



Nine Springs News

www.ninespringsclinic.org

October 09

**NINE SPRINGS
NATURAL
HEALTH CENTRE**



**Also featured in
this Newsletter**

**Workshops in
October**

Art

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

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Can we protect ourselves from Swine flu?

There has been much speculation in the press about a second wave of swine flu taking hold in the general population.

There are obviously a number of high risk groups who may be more susceptible to the effects of the illness but there are also many preventative measures that we can all put in place in order to lessen the effects. The following is lifestyle advice that has been put together by practitioners at Nine Springs which should help keep your immune system up to its maximum function.

- Keep regular hours of waking, sleeping & eating
- Eat to maximise your health—plenty of fruit & veg—12 a day not 5!
- Avoid junk food—sugar, instant prepared foods etc
- Eat foods providing plenty of vitamins A (sweet potatoes, carrots, pumpkin & butternut squash), C (kiwi fruit, lemons, oranges, peppers, potatoes, blueberries & mango) & D (oily fish & eggs) as well as food rich in zinc (turkey, red meat, oily fish, lentils, peas & grains) and garlic
- Minimise stress—high stress levels can reduce immune function
- Avoid sudden changes to your diet—especially sudden weight loss
- Avoid sudden changes of temperature—beware of sitting near air conditioning or drafts & always carry a scarf to put around your neck if you feel even slightly chilly. Be very careful if returning from a hot country—acclimatise before you show off your tan!
- Exercise regularly, but do not exhaust yourself.
- Avoid getting damp—do not sit on cold, wet surfaces such as grass or pavements, or walk out in the cold air with wet hair and never wear damp clothes.
- Reduce carbohydrates especially excessive fruit juice.

Herbal aids that support the immune system, such as Echinacea & Cat's Claw can help reduce the risk of infection and ameliorate the symptoms as well as speeding up recovery if you do get ill. Ned Reiter, our herbalist here at the Clinic has formulated a special mixture of herbs which is available from the reception desk.

If you are unfortunate enough to come down with Swine 'flu, a tea made with equal parts of peppermint, elderflowers, coltsfoot and yarrow will help relieve the symptoms.

It is though important to remember that for most of us this 'flu is no more threatening than any other BUT we need to make sure that we do not pass it on to those who are more vulnerable.

Workshops in October

SATURDAY 3rd

WEIGHT LOSS & BODY IMAGE—Lose Weight & Feel Better about yourself

2pm—6pm £20 Lyn Atkins 01305 786244 www.lynatkins.com

SUNDAY 4th

FIRST AID DAY—For Health Practitioners—Certificate on Completion

Holos Healthcare www.holoshealthcare.co.uk

10am—5pm £55—Telephone reception

SATURDAY 10th

THE LIGHTNING PROCESS—INTRODUCTORY TALK

10.30am—12.30pm FREE Lyn Atkins 01305 786244 www.lynatkins.com

LEARNING HOW TO SLEEP

2.30pm—4pm £10 Lyn Atkins 01305 786244 www.lynatkins.com

SUNDAY 11th

TAI CHI ESSENCE

10am—1pm & 2pm—5pm £50 whole day £25 half day

Angus Clark 01647 433846 www.livingmovement.com

SATURDAY 17th

FELDENKRAIS METHOD—BACK CARE

10.30am—1.30pm £25 Barbara Simons 01308 420234 www.effortlessway.net

SUNDAY 18th

HEALTHY COOKING FOR CHILDREN

10am—4.30pm £65 (including 3 course meal)

Dr Jane Philpott 01458 224606 www.cookingforhealth-uk.com

SATURDAY 31st

SILENT TOUCH—A TASTE OF CRANIOSACRAL WORK

10am—5pm £45 Lynn Shorthouse 01458 253559 www.lynnshorthouse.co.uk

NEW WEEKLY COURSES

- AFRICAN AND SAMBA DRUMMING—MONDAY EVENING
 - ITALIAN—TUESDAY EVENING
 - PILATES—WEDNESDAY EVENING
 - YOGA—FRIDAY MORNING
- PRE & POST NATAL YOGA—FRIDAY MORNING

REGULAR WEEKLY CLASSES

TAI CHI FOR SENIORS—MONDAY MORNING
 YOGA—MONDAY MORNING
 PILATES—INTERMEDIATE—TUESDAY MORNING
 PILATES—BEGINNERS—TUESDAY MORNING
 HATHA YOGA—TUESDAY & THURSDAY EVENINGS
 TAI CHI—THURSDAY MORNING

Art at Nine Springs—Tom & Andrea Clark

Our regular exhibition will be changing in October and the new artists are Tom & Andrea Clark who are based near Martock in Somerset.