



**October 2009
Newsletter**



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

How do you cope when life is turned upside down?

There are different times in life when you might feel things are turned upside down. Typically these might include moving house, having a baby, serious illness, death of a loved one, getting divorced, getting a new job or losing a job.

Complementary therapies often help by putting things in perspective, enabling both the body and mind to re-balance, lifting the spirits and soothing the mind. For some people this might mean slowing down, asking for help, getting better sleep, or being more realistic. In my own Practice clients present like this all the time for various reasons.

Here, I am going to discuss having a baby because recently I have noticed how some people cope, but others don't.

There are many changes from existing as a 2-adult family to becoming 3 persons. With subsequent babies there are more changes, but none is so great as with the first offspring!

Support / advice abounds for the physical aspects during pregnancy, labour, birth and mastering the new techniques afterwards, but sometimes emotional aspects have the biggest long term impact. Months or years later thoughts like:

“Did I really give birth to this screaming bundle?”

“When are the real parents coming to collect their baby? We're only babysitting aren't we?”

“What did I used to complain about? – that was nothing compared to all this!”

Hormones produced during labour and birth enable a new mother to feel joy, elation, pride, wonder, excitement and relief. As reality dawns however thoughts such as *“How do I make this baby quiet?”* or *“Why am I so tired all the time?”* occur and as the life-altering changes actually sink in, some new parents benefit from extra support.

Our society and culture have high expectations of people. For new parents equipment, toys, clothes and general paraphernalia are encouraged in this modern materialistic age. Do you ever wonder how people coped in ancient times? They did cope, and they didn't need all these things. There was less technology and resource but still babies grew up healthy, happy and safe. Our bodies evolved when we had closer communities, so other female relatives were nearby to offer help and support to new mothers. Many people today live away from family and don't have the kind of friends to support the demands of a new baby because they have their own busy lives.

For some new parents a despondency, lack of confidence or even desperation can envelope their changed lives. Instead of struggling on, have you thought about more simple, natural ways? It can be difficult to go back to old hobbies, interests and exercise programs with an additional little person to think about. Getting on with a career can often seem like the best option. Whatever the decision, Flower Essences are some of the simplest of the natural therapies to understand and use to self-treat. There are over 18 different systems developed, thus 1,500 essences have been created. The first system developed, so that essences could be preserved, was by Dr Edward Bach in the 1930's. He prepared flower essences in the UK, and the Bach Centre is local to us in Oxfordshire. Traditional folk healing using flower essences was around long before this in other parts of the world. Over the years, different systems have developed using different essences, so it is worth investigating because some were created to help specific health conditions. They come from countries as diverse as Canada, USA, Brazil, Hawaii, Alaska, Netherlands, Italy, Himalayas, Australia, Scotland and England. Most need to be diluted or combined so proper guidelines or practitioners should be consulted. Many complementary therapists, like myself, use flower essences because they offer support and work quickly. However, if you are self-treating be aware that as emotional states change, so will the combination, so do make sure you follow appropriate guidelines, for example re-assessing after 3 weeks.

The Bach Flower Remedies, and Australian Bush Flower Essences are available in our high street health shops and some pharmacies. Dr Bach formulated the Bach Flower Remedies in such an easy comprehensible way, anyone can treat themselves. There are 38 remedies, and you pick which ones you need by thinking about how you feel. Sometimes you might not see the truth in your own emotions, so it is best to ask someone close if they agree with you. For example, are you really feeling impatient or are you fearful to make a wrong decision? The well-known Rescue Remedy is a mix of 5 Bach Flower Remedies and is very effective to calm and reassure, and a simple place to start.

How Can Homeopathy Help In Depression?

During a recession financial worries can create a more deep seated depression. The Homeopathic remedy derived from gold, called *Aurum*, can be very useful to treat people who are in a suicidal or vulnerable state after they've felt responsible and duty bound to support their family. Sometimes people can take life too seriously and feel overburdened by responsibility.

A more common type of depression can result from a "burn-out". There are a few remedies that can help depending on specific circumstances, but fairly common ones are *Phosphorus* and *Carcinosinum*. *Phosphorus* is found on the end of a match, and like the match burns out, so people can lose all strength after having been bright and lively, quick and full of energy. People who benefit from this remedy often burn the candle at both ends, getting up early and going to bed late. The other common remedy is *Carcinosinum* and this is useful for people who are perfectionists. They push themselves too hard, often helping several people and being overgenerous with their time, then they don't take enough time out for themselves.

At this time of year, it is important to consider that short-lived kind of seasonal depression and how it affects people. Seasonal Affective Disorder usually causes lethargy, interrupted sleep, waking up tired, mood swings, sadness, depression and restlessness. It is believed that a lack of sunshine might be affecting people, and often a good healthy diet including fresh vegetables and fruit, and some vitamin or mineral supplements can help. There is a homeopathic remedy made from sunshine, called *Sol* and this can help some people. Other remedies might also be useful depending on the individual person's reactions and responses to the feelings that winter brings. Seeing a professional Homeopath is most advisable before taking any of these powerful remedies.

Homeopathy and Bach Flower Remedies

Natural medicines to boost the immune system.

Great way to cope with the general malaise, aches and pains of winter, as well as beat colds and flu

Now available – Free 20 Minute Chat (no obligation). Full Consultations incl. remedies cost £37 (concessions £32)

Advanced Indian Head Massage

Relax and de-stress, seated and fully clothed. Massage of the upper back and arms, shoulders, neck, head, ears, face and energy balancing. Current Price £30 per massage. Price Increase from 01 November to £33.

Pay for your Voucher - 3 treatments for the price of 2 – by 31 October 2009, Save £6

Relaxation and Stress Management Course

Easy techniques are taught in 4 sessions, each 90 minutes, to enable you to relax and cope better with stress. Courses start first Monday or Wednesday of the month at 7pm. Maximum 4 people per Course.

Now Booking for the rest of 2009. Total cost £80, includes course materials, CD, and lending library

Yoga Classes

Claire's Court School,
College Road,
Maidenhead
Thursdays 7.30pm
Call Deborah 07834 971062

Tai Qi Gong Classes

The Soltan Centre,
Henley Road,
Stubbings
Mondays & Thursdays 10am
Call Sue 01628 638982

Pilates Classes

All Saints Junior School,
Westborough Road,
Maidenhead
Wednesdays 6.15pm
Call Zoe 07789 075235

Laughter Yoga Classes

All Saints Church Hall,
Boyn Hill Road,
Maidenhead
Mondays 8.15pm
Call Ali 01628 566112

*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*



October 2009 © Jenny Whittick BSc (Hons) LBSH LCICI CThA

Registered Member of the Complementary Therapists Association,
Graduated British School of Homeopathy, Licensed to teach by the
Relaxation for Living Institute, Diploma Advanced Indian Head
Massage from London Centre for Indian Champissage International

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