

Harmony Centre News

The perfect setting for healing, learning and development

Autumn/Winter 2015

No. 26

Editorial by Paul Parolin DC CST

As we move towards the end of another year I would like to thank all the clients who have taken responsibility for their own health and chosen The Harmony Centre as the place to heal, learn and grow. Looking forward to 2016 we have an exciting group of teachers and therapists joining us but more about that in our next newsletter. A warm welcome to Liz Hill who offers something new to The Harmony Centre. She is a Psychological Astrologer and is trained to draw up individual's charts and interpret them in ways that can help one reaching their full potential in life. Zuz writes an interesting article about shoulder problems, how they come about and how she can help. Cindy writes about shiatsu and the 'conversation without words' that happens in the course of a treatment. Peter talks about how a combining orthodox medical and homeopathic prescribing can work together to improve patient outcomes and Tanya our yoga teacher discusses the chakras and how they relate to wellbeing.

Those of you who do come through our doors may have noticed how busy the centre is becoming.

This is down to hard work of our skilled and experienced therapists and teachers and your increasing demand for more a vitalistic approach to health and wellbeing. We are all blessed with the gift of life. A gift science cannot replicate. Science cannot produce one living cell and yet our bodies produce millions of them every second. The innate healing intelligence that we have inherited is so powerful and magical it created each of us. To heal, that intelligence just needs to be able to do its bit unhindered. That is where we at The Harmony Centre come in. We do not set about to overrule that power but to remove the interferences so it can do what it does best. Heal.



New Face by Liz Hills Certificate: Centre for Psychological Astrology, BA (Hons), Dip. Couns, MBACP



A few years ago I found myself sitting with an astrologer for a natal chart consultation. Why? A calling, listening to my intuition, an unconscious urge – who knows. Anyway, I became, and still am, fascinated in how astrology works and the personal insight it continues to give me. I studied astrology with Kairos Astrology in Glastonbury learning the

subject experientially through dance, music and drama – embodying the planetary archetypes and bringing the symbolism into meaning. Later on, I studied with the Centre for Psychological Astrology, London whose modus operandi is the cross-fertilisation of the fields of astrology with depth, humanistic and transpersonal psy-

chologies. This ancient self-diagnostic tool helps me to manage myself, acts as a constant reminder of my habitual pitfalls and because it maps one's potential, helps me to navigate my life to its optimum. Astrology is an intuitive art and my role is to interpret for my client what I see astrologically, relay the impression I get and to help navigate the client around their map; but only the client knows their story and only they themselves can bring their chart into contextual meaning. To playfully demonstrate this point, I was once asked to guess which chart belonged to a mass murderer and the other to Mother Teresa! I did in fact get it wrong but the point is, similar charts, have numerous different meanings and outcomes depending on how the individual chooses to be. Sessions with me can be a one off or short term work - 3 weeks exploring the natal chart followed by 3 weeks working with progressions and transits. To draw up a chart, date and place of birth is required; knowing one's time of birth is optimum but not essential.

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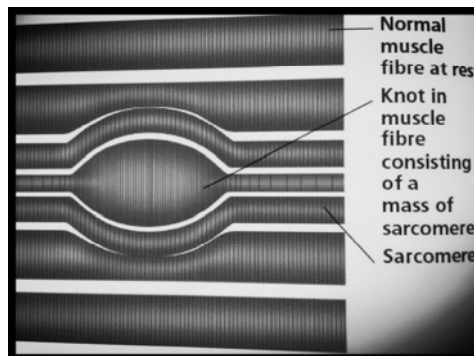
The Older Shoulder by Zuzana Tillner MSc, Ost Med, ND

Shoulder pain is the second to third most common musculoskeletal complaint. About 6 in 10 people will experience shoulder pain at some point in their life and the chance increases as we age.

The shoulder is extremely flexible giving the widest range of motion out of any joint in the body. This flexibility is also the reason that makes it vulnerable to injury. What is interesting we may not even know that there is any injury at all. From recent study 96% of the individuals taking part had some degree of moderate to severe shoulder pathology without feeling any pain. The pathologies include joint degeneration and rotator cuff tendon tears. Rotator cuff disorder in the general population was found extremely common. Nearly half of the subjects over the age of 40 had the disorder and three quarters of individuals over 50.

There is evidence that "trigger points" in the soft tissue may play a key role. These are tender nodules felt within tight bands of muscle. Pressure for more than 5 seconds may cause

radiations in a specific distribution. Trigger points tend to develop in the muscle belly, although they can occur at the musculo-tendinous attachments. They are the result of overstimulation of the muscle fiber. There are specific activities that can serve as the activator



for a shoulder with painless pathology to become painful. For example:
Standing or sitting in a slouched position
Sitting with legs crossed
Leaning the head to one side in a telephone position
Any job where there is a lot of lifting and

carrying

Working above the head for an extended period of time

Professionals and athletes including swimmers, tennis players, painters, flight attendants, mechanics and decorators

In fact a recent study has published that people who work with their arms above their heads have a 100% chance of developing degeneration of the rotator cuff tendons.

Other factors include chronic viral, yeast or parasite infections, vitamin D deficiency needs to further explored as does vitamin B complex and iron deficiency. Hormonal imbalance can also have an effect.

The good news is osteopaths can employ a range of techniques. From specific stretching and active resistive movement, deep stroking massage and dry needling as well as teaching you the right kind of exercise to keep your shoulder pain free.

What can Shiatsu do? by Cindy Engel BSc, PhD, MRSS



Over the 18 years I have been working as a bodyworker, I have asked myself what I am actually doing many times. I find it is a useful way to check that the therapy I am offering is still 'live', still developing. Although I trained for four years to be a Shiatsu practitioner, I am no longer working within the limited confines of what I was taught back then. It is a bit like passing a driving test: only through experience of driving in many varied conditions can you develop into a competent driver.

Shiatsu is based on the same theoretical construct as acupuncture and so we

are trained to use the same points and meridian system embedded in the theory of Traditional Chinese Medicine. However, in a shiatsu session, the body is worked, fully clothed, by the hands of the practitioner rather than with needles. But it cannot really be described as acupuncture without needles because there is the massively important matter of hands-on interaction. I use various forms of listening touch to assess qualities of the client (physical, emotional and psychological). Loud information is clear and obvious. More subtle information may be less readily available. This ability to use one's own body as a sensor of another person's body is difficult to teach but comes to most bodyworkers through experiential learning. Bodyworkers who work by 'reading' their clients have to maintain a clarity of intention and attention and so usually have a meditation practise to keep them able to work in this way. My experience of a shiatsu session might feel like dipping my hand into a lively party in full swing or alternatively like dropping into a deep dark well of despair. As I work one particular area of your body, I might sense an emotional problem or feel a

particular way of thinking. The treatment therefore progresses more like a 'conversation without words' than 'acupuncture without needles'. Some clients come for regular check-ins to see how things are going. Although this is not a replacement for a medical examination by a qualified medic, clients find it useful to hear what their body has to say. Often, changes can be spotted before they become a problem. Other times, a chronic condition is monitored and managed in the hope that it will prevent relapses. Other clients come for shiatsu with an acute problem: a frozen shoulder, for example, and in these cases, shiatsu techniques are used to specifically address the issue. Importantly, in terms of therapeutic support, for the duration of one hour, we (client and practitioner) are both in this together.

What shiatsu can do therefore depends very much on how the conversation with your body goes.

Cindy Engel BSc PhD offers Shiatsu at the Harmony Centre on Tuesdays.

www.wildhealth.co.uk

Where is the Evidence?

by Peter Healey BA LCH

Orthodox approaches to health nearly always involve the administration of a suitable drug. Indeed, there are many wonderful, live-saving drugs out there, and I am in no way suggesting you abandon them when needed. It is an approach assumed to be evidence based. This may be true when drugs are administered singly, but in most instances, this is not the case in practice. The biggest drug consumers are the over 65's. The drug companies usually involve younger people in their trials, thus calling into question the evidence base, because drug reactions differ between 30 and 65 year olds. And when a second drug is given to deal with the side-effects of the first, the "evidence base" is lost completely, as no trials have ever been conducted to measure drug interactions in the over 65's.

So what about Homoeopathy? Most of the evidence offered is anecdotal, i.e. from testimonials of satisfied patients. Because this type of evidence is easy to fabricate, it is quite rightly rejected when offered up for scientific scrutiny. There are some studies which show favourable outcomes from Homoeopathic treatments for specific diseases, (see Hpathy.com) but these tend to be small in nature and require funding for much larger trials. Homoeopathic remedies have traditionally gone through what we call provings. This is a trial involving large numbers of people who take either a remedy or a placebo over a period of months. The remedies produce a pattern of symptoms which are constant. Placebo's produce random symptoms with no pattern. We are therefore able to build a picture of the remedy and prescribe it to patients with similar groups of symptoms. Evidence based? It follows scientific method, i.e. from philosophy to experiment to practical application when applied to whole person prescribing. Not, however, when applied to the cure of specific diseases. Homoeopathic protocol is to prescribe for the whole person, and act as a catalyst for the body to heal itself. That is a very different proposition to finding a drug, or a remedy for a specific disease.

I often think that any medicinal treatment, be it orthodox or Homoeopathic is nothing better than "suck it and see." It hardly inspires confidence, does it? But, both systems are guided by a set of rules, method and ethics. The medicinal trials of both systems give us an eye into what may help us, and how. At the end of the day, your health choices are personal. You don't have to choose one system over another. Indeed, I have found that in my practice, patients do best when they employ both systems together. The evidence for that is, of course, anecdotal.

A Testimonial for Chiropractic

by Colin Hooper



When I arrived at the Harmony Chiropractic Clinic several years ago, I literally could not walk more than a few steps, and those in pain. This was caused by various problems in my leg which normal drugs did not improve, and may, have caused the problems in the first place

Paul, has, over the following period got me back to almost normal, and has kept up a maintenance schedule for all the other aches, and pains that one is liable to when you get to 81 years old !!

I cannot thank him enough for helping me to carry on living a normal life.

Therapies and Practitioners

Acupuncture
Aromatherapy
Astrology
Chiropractic
Counselling/Psychotherapy

Craniosacral Therapy
Easibirthing®
Foot Care
Future Life Progression

Healing: Reiki/Spiritual

Health Kinesiology
Herbalism/Herbal Medicine
Holistic Massage
Homoeopathy
Hopi Ear Candling
Hot Stone Therapy
Hypnotherapy

Indian Head Massage

Life Coaching
Naturopathy
NLP

Osteopathy
Past Life Regression

Physiotherapy
Reflexology
Shiatsu
Stop Smoking for Life
Weight Management

Sue Hooker
Mike Sawyer
Liz Hills
Paul Parolin
Sue Prendergast
Sue Roberts
Paul Parolin
Sarh Newman
Jane Parker
Paul Eagle
Suzanne Mann
Paul Eagle
Suzanne Mann
Judith Samuel
Mike Sawyer
Frances Arnold
Nathalie Chidley
Mike Sawyer
Peter Healey
Judith Samuel
Mike Sawyer
Paul Eagle
Suzanne Mann
Judith Samuel
Mike Sawyer
Suzanne Mann
Zuzana Tillner
Paul Eagle
Suzanne Mann
Zuzana Tillner
Paul Eagle
Suzanne Mann
Sue Hooker
Judith Samuel
Cindy Engel
Suzanne Mann
Suzanne Mann

Paul Parolin DC (C)

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**Family
Chiropractic
Clinic**



Free Spinal Health Checks
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Adults, Elderly, Children, Babies, Pregnancy

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The Seven Energy Wheels (Chakras)

by Tanya Bradbury MIFA, MFHT, APA asso, Yoga Alliance UK

In Yogic Philosophy it is believed that there are seven energy centres in our body which are located in the spine, running vertically from the base of the spine up to the crown of the head.

They are described as energy wheels because of their continuous whirling energy. Although not visible to the eyes they radiate subtle life energy. As long as they are active and in balance, individually and collectively, the subtle life energy moves throughout the body freely and evenly, bringing harmony.

At certain times due to several factors, one or more chakras may become inactive, under-active or overactive and cause imbalance which is manifesting the physical mental, emotional or spiritual malfunction. Each chakra is associated with a specific colour, corresponding to the seven colours of the rainbow and in the same order. Also there are five natural elements (pancha mahabhutas) which are associated with the five chakras starting from the base upwards. Each chakra also resonates to different sounds or mantras.

1. Mooladhara Chakra - Root - Earth - Red
2. Swadhishtana Chakra - Sacral - Water - Orange
3. Manipura Chakra - Solar plexus - Fire - Yellow
4. Anahata Chakra - Heart - Air- Green
5. Vishuddhi Chakra - Throat - Ether- Blue
6. Ajna Chakra - Third eye - Indigo
7. Sahasran Chakra - Crown - Violet

Through the regular practice of asana, pranayama, meditation and naada (sound) the chakra's can be brought back into balance.

For example when the root chakra is in balance one feels happy, relaxed and safe and grounded. But when the chakra is not in balance physical complaints like aches and pains in the feet, legs or bones along with stomach disorders like constipation, indigestion or diarrhea can manifest.

Physiological disorders include, having very low self esteem, procrastination, unemotional, feeling threat-



ened a constant agitated mind, being unrealistic and unable to let go of any issue. Such people may also face constant problems relating to earthy issues, like family, business and property.

Certain postures (asana) can restore balance: Wind releasing pose, lying spinal twist, reclining Buddha, child pose and pose of tranquility.

Tanya Bradbury is a Hatha Yoga teacher and Ayurvedic therapist and has been teaching Yoga at The Harmony Centre for six years. Tanya hopes her classes give a sense of the wholeness of Yoga and don't just focus on postures alone, she says, 'Yoga is about reconnecting the mind and body to its own inner intelligence, a healing state of being which is within all of us.'

Her classes include chanting traditional Yogic mantra's or (prayers.) which are unfamiliar to many of us in the west, so in the New Year she will be holding a workshop on 'Sanskrit mantra's and the healing effect of sound on the mind- body physiology.'

Tanya teaches two Hatha Yoga classes a week Tuesdays 9.30 to 11 am & Thursdays 6.30 to 8pm

Classes at the Centre

Tuesdays

9.30 - 11am **Yoga** Tanya Bradbury

Wednesdays

Morning **Pilates** Kim Harket
6.15 - 7.45pm **Qigong** Cindy Engel & Sara Lashm

Thursdays

1 - 2.30pm **Qigong** Cindy Engel & Sara Lasham
6.30 - 8.00pm **Yoga** Tanya Bradbury

Sundays Mini Retreats & Workshops

Once a month **Meditation** Cindy Engel
Once a month **Qigong** Cindy Engel
Please see website or bulletin board or ring for dates

Reiki/ Healing
is offered at the
Centre
Please phone
for further
details



Please note:

The views expressed in this Newsletter are not necessarily those of The Harmony Centre. Anyone seeking health advice should consult a qualified practitioner.

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