



Nine Springs News

www.ninespringsclinic.org

June 2010

NINE SPRINGS NATURAL HEALTH CENTRE



Also featured

June & July Workshops

Featured Practitioner— John Speirs

Art— Jennifer Hill & Margaret Hobby

FOR FURTHER
INFORMATION ON
ANY OF THE
ARTICLES
FEATURED PLEASE
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SUMMERTIME, AND THE LIVING IS SNEEZY...

You know the feeling: after the seemingly endless nights, the cold, windy, wet days, the colds and 'flus and aches and pains of Winter, at last the arrival of rejuvenating Spring, followed by balmy Summer. And what happens? HAY FEVER! Itchy eyes, sore throat, tight wheezy chest, wild bouts of sneezing... misery!

Hay Fever, or "seasonal allergic rhinitis" to give it its medical name, is caused primarily by allergy to pollen released by flowering plants and grasses. Some people only react to pollen from specific plants; the truly unfortunate are intolerant to the lot!

Conventional medical treatment offers the sufferer antihistamine treatment, which, although effective at damping symptoms, often causes unwanted side-effects such as drowsiness, dry mouth and sensitivity to light.

There are, thankfully, natural alternatives. Firstly, try to limit your exposure to pollen—most trees and grasses pollinate mainly during early morning hours and mid-afternoon. At these times, try to keep the windows of your house closed and avoid outdoor activities. A mask can be helpful: those designed for cyclists, with renewable filters are best (remember to remove these before entering your local bank!). Pollen sticks to clothing and hair, so showering and changing clothing when you come home can help. Don't get changed in your bedroom or sitting room as you'll only scatter the pollen around. Diet may play a role, as food intolerances can cause chronic inflammation of the mucus membranes, sensitising them to pollen. If your hay fever is severe, consider trying an exclusion diet: dairy produce, wheat products, tea and coffee are frequent culprits (there goes breakfast!). Increasing one's intake of fresh fruit, vegetables and salads, can also help.

On the herbal side, there are a number of remedies that can be of great benefit to sufferers. Nettle tea has a reputation for alleviating the symptoms, as has Chamomile. For the eyes, an eye-lotion made from Fennel seeds is very beneficial: pour a cupful of boiling water onto a teaspoonful of lightly crushed fennel seeds in a clean vessel, cover and allow to stand until cool, then strain well. For best effect, soak a couple of cotton wool pads in the liquid, lie down and place a pad over each closed eye for 5 to 10 minutes.

In severe cases of hay fever, a qualified herbal or homoeopathic practitioner can provide treatment to prevent the onset of this unpleasant condition, and allow you to enjoy the warmer seasons... provided the weather co-operates!

NED REITER BA Dip Phyt FNIMH

NEW MEDITATION CLASS

Marilyn has a number of people interested in starting meditation. If you might be interested in joining a class please call Marilyn Upton on 07785 181991.

PRACTITIONER OF THE MONTH is JOHN SPEIRS



John is an experienced counsellor who holds a Diploma in Counselling and has been practising for over fifteen years. His approach to Counselling is Person Centred and Integrative. He sees individuals, couples and adolescents. He works with crisis support as well as longer term issues and takes referrals from many Employee Assistance Programmes and Addiction Support Services. He works by creating a helping relationship in which clients can express their thoughts and feelings in order to clarify their situation and come to terms with new experiences. He aims to help clients see difficulties more clearly, enabling them to face problems & changes with less anxiety and tension. He looks to help them find resources within themselves to deal with difficulties and challenging circumstances. He believes that Counselling can be the opportunity to think the unthinkable and speak the unspeakable without the fear of being judged. If any of this resonates with you and you would like to make an appointment to see John please call 07771 730364

Workshops in June & July

Sat 19TH FELDENKRAIS – RELAXED EYESIGHT 1 – CLARIFY AND EXPAND YOUR VISION

MORNING WORKSHOP 10.30am – 1.30pm £25

Seeing involves an intricate co-ordination between your eyes, brain and body. Join those on this workshop and explore some unique "exercises" to help you to use your eyes in a more relaxed way. Your quality of vision will improve and you will learn to reduce your eyestrain.

There is a close neuromuscular relationship between your eyes and the rest of your body, so you will find that as your vision becomes more relaxed, tension will be relieved from your neck and shoulders and also from your face – an instant face lift!

For further details about this workshop please contact:

Barbara Simons 01308 420234 www.effortlessway.net

Sunday 27th June LEARN HOW TO USE EMOTIONAL FREEDOM TECHNIQUE

MORNING WORKSHOP 10.30am – 12.30pm FREE Donations invited for St Margaret's Hospice

Are you fed up with being stuck in an endless loop of problems, lack of sleep or pain? Come along to this **FREE introduction and workshop** – learn how to use EFT with Lyn Atkins an Advanced EFT practitioner.

The workshop will teach you how to use EFT to chase those problems away, improve sleep and as a tool to manage pain. EFT is an emotional version of acupuncture without the needles wherein meridian points are stimulated by tapping with the fingertips.

For further information contact: **Lyn Atkins 01305 786244**

Saturday 3rd June DEALING WITH STRESS THE NATURAL WAY

HALF DAY WORKSHOP – 11am – 2.30pm £25

A workshop aiming to provide you with interesting and practical information on achieving a healthy balanced lifestyle which will help you deal with stress and related conditions. Practitioners will take a three tiered approach focusing on Food, Exercise and Natural Remedies. Prolonged stress has been shown to place great pressure on the body which can then be manifested in conditions such as ME, IBS, Diabetes, Cardiovascular conditions, skin conditions, excess fat around the mid-drift and many others.

For further information and bookings please call:

01747 855934 or 07957 267964

or email: eatyourgreens@fionawaring.com

www.fionawaring.com

NEW ART EXHIBITION

Two new artists will be exhibiting their work in June. Both artists come from Somerset - check out examples of their work on the Somerset Art Works website. www.somersetartworks.org.uk

Jennifer Hill is a printmaker who make prints from her own original etchings.

Margaret Hobby is an artist who works in watercolour, inks and acrylics.

More information in the next newsletter

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