lungs, exercises your diaphragm, and ensures there is control to the process which we often forget we need to do in order to survive – breath!

Speaking and singing also help people to remember to breath properly, so you can expect some fun activities too!

The classes will be lead by Ali Heathfield, a colleague of mine who wants you to enjoy life more!

As a therapist she utilizes NLP (neuro-linguistic-programming, Coaching and Personal Support, as well as Time Line Therapy to remove anger, sadness, fear and guilt, and help you to resolve issues and relieve stress. She works with clients to remove negative emotions and thoughts and increase positive ones.

Her aims of Laughter Yoga are to help you boost your confidence, build self esteem, get fitter, meet new people and enjoy your life more!

Worried about your general health - after all the publicity about Swine Flu?

As well as helping with specific conditions, well-prescribed Homeopathy can give your immune system a boost so that you are better able to fight off sickness, disease and general epidemics.

Of course, for people who would prefer not to receive professional Homeopathy, there is the alternative of taking Homeopathy as a preventative, working in the same way as immunisations. The pharmacy, Helios, plan to release details of the most appropriate remedy to work in this way to prevent swine flu before the winter 2009 sets in.

How do we know Homeopathy works? Some people do not catch common colds after Homeopathic treatment, some people are no longer allergic to pollen so their hayfever stops after Homeopathic treatment, some people can recover within hours after a quick consultation and a well prescribed Homeopathic remedy.....!!

For me the best evidence is when people report back the improvement they feel, and how well the Homeopathy worked. This summer I volunteered with the Travelling Homeopaths Collective who offer free treatment at festivals,

such as Glastonbury, The Larmer Tree, Cambridge Folk Festival, and again saw first hand the speed at which well prescribed Homeopathy can work. There were ladies with headaches, who had not been drinking or sitting in the sun, and others in severe agony from period pains, but none of the Ibuprofen, Nurofen, or Paracetamol had helped them feel better. After a brief 15 minute consultation, Homeopathy was given, with information about when to take the pillules, and to please report back to our clinic if there was no improvement. The following day, people would return to our tent to thank us for the "magic pills" which had worked so well these "converts" would be seeing their local homeopath for further treatments to clear up other ailments they had suffered with for years. The parents of children who had lingering coughs or colds for several weeks or months before the festivals, would report back that they couldn't believe it was the same child, they were so much improved after the Homeopathy!
For more details see www.thc.org.uk

Advanced Indian Head Massage with Jenny

A simple introduction to massage, or a treatment which can be used as a way to relax and de-stress
No need to undress, no oils - you just sit on a chair.

This advanced massage technique includes upper back, shoulders, upper arms, neck, head, ears and face.

Special Offer – call 01628 770971 to arrange a "Taster" Session for Half Price

Drawing on the experience of 1,000 year old Indian traditions, this 30 minute massage can provide the same sense of deep relaxation as that from a full-body massage. Techniques have been added to the simple head massages which have been passed down from generation to generation throughout the Indian continent, so that this treatment is suitable for even a busy, hectic lifestyle! By including the upper back, shoulders and upper arms those larger muscles which can hold a lot of tension are also given a chance to relax. Some of the different movements during the massage are taken from Swedish Massage and Face-Lift Massage techniques, which help release muscle tension, eliminate toxins, stimulate blood flow, clear the sinuses, relieve eye strain, relieve tension headaches, and cause a sense of well-being in the body, whilst allowing the mind to slow down and relax.

Now available - Your voucher for 3 treatments to be taken by 31 October 2009, only £60



Relaxation For Living Courses

Starting first Monday/Wednesday of the month

Wednesday 02 September 2009 7pm – 8.30pm

Monday 07 September 2009 7pm – 8.30pm

Call Jenny on 01628 770971

Courtyard Centre Open Days

Saturday 03 October 2009
9.30am – 2.30pm

Your chance to meet our therapists
www.courtyardcentre.com



Yoga – 6 week course & Sunday workshop

Yoga for all abilities. Loddon Hall, Twyford

Thursday 03 September – 08 October 8pm-9.30pm

Sunday 04 October 2pm – 5pm

www.yogawithkatie.co.uk or call 0771 730 7372

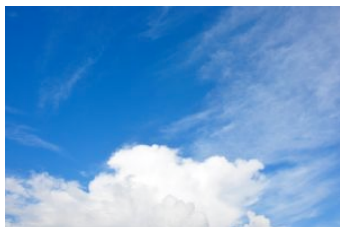
Tai Qi Gong Classes

The Soltan Centre, Stubbings

Mondays & Thursdays 10am

Call Sue on 01628 638982

*The contents of this Newsletter are for general advice only, professional advice for individuals should be sought from their GP.
For further information call 01628 770971 or email jenny@healthyrelax.co.uk*



August 2009 © Jenny Whittick BSc (Hons) LBSH CThA
Registered Member of the Complementary Therapists Association,
Graduated British School of Homeopathy, Licensed to teach by the
Relaxation for Living Institute, Certified to provide Indian Head
Massage by London Centre for Indian Champissage International

