



# Nine Springs News

www.ninespringsclinic.org

February/March 2010

**NINE SPRINGS  
NATURAL  
HEALTH CENTRE**



**Also featured in  
this Newsletter**

**Workshops**

**New  
Practitioner—  
Registered  
Dietician  
Marianne  
Williams**

**Art  
New Exhibition  
Elizabeth Fisher  
And  
Barbara Simons**

FOR FURTHER  
INFORMATION ON  
ANY OF THE  
ARTICLES  
FEATURED PLEASE  
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CLINIC

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## Watch the Detox!

**Are you still in the midst of a 'New Year Detox' after the excesses of Christmas? Yes, we all need to cleanse our bodies of all those naughty foods that somehow found their way into our diet (and even became a habit), over the festive season. But, just a little advice!**

*Be careful not to eat too many cold salads and juices at this time of year. Traditional Chinese Medicine warns strongly against putting cold foods into your stomach at any time of year, but especially in winter. The reason? Well the stomach is particularly sensitive to temperature and works at its most efficient when **WARM!** Not working efficiently means we can be more prone to what the Chinese term 'damp' conditions, which means mucus/phlegm (eg catarrh), loose bowels, thrush, achy muscles and joints to name a few. And unattended, these can lead on to more serious or chronic health conditions.*

So if you must have salad take it out of the fridge well in advance and allow it to come up to room temperature, and make sure that you eat something hot at the same time such as soup. And of course warming spices such as cinnamon and ginger are just the ticket at this time of year, so you can't beat spicy soups alongside your salads. There are also fun additions that you can put in your salads to make them energetically 'warmer' such as watercress, radish sprouts, chicory, rocket - they add that little bit of mustard flavour to give the food some 'zip'. Not only do they improve your circulation but they also move 'stagnant or stuck Qi' on an emotional level as well as physical - in other words they help release tension/depression/stress. And that has to be good for all of us!

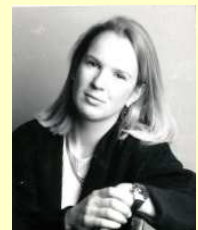
If you would like to find out more about the 'energetics of food' look out for Daverick Leggatt's book in the waiting area in reception called Healing Ourselves. This is an excellent introduction to the subject, complete with recipes and explanations of what each dish will do for you.

And if you find that your system gets sluggish at this time of year, consider having a massage to invigorate your circulation and energise your muscles back into action. We have several therapists offering different specialities of massage such as aromatherapy, Tui Na and holistic massage. And if you can't face taking all those layers of clothes off there's Shiatsu, Indian Head Massage and Thai or Chinese foot massages as well. We have leaflets explaining each of these or look on our website. [www.ninespringsclinic.org](http://www.ninespringsclinic.org).

**Jane Robinson BAC MBAcC**

## **PRACTITIONER OF THE MONTH is ..... MARIANNE WILLIAMS**

Marianne our Registered Dietician has only recently joined the practice. She specialises in food allergies and intolerances, IBS, eczema, bloating, lactose intolerance and gut discomfort.



The dietician is able to listen to a patient's medical background and history, carry out analysis of diet, make a detailed study of the results, form their diagnosis and then put together an action plan for treatment which the patient should follow.

Marianne will also liaise with your GP and medical team if this is required. She, herself, works 2 days per week for the NHS.

# Next Workshops in March

**Sat 6<sup>th</sup>**      **FELDENKRAIS – BACK IN ACTION !**      **£25**      **10.30am – 1.30pm**

You know that place in between your shoulder blades, that sometimes feels stiff and stuck, and is difficult to reach – join us and find freedom to release restrictions in that area. Find true flexibility through your mid-back and upper spine relieving pressure on your neck and shoulders. Tightness here can also be linked to pain in the lower back, so come along and learn techniques that you can use at home as self-help. Discover a better sense of yourself and your skeleton so you can prevent problems in the future. Awareness through movement lessons are gentle, slow and relaxing.

For further details contact: **Barbara Simons 01308 420234**

[www.effortlessway.net](http://www.effortlessway.net)

**Sat 13<sup>th</sup>**      **FROM SOUNDING TO SINGING – VOCAL**      **£45**      **10am – 4.30pm**

Tim believes that singing is largely about hearing, a tuning in to both inside and outside worlds, with vocal sound a contact with and expression of energy, health and being.

Here he uses simple exercises, sounding and moving, to help recognize and develop that contact. In freeing the voice from inhibition and judgement the freedom of our expression grows, and we sing our own song from our heart and soul. The starting point will be the 'Seven Shining Tones' - "the beautiful shapes which are shining in the navel, in the heart, in the throat."

For further details contact: **Tim Jones 01963 23792**

[www.thenatureofsound.com](http://www.thenatureofsound.com)

**Sat 20<sup>th</sup>**      **PERSONAL DEVELOPMENT WORKSHOP**      **£FREE**      **11am – 1pm**

It is Spring, a time of new beginnings so perhaps time to review and reassess your life - if you feel that you want to make changes find out how My Life Unlimited can help you.

Sometimes we need to make big changes in our lives. Sometimes the change may not be within our control. Any changes can be stressful. Let them show you how Personal Development coaching and NLP can help you during this time so that you emerge as a more confident, happier person.

For further details contact: **Deb Cann 01935 426572**

[www.mylifeunlimited.co.uk](http://www.mylifeunlimited.co.uk)

## FUNDRAISING THERAPY DAY—for St Margaret's Hospice

Many of you may remember that last year we held a fundraising event for the local hospice. Well, we have decided to repeat the event this year on **Saturday 20th March from 10am**. There will be many taster sessions available as well as workshops and classes to join in. Do pick up a leaflet from the Centre or have a look at the website to find more details of what is on offer and encourage your friends to come along and try something new. We will also have a new art exhibition of paintings and photographs, by Elizabeth Fisher and Barbara Simons, and the artists will be with us—also selling prints and cards—so come and have a chat with them. Lastly, if you can only spare a few moments do pop into our "Studio Café" for a break from the hubbub of shopping in Yeovil and enjoy a drink, a piece of homemade cake and a chat!

## TUESDAY PILATES SESSIONS—Lyn O'Neill SPACES IN THE IMPROVERS CLASS AT 10.45am—FIRST TRIAL SESSION FREE

### REGULAR WEEKLY CLASSES

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