

# Malvern Natural Health Centre

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Website: [www.malvernhealth.org.uk](http://www.malvernhealth.org.uk) Email: [info@malvernhealth.org.uk](mailto:info@malvernhealth.org.uk)

Registered Charity No. 1003238

## MNHC NEWS

### Treatment Support Fund

Thank you to everyone at Community First in Malvern for the £900 Grassroots grant towards our TREATMENT SUPPORT FUND. This fund is for people on low income who cannot normally afford treatment. If you are in receipt of income support, maximum tax credit or pension credit we may be able to help.

Grassroots Grants are for small local community groups and charities. See p4 for eligibility. Contact: Sophie Mead or Pauline Dumville on 01684 312735.

[www.comfirst.org.uk/grassroots\\_grant\\_programme](http://www.comfirst.org.uk/grassroots_grant_programme)

### New Therapists

We welcome two new therapists:

**Kate Martin** – Reflexology, Diet and Nutrition

Tel: 01531 650049

**Vicky Bradley** – Usui Reiki (see p.2)

Mobile: 07914 260872

Vicky offers **free taster treatments** on Wednesday 8 April from 10am-2pm

### Farewell to our Receptionist

Diana, we thank you for everything you have done for us over the years and wish you all the very best in your new job and for the future.

### Art Display

Stunning photographs of local butterflies by a MNHC 'Friend' Bridget Hodgkinson are on display on the walls of the Centre.

## SIGNS OF SPRING

Looking out of my kitchen window today at the changing weather from sunshine to rain to hail and back again, March is certainly 'coming in like a lion'.

Along with the return of the birds and the appearance of our spring flowers, we too are emerging from our winter state and discovering new opportunities for growth and creativity. The seasons help us cope with change and give us hope for the future.



May we wish you health and happiness.

The Editor

## FORTHCOMING EVENTS

### A 'Picture of Health' Evening

Therapists and Friends are holding a fund-raising 'Picture of Health' evening on Friday 27 March. This is a revolutionary holistic self-assessment tool created by health pioneer Rosy Daniel, takes 1 hr and will clarify your current state of health and lifestyle. (Donations £10pp to MNHC.) For more information and/or making a booking for your own 'Picture of Health' event please contact **Jill Etheridge**, Health Creation Mentor, on 01684 654266.

### An Introduction to Bowen Therapy

A 1 day workshop in Malvern on 4 or 5 April 2009. Learn the background and benefits of Bowen Therapy for specific needs and receive a treatment. Cost £55 (concessions) CPD Contact: **Tim Willcocks** tel no: 01684-567721 or 077736-736068 or Email: [tim@thebowenman.co.uk](mailto:tim@thebowenman.co.uk). More training dates available later in the year.

### Talks to Local Groups

Our therapists are offering to give talks to local groups. Natural Therapies are particularly helpful for chronic conditions such as stress, anxiety, back pain, depression, insomnia, heart disease, obesity, smoking etc. Talks are **free** but we ask for donations for our Treatment Support Fund. For making a booking for your group please contact Reception for a form.

## Stop Smoking

Our Hypnotherapists are experienced at helping people who want to stop smoking. Please contact **Pauline Dumville** on 01684 573075 or **Peter Gilmour** on 07831 699624 if you would like further information or to book an appointment

## May Well Dressing Festival

Therapists and friends are taking part in the annual Well Dressing Festival at the beginning of May. The theme this year is 'Darwin's Earth' celebrating 150 years of Charles Darwin's book "On The Origin of Species". Come and visit the Healing Crown Well in our cellar on Saturday, 2 May 2009 from 10am-4pm

## THERAPY EXPLAINED

### Usui Reiki and The Radiance Technique®



Reiki (meaning Universal Life Force) is a **simple but powerful healing and meditation technique.**

Relaxation and meditation are

well-known for reducing stress and accessing our inner wisdom.

**Reiki** is an ancient eastern Cosmic Energy Science for health and well-being for people, plants, animals and the Planet. It **accesses directly Universal Light Energy** and connects us with our own Inner Light or Radiance. When properly activated, the Reiki energy is always accessible **from within through our Heart and hands.**

Reiki is holistic (mind, body, spirit) and promotes Balance, Self-Awareness and Expanded Consciousness.

Reiki can be used alongside conventional medicine and other therapies and is helpful for work stress, cancer, AIDS, injuries, pain relief, relaxation, creativity, personal growth, etc.

The person receiving the treatment either lies down or sits in a chair (fully clothed) while the practitioner places his/her hands on or just above the body in positions corresponding to the Chakras (major energy centres of the body).

A **deeply relaxed state** is accessed safely and easily. We unfold gently according to our unique inner blueprint.

This technique was brought to the west in the 1980s and now has several different lineages and names. It is passed on from teacher to student and training includes a series of Attunements and Knowledge about how to access and use this technique.

In Usui Reiki there are three levels or Degrees of mastery – each level enabling expanded use of this practice. The Radiance Technique has seven Degrees.

If you would like to experience a Reiki treatment for yourself, please ask for:

**Vicky Bradley** for Usui Reiki (Second Degree). Sessions cost £30 for 1 to ¼ hrs. Vicky is offering **free taster sessions** on Wednesday, 8<sup>th</sup> April 10am-2pm. Mobile: 07914 260872

CONCESSIONS

or

**Jenifer Higgins** for The Radiance Technique (Third Degree Authorised Instructor) Sessions cost £45 for 90 mins. Jenifer also holds small group seminars for **learning** The First Degree of The Radiance Technique for self-healing. Cost £120 for 12 hrs.

Mobile: 07768 377561.

CONCESSIONS

## WRITING AS THERAPY

In the 10th Century, the *skald* (poet) Egill Skallagrimsson was so crushed by grief at the death of his two sons, he retired to bed refusing to eat. His daughter persuaded him to write an elegy to his dead sons "Sonatorrek" and he regained his will to live. (1993 lecture by Anthony Faulkes, Professor of Old Icelandic at Birmingham University)

Many people find relief from unbearable feelings by expressing them on paper especially anger, fear and sadness. Grief is one of the most painful emotions eloquently described in C.S. Lewis' book "A Grief Observed". In time we may discover a way of living in the absence of a loved one.

Some people find it helpful to write in a journal or talk about what they are going through with another person.

Our Counsellors **Pauline Dumville** (01684 573075) **Lorraine Page** (01684 564084) and **Jenifer Higgins** (07768 377561) will listen, help you to understand your feelings and support you through this process.

## SPRING TONICS

### Nettles and Cleavers

These two herbs are springing up now, growing with great gusto – they are used by herbalists as Spring tonics, to clear the system and remove stagnation caused by Winter sluggishness.



The Latin name for nettles is *Urtica*, from the Latin *uro*, I burn – the Anglo-Saxon name was *naedl*, needle.

**The common nettle** grows all over Europe and is useful both medicinally and economically. It has long been known as

a **'blood cleanser'** and is a powerful remedy in the treatment of gout, nettle rash, asthma and hayfever. It is also used in the treatment of many skin conditions. Nettles are under the dominion of Mars and are hot and dry, emotionally they are used to build up and empower the fire element of a person, breaking up excessive water or waterlogged emotions. It will warm a frozen heart and allow for the passion and intensity of fire to blaze forth.

Nettles are the foodstuff of a number of caterpillars (including those of the Red Admiral), so environmentalists should leave a small 'stand' of them in their garden – they are also extremely useful on the compost heap because they contain quantities of nutrients and supply 'heat'.

**Cleavers or goosegrass**, Latin name *Galium aparine*, grows all over Britain and is generally found near hedges or growing alongside and up and through nettles.

They are **lymphatic cleansers** and can be used in the treatment of all skin conditions, or where there is a build up of fluid in the body, also in the treatment of childhood illnesses such as chickenpox, measles and mumps.

Cleavers are under the dominion of the Moon and are also hot and dry, emotionally they will provide a warm safe place to take refuge, they give a feeling of peace, tranquility and stillness. Nettles and Cleavers can be taken as an infusion. Pour boiling water over a handful of either one or of both mixed together, infuse for five minutes then drink.

**Nettles can be eaten as a vegetable**, treat them like spinach. Note that the 'sting' is destroyed by boiling water, but when picking, wear gloves or, if you are brave, grasp firmly.

*Tender handed stroke a nettle,  
And it stings you for your pains;  
Grasp it like a man of mettle,  
And it soft as silk remains.  
'Tis the same with common nature;  
Use 'em kindly they rebel;  
But be rough as nutmeg-graters,  
And the rogues obey you well.*  
Aaron Hill

### Nettle beer

2lb young nettles      2 lemons  
1 gallon water              1oz cream of tartar  
1lb Demerara sugar      1oz yeast

Wash the nettles and boil them in the water for 15 minutes. Strain the liquid into a fermentation jar with the sugar, lemon peel without the pith, lemon juice, and cream of tartar. Stir, and when cool add the yeast. Cover the jar and leave it in a warm place for 3 days. Strain it and bottle it in screw topped cider or beer bottles. It will be ready to drink in about 8 days.

**Christine Steward, Fellow of the National Institute of Medical Herbalists working from the Malvern Natural Health Centre. Home: 01544 318928.**

## GREEN NEWS

### Scientists "listen" to plants to find water pollution -

Scientists from Israel have discovered a new way to test for water pollution by "listening" to algae floating on the water.

The test measures the rate of photosynthesis in the algae when exposed to a laser beam. Different sound waves are produced by the algae depending on what pollutants – lead, paint, acid – are present in the water sample. This means that scientists can determine water quality more accurately than existing methods (full report Reuters 14.8.08)

## INTEGRATED HEALTH CARE

### Patients in Northern Ireland get more access to alternative therapies

– Results from a pilot study initiated by The Prince's Foundation for Integrated Health are promising. In this study, GPs referred their patients to Complementary Therapists in Belfast and Londonderry in 2007-8.

Benefits included improvement in health, reduction in pain and medication and health service and social benefits.

\* 84% of patients linked an improvement in their health and wellbeing directly to their CAM treatment

\* 62% of patients reported suffering from less pain and 55% reported using less painkillers following treatment.

\* Half of GPs said the scheme had reduced their workload. 17% reported a financial saving for their practice and half of GPs said their patients were using secondary care services less.

Most of the GPs said they would refer their patients again but needed further information about CAM (complementary & alternative medicine) (full report from [www.getwelluk.org.uk](http://www.getwelluk.org.uk))

## CHANGE YOUR LIFE From the Inside Out

Many of us find that we experience high levels of anxiety, feelings of panic and low self-esteem at certain times, especially when outside forces beyond our control affect our daily lives.

**We often attempt to stick patches on the outside to repair or hide a problem that needs real care, but with safe, relaxing, clinical hypnotherapy, help can be given for these conditions at a very deep level.**

To find out more about Hypnotherapy and what else it can do to help you, look on my website: [www.PaulineDumville.co.uk](http://www.PaulineDumville.co.uk) or phone me for a chat.

**Pauline Dumville Dip.Couns, D.Hyp  
A Registered Member of the  
British Society of Clinical Hypnosis**

Tel: 01684 573075

Therapy sessions are held at the Malvern Natural Health Centre with both daytime and evening appointments available.

## GRASSROOTS GRANT

### PROGRAMME Community First

Building better Communities (from p.1)

Are you:

- \* **A small voluntary or community group?**
- \* **Delivering valuable services to disadvantaged communities and people?**
- \* **Working in Worcestershire?**
- \* **In need of extra funds to help you deliver or develop your service?**

**Grants of between £250 and £5,000** are available to small grassroots community and voluntary groups in Worcestershire either as a one off payment or as a grant spread over a maximum of the three year period (2008-2011) but not exceeding £5,000 in total.

Please see Community First website for eligibility and whether your ideas fit the Grassroots Fund [www.comfirst.org.uk](http://www.comfirst.org.uk). Download Application Forms for Grants up to £900 and Grants up to £5000.

Please contact Pauline Dumville, Project Assistant at Community First, for an informal chat on 01684 312735 or email [paulined@comfirst.org.uk](mailto:paulined@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 16 fully qualified and experienced practitioners offers a wide range of therapies. All therapists abide by professional Codes of Ethics and Practice.

Therapies available are: Acupuncture, Aromatherapy, Ayurvedic Massage, Bowen Therapy, Counselling, Crystal Healing, Diet and Nutrition, Ear Candling, Educational Kinesiology, EFT, Healing, Homoeopathy, Hypnotherapy and Sports Hypnotherapy, Indian Head Massage, Kinesiology/Touch for Health, Medical Herbalism, Q2 Foot Spa, On Site (Seated Acupressure), Reflexology, Reiki, Remedial Massage/gentle joint mobilization, Shiatsu Massage, The Radiance Technique®, Thai Yoga Massage, Tai Chi and Qi Gong, Therapeutic Massage and Zero Balancing.

Our therapies are holistic treating the whole person (Mind, Body Spirit) not just the symptoms. They harness and support the body's own healing mechanisms in a way that is appropriate for each person. Please ask Reception for free advice, prices and/or brochures for MNHC or individual therapists.

Some concessions available.