



# Nine Springs News

www.ninespringsclinic.org

April 2010

**NINE SPRINGS  
NATURAL  
HEALTH CENTRE**



**Also featured in  
this Newsletter**

**Workshops**

**Practitioner of  
the Month—  
Marilyn Upton**

**New MEDITATION  
CLASS**

**Current Art  
Exhibition  
Elizabeth Fisher  
And  
Barbara Simons  
- more details on  
the website**

**FOR FURTHER  
INFORMATION ON  
ANY OF THE  
ARTICLES  
FEATURED PLEASE  
CONTACT THE  
CLINIC**

**70 HENDFORD  
YEOVIL  
BA20 1UR  
01935 422488  
reception  
@ninespringsclinic.org**

## Food Allergy or Intolerance? That is the question...

Tragic stories of people dying with peanut allergy are shocking but these types of allergic reactions are rapid, often occurring within minutes of eating a particular food. But what of the less dramatic allergies - the ones where the reaction could appear hours or even days after eating the food?



This is a controversial area and even when patients suspect a food may be linked to their condition there is often little support or understanding from the medical profession - hardly surprising as the research until recently has been scant.

However, attitudes are starting to change. Even the government body, *The National Institute for Health and Clinical Excellence (NICE)* acknowledged in 2008 that patients with IBS should be 'referred to a dietitian for single food avoidance and exclusion diets' where food may be implicated.

The fact that reactions to food may be so delayed makes it all the more difficult to conduct good reliable research. But Professor Brostoff, at Kings College London notes numerous case studies in his well respected book, *The Complete Guide to Food Allergy and Intolerance*. In one such case he describes how a boy suffering from eczema since he was 2 months old eliminated several foods from his diet finally discovering that 24 hours after eating egg he would begin to scratch furiously. Avoiding eggs stopped the eczema.

However removing entire food groups from your diet such as wheat, dairy, egg, nuts etc can be both difficult and dangerous. If not undertaken with the proper professional advice the patient can further complicate their problems with nutritional deficiencies and can potentially make their allergies worse.

For rapid allergy reactions there are both *skin prick tests* and *blood tests*, which can only be done under medical supervision. But for delayed intolerance there are NO known clinically reliable tests at all - no matter what you see advertised. The only method of truly determining an intolerance is by eliminating and reintroducing a food from your diet while monitoring the changes in your symptoms.

If you suspect food allergy or intolerance then seek the proper professional advice, especially where growing children are concerned. Ask your GP for a referral to a specialist Allergy Dietitian.

**Marianne Williams BSc Hons, RD**

## PRACTITIONER OF THE MONTH is .....MARILYN UPTON

Marilyn has been working at Nine Springs for a number of years. She helps clients with Anger Management, Stress Management, Life Management and practices Hypnotherapy. She helps clients find their own solutions to their problems. Her therapies are gentle but powerful and are able to help people with a variety of problems. These range from specific issues like phobias to wide ranging life change. Her new meditation class begins soon—see below.



### Next Workshops in May

**Sat 1<sup>st</sup> FELDENKRAIS – DISCOVER YOUR RIBS AND BREATHE £25**

**10.30am – 1.30pm**

The next in a series of workshops based on the Feldenkrais Method. Previous workshops have included work focusing on the Back, Neck & Shoulders and more recently the Legs.

For further details about this workshop please contact:

Barbara Simons 01308 420234 [www.effortlessway.net](http://www.effortlessway.net)

**Sat 8<sup>th</sup> SILENT TOUCH – A TASTE OF CRANIOSACRAL WORK £45 10am – 5pm**

This course is suitable for beginners and practitioners. It will help you understand how to listen to your body and learn about the way you can help it to heal itself through touch. You will become aware of how you can achieve a sense of deep relaxation; it can also help in finding a sense of well-being.

For further details contact: Lynn Shorthouse 07779 535562 [www.lynnshorthouse.co.uk](http://www.lynnshorthouse.co.uk)

**Sat 15<sup>th</sup> TIME MANAGEMENT £20 11am – 1pm**

Do you find yourself chasing around never having enough time to do all the things that need to be done? Are you constantly trying to catch your tail??

Let Deb and Kim help you to find strategies that mean you can get your life back into some order. Come along and find out how you can make changes to the way that you do things in order to work more efficiently and get some time back for you.

For further details contact: Deb Cann 01935 426572 [www.mylifeunlimited.co.uk](http://www.mylifeunlimited.co.uk)

**Sat 22<sup>nd</sup>**

**INTRODUCTION TO SYSTEMIC FAMILY CONSTELLATIONS 10am – 5pm**

**£ 50 (some bursary and couple discounts available)**

The constellation approach is a simple yet profound method that can be used to shed light on the unhappiness and distress in our lives, which often occurs as a result of unresolved issues. Working in a safe and nurturing environment, a constellation reveals a fuller story of unspoken dynamics in our family, friendships, community or professional life. When we witness and honour these dynamics we are able to change our relationships to the loyalties that bind us to unnecessary suffering and energy-sapping entanglements. This gives us a strength that lets us take our place more fully in life.

For further details contact: Gaye Donaldson 01823 421300

[gaye@gayedonaldson.com](mailto:gaye@gayedonaldson.com) [www.gayedonaldson.com](http://www.gayedonaldson.com)

## NEW MEDITATION CLASS JUST STARTING

Marilyn Upton is beginning a new meditation class on alternate Wednesday evenings from 7pm-8pm. The first class is on Wednesday 14th April. The course is for six sessions. If you would like further information please call Marilyn on 07785 181991.

### REGULAR WEEKLY CLASSES

- MONDAY—TAI CHI FOR SENIORS, YOGA, AFRICAN AND SAMBA DRUMMING
- TUESDAY—PILATES—INTERMEDIATE & BEGINNERS, ITALIAN, PRE & POST NATAL YOGA, HATHA YOGA
  - WEDNESDAY— PILATES—INTERMEDIATE & BEGINNERS
  - THURSDAY—HATHA YOGA
  - FRIDAY - TAI CHI, QI GONG, YOGA