



Summer Newsletter from the Malvern Natural Health Centre

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Summer 2010

**New Therapist
Bowen Man Returns
Feature: Allergies
Fund-Raising Garden Party
10 steps to improve your health
Thankyou Jenifer**

New Therapist at the centre

A warm welcome to Jane Hopwood who joins the centre to offer Energy Healing. Jane has worked within the field of health and healing for 20+ years, as a Nursing Sister and nurse specialist, and these experiences brought home to her the importance of a holistic approach to health. Energy healing is a natural intuitive method of healing... sensing disruption in the natural flow of energy, it facilitates removal of blockages by stimulating and enhancing the flow of energy within the body.

Our energy can be likened to a navigation system, vibrating strongly when we are happy and on the right track, however, when faced with difficulties or painful emotions we often hold these as unresolved energy within our physical body or energy field....creating energy blockages, depressing our natural vitality which can manifest in a variety of physical or emotional symptoms. Jane offers a free 15 minute consultation to see if this treatment is right for you.

The Bowen Man Returns (for now)

The 'Bowen Man' – that's me – was in Vancouver last October and again in March 2010, developing and teaching NST and Bowen. Also I was introduced to a 'quantum shift' in healing, through the Amega 'Wand' and 'Pendant'. It's called Zero-point energy,

and improves what I already do, adding another string to my Bow(en)! I have recently had some astonishing healing results with the Wand, helping people with laryngitis, hip pain, lifelong eczema, teething pain, and 'muddled head', generally within 5-10 minutes! The Pendant is much more subtle – offering improved sleep patterns, reduction in mobile phone and electrical stresses, and keeping (my) energy less scattered. **Do please ask for a free trial and/or demonstration.**

That gave me November to February in New Zealand, and I loved every minute: helping an ex-colleague, attending an NST course and teaching a bit, discovery of the pre-Maori people there (the Waitaha, '12th tribe of Peace'), falling in love, finding the heart of NZ, and getting a great sun tan. It was 83 year old Jean who told me that in 3 weeks 'Alkalife' had transformed her life from hobbling upstairs, to being normal again. So I tried it on friends, and the first one found that 5 years of bad eczema almost disappeared overnight! Positive results from others too **so now I sell it of course!**

5 fresh fruit and veg a day is alkaline – GOOD

Meat protein, bread, fast foods, pops are acid - BAD

Stress is a source of acidity – BAD

Don't worry be happy! – GOOD

Cancer cells cannot live in an alkaline environment – GREAT!

Yes, yes, yes – an alkaline diet is vital, so please – your drinking water also needs to be alkaline A pH of 7 indicates balance.

*Above 7 is alkaline. Below 7 is acid. **Like to find out what your pH is? Please ask me.***

Tim Willcocks Tel: 01684-56772 email: tim@thebowenman.co.uk



Feature: Moving on from Allergies with Touch for Health Kinesiology

Allergies...we hear a lot about them these days. So many people seem to suffer with asthma, hay fever, food allergies, IBS, eczema. Many causes and reasons lie behind these conditions, which can be mildly irritating, inconvenient, painful or even life-threatening. Kinesiology is often used as tool to track down what exactly a body is reacting to. This can be very useful in identifying the cause and indicating which substance should be avoided or eliminated. There is another factor in allergy and intolerance control and that is our old friend – stress. A body might be mildly intolerant of many things - foods, chemicals, air-borne particles, and cope well under normal conditions, but add a traumatic situation or emotional stress into the equation and the intolerance can suddenly become far more extreme.

I speak from personal experience...I suddenly developed what I thought was a severe cold one Christmas, and it carried on for months, with painful sinuses, sneezing fits, itchy eyes, runny nose – really horrid. I was prescribed nasal sprays and antihistamines, which helped, but only temporarily. I went for allergy testing in hospital – which showed nothing. The doctors were baffled, and could offer no further advice. When I started my TFH training I was still sneezing! This had lasted for 3 years, varying in degrees of severity. My trainer used me as an example of someone suffering physical symptoms to demonstrate ESR (emotional stress release). He helped me to remember when it had started, and what was going on in my life at the time - I had never associated the 2 factors - I had been stuck in the middle of a disagreement between 2 close friends, an impossible situation that had never been resolved, and it had affected me far more than I had realised. We muscle tested for some flower remedies, which I took for a few weeks, and that, combined with ESR (which we can do for ourselves) sorted it out. I still do get sneezy from time to time, but I can recognise the situations that bring it on.

I see clients with intolerances, quite often food intolerance and IBS, and many times these can be helped by Touch for Health Kinesiology techniques, by tracking down the problem substance and diffusing stress that aggravates the problem. So often the stress is buried in the unconscious and is long forgotten, but once it surfaces can be dealt with and released. If necessary we can muscle check for the Bach Flower remedies that will help ease the problem. For more information, ring for a chat on 01684 562439 or email me at Kate@katetfhk.co.uk I would love to help you. Kate Bishop



This summer Aquarius are having a mega-sale of fair-trade clothing, as well as bringing in new lines of stock and an exciting new range of books. Drop in for a bargain or stimulation.



Gardens, beside the Mount Pleasant Hotel. Contact Jenifer Higgins if you wish to take part on 01886 880 226.

Ten steps to improve your health

In partnership with Malvern Library the centre will be outlining a series of steps we can all take – and which need cost no money – to improve our health. We’ll also be having a look at the question of why, if these things we can do are natural and are easy, we can sometimes find it difficult to do what’s best for our health. This is a free talk including demonstrations of some of the techniques at Malvern Library, presented by therapists and practitioners of the Malvern Natural Health Centre. Saturday 4th September 11am till 1pm.

Help for heroes

Local therapists are providing mini-treatments during the Malvern Hills Help for Heroes walk on Saturday 18th September from 12 till 4pm in Rose Bank

Thankyou Jenifer
Jenifer Higgins has been a practitioner and a Trustee at the Malvern Natural Health Centre for 20+ years, and has contributed her expertise, time and care to help the centre to flourish in innumerable ways. Jenifer is now moving her base to Bromyard, and from the MNHC we thank her with love and all good wishes for her ongoing work. Jenifer will continue to see people for appointments in Worcester and at MNHC in Malvern. Her new base is Bromyard Osteopathy & Natural Therapy Centre, Tel: 01885 488 403 and Jenifer’s mobile number is 077683 77561