

# Malvern Natural Health Centre

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Registered Charity No. 1003213

## MNHC NEWS

### Treatment Support Fund

People on certain benefits can apply to our Treatment Support Fund for up to three treatments at HALF PRICE (with supporting evidence). TO APPLY CONTACT RECEPTION OR YOUR THERAPIST.

### Goodbye to Lorraine Page

We say goodbye and Namaste to Lorraine.

### Welcome to Declan Kerr

Declan is a healer (Theta & Angel), writer and presents workshops & talks. Visit his website [www.aahpublications.com](http://www.aahpublications.com)

### Tim Willcocks Down Under

See Tim's workshops on Bowen in Greece & Malvern (this page) and his article p.2 from New Zealand. During his absence until April, please CONTACT RECEPTION for names of local Bowen practitioners.

### Volunteer Receptionists

We welcome two volunteer receptionists. Usually, Jane on Mondays 10am-1pm and Chrissy on Tues, Wed & Thurs 10am-12pm. Thank you both.

### Therapy Rooms for Hire

Our treatment rooms are available for hire at certain times by qualified therapists and community groups at very reasonable rates day, evening or weekends. Please CONTACT RECEPTION.

### TALKS to Local Groups (Donations)

Our therapists are offering to give talks to local groups. Complementary & Alternative Therapies (CAM) are particularly helpful for chronic conditions such as stress, anxiety, depression, allergies, back & joint pain, insomnia, heart disease, obesity etc. Talks are FREE but we ask for donations for our Treatment Support Fund. To make a booking for your group please CONTACT RECEPTION FOR A FORM.

### GROUP BOOKINGS

Therapists are also available for group bookings e.g. hen parties pamper days, healthy living programmes for your employees.  
W. Malvern Village Hall 2009



## SIGNS OF WINTER



In the language of flowers, the snowdrop means hope and purity. It is the 'harbinger of spring' and appears while the snow is still on the ground. Victorians believed it also linked us to those who had died

and provided consolation. The plant extract **Galantamine** is used in the treatment of dementia. We wish you health and happiness. The Editor

## FORTHCOMING EVENTS

### TALKS at Storer Court, Geraldine Rd Malvern

14<sup>th</sup> January - Jenifer Higgins on Relaxation & help for Insomnia; 28<sup>th</sup> January - Altair de Almeida on Acupuncture, Diet, Tai Chi and Shiatsu; 11<sup>th</sup> March - Jenifer Higgins on Meditation and The Radiance Technique.; 18<sup>th</sup> March - Declan Kerr on angel healing.

### BOWEN WORKSHOP, Kalikalos, Greece

Introductory Bowen workshop **May 28 - June 3** in Greece at Kalikalos Holistic Summer School, Pelion peninsula: Bowen, Swimming, Community and Fun. Around **£300**. APPLY: TIM WILLCOCKS 01684 567721 or [www.kalikalos.com](http://www.kalikalos.com)

### BOWEN WORKSHOP, Malvern, UK

1-Day Introductory Bowen Workshop **May 22 or 23**. **£55** (Contact TIM WILLCOCKS on 01684 567721)

## ST VALENTINES' DAY

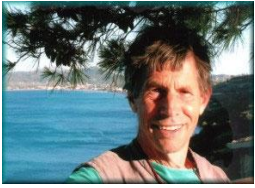
The story of St Valentine dates to 3<sup>rd</sup> Century Rome during the reign of Emperor Claudius II. Claudius needed to increase the size of his army and thought that, if soldiers were prevented from marrying, they wouldn't miss their families and



so would be more willing to sign up. Valentine, a Christian priest, defied the emperor and married couples in secret. He was caught and imprisoned. On the night before his death, he sent a note to the gaoler's daughter thanking her for her friendship. He became Patron Saint of Lovers.

## THERAPY EXPLAINED

### BOWEN DOWN UNDER



Yep, even Kiwis know about Bowen and the other day I gave a treatment to a kiwi chick!

During four months in New Zealand with Vancouver en route, I have given three talks or workshops on NST - an interpretation of Bowen - and am also making contacts for future teaching. There is generally a much wider acceptance of complementary therapies than in England and they are a lot less expensive (£20 for Bowen against £35).

The wonders of this country have included the natural hot water pools, geothermal areas and regular earth tremors. Then there are the forest giants like the Totara and Rimu, growing to 40 metres and up to 2,000 years old.

**'Pouakani', S. Waikato  
largest known Totara**



At 8am on this warm sunny morning, there are the sounds of cicadas in the background while honey-eating Tuis sing and shout and the chorus is punctuated by a cricket in my camper van.

I have been inspired by words from a 'grandmother' of the Waitaha - forerunners of the Maori people - and was guided to visit an ancient healing centre, **Te Miringa**, maybe 5,000 years old. There is also a modern version of Stonehenge here, accurately updated, and you may find that instead of being, say, a Scorpio or Virgo, you are really a Libra or Leo!

It will be 'business as usual' for Bowen in Malvern from April 1<sup>st</sup>, so please continue to roll into MNHC for that niggly back, stiff neck, creaky knees or hay fever prevention.

Also I am offering **TWO Bowen sessions for £50 (normally £70) if you 'alkalise'** i.e. eat foods that are alkaline as opposed to acid during those 2 weeks. Some conditions. See book 'Alkalise or Die' by Dr Baroody for benefits of an alkaline diet.

If you'd like to combine a holiday in **Greece** this year with learning some Bowen, join me in the Pelion area May 28 to June 3 2010. Details from Tim Willcocks on 01684 567721 or Google "Bowen courses in Greece 2010" or go to [www.kalikalos.com](http://www.kalikalos.com). TIM

## MAY WELL DRESSING FESTIVAL

The Spa Association has kindly agreed to include our well in the annual Malvern Well Dressing Festival. The topic this year is "Celebration". Come and visit our **Crown Healing Well** over four days Saturday 31 April to Tuesday 4 May from 10am-4pm. Judging is on Friday 30<sup>th</sup> April. We invite you to **help us decorate** our well which is situated in the cellar of Lyttelton House. CONTACT RECEPTION for info.

**NEW BOOK:** If you are interested in the hidden forces behind society, religion, politics and international unrest you might like to read "**SECRETS OF PLANET EARTH**" by Tony Neate pub. 2008. Tony is a well-known local author, teacher and channel of higher wisdom. ISBN 978-1-873545-05-9 Price: £10.99 paperback.

### Grassroots Grant

We thank Community First for our Grassroots Grant towards the Treatment Support Fund. These grants are for small local community groups or charities. Please contact: Becky Greathead Email: [beckyg@comfirst.org.uk](mailto:beckyg@comfirst.org.uk) for a grant on 01684 3127325 [www.comfirst.org.uk](http://www.comfirst.org.uk)

### OUR CENTRE

We are dedicated to the promotion of health and well-being through the use of natural medicine and therapies. Our team of 12 fully qualified and experienced practitioners offers a wide range of therapies. All therapists abide by professional Codes of Ethics and Practice.

**Acupuncture, Aromatherapy, Beauty Therapy, Bowen, Brain Gym, Counselling, Crystal Healing, Healing (Theta/ Angel) Homoeopathy, Hypnotherapy, Kinesiology/Touch for Health, Massage (Indian Head/ Thai Yoga, Therapeutic/ Sports/ On Site), Medical Herbalism, Reflexology, Shiatsu, Tai Chi, Zero Balancing etc**

Our therapies are holistic treating the whole person (Mind, Body, Spirit) not just the symptoms. They harness & support the body's own healing mechanisms in a way that is appropriate for each person. Please ask Reception for free information, prices and/or brochures for MNHC or individual therapists. Some concessions available. Please see our website [www.malvernhealth.org.uk](http://www.malvernhealth.org.uk) or phone **01684 893238**.