

# Harmony Centre News

*The perfect setting for healing, learning and development*

Spring 2020

No. 36

## Editorial by Paul Parolin DC CST

As we negotiate a challenging time for us all both in the UK and globally, health has the spotlight well and truly upon it. Not only are the usual seasonal flu and viral conditions there to be dealt with but also a global pandemic greater than anything I have experienced in my lifetime. It is not only the threat to one's own health but the uncertainty we find ourselves in as the medical authorities struggle to find the best solutions, the best path forward. We are learning as we go.

I have often heard that businesses like certainty so that they can plan for the future. We as individuals also like certainty. We like to know what happens next so we can plan. What is coming our way so we can be prepared. This is a timely reminder that life is not always like that. Anything can happen at any time and the only thing we can rely upon is in the now. How does this help?

Living in the present does not mean throw everything to the wind. It means to live your life consciously. Enjoy the now but



also look after what you have. Your health and wellbeing for example. Keep the immune system strong by eating well, exercising, keep the mind free of negativity and have gratitude for the life we have been gifted with.

If you need help with any of the above, then the Harmony Centre is here for just that purpose. I hope you find the articles in this edition useful and wish everyone a healthy journey through 2020 and beyond. Thank you to David Bescoby, Sue Roberts, Vanessa Murphy, Sharon Humphrey and Sarah Spooner for their contributions.

## Seasonal health and wellbeing by David Bescoby BSc (Hons), MNIMH

The winter is often a time of cold and damp and we have certainly had plenty of damp, wet weather in East Suffolk over the past couple of months. In traditional medicine, many of the maladies of winter such as coughs and colds, are said to be precipitated by such conditions. Tired joints can also become stiff and many sufferers can predict the coming of rain from the level of their discomfort. Dispelling cold and dampness from the body is therefore of central importance and this is where our hot and pungent foods and remedies can be so useful. Chief among these are ginger, horseradish, chilli and mustards, along with warming herbs like angelica, rosemary and cinnamon. Warming foods and herbs tend to work by invigorating and moving the blood, stoking the digestive fires and opening the pores. A classic herbal tea for colds and flu can be made from equal parts of peppermint, elderflowers and yarrow. Herbals teas like these are easily made in a cafetière, using a heaped teaspoon of each herb to about 150ml of boiling water and infusing for 10-15 minutes. These three herbs work together to reduce feverish symptoms, such as shivers, chills and aching while boosting immune response.

The practice of herbal medicine is closely tied to the seasons, both in the gathering and preparation of plants for use in medicinal preparations and also in the types of health complaints patients present with in clinic. I am often stuck by



the synchronicity of seasonal ailments and the timely appearance of potential plant allies along hedgerows, verges and trackways. Once such is cleavers or goose grass (*Galium aparine*), that widespread, scrambling annual with hooked hairs on its stem and whorls of leaves, with little round seeds that cling determinedly to clothing and pet fur! I noticed copious amounts of this versatile herb emerging along the lanes close to where I live. Cleavers has many uses, but at this time of year, as the days begin to lengthen and spring beacons, it acts as a most useful tonic. Gentle and uplifting, it helps restore our tired and sluggish immune systems and aids the lymphatic system in the removal of metabolic toxins, while supporting liver and kidney function. One of the easiest ways to partake in this spring cleanse is simply to soak a handful of fresh, finely chopped leaves and stems in 200ml of cold water overnight (a cafetière is again useful here). Strain and drink throughout the next day. The fresh and tender leaves can also be cooked like spinach and eaten for their high vitamin and mineral content.

**Advice when collecting and using plants:** Always be sure of what you're harvesting. Be aware of potential pollution from traffic fumes and pesticides. Use herbs with caution if you have pre-existing health conditions, taking regular medication, are pregnant or have allergies to certain plants/foods. If in doubt, seek professional advice.

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# Counselling

by Sue Roberts Couns, MBACP



When you, the new counselling client, come into the room for our first meeting, what I do first is congratulate you. It takes a lot of courage to contact the Centre and ask for an appointment, and even more actually to turn up.

You've realised you're not coping too well. All of us have things to deal with - work, family, health, money, generally managing life. But sometimes there's an extra pressure of some kind, just enough to make you notice things are slipping out of control, and you can feel yourself getting stressed and upset and far less able to manage your life. The first step is to recognise that you need help and the second, the difficult one, is to ask for it.

People have some strange ideas about counselling, even now in 2020. Some think it's weak to ask for help - "Oh, just pull yourself together." Others imagine a frightening environment in which you have no control and where a strange person will judge you and tell you what to do as if it's the easiest thing on earth. Your friends might think there's something "wrong" with you. But mental health is as important as physical health and the two are closely connected. Why not look after both?

And really there's nothing to be afraid of. Yes of course it's nerve-wracking arriving for the first session, but it shouldn't take long to realise that there's no need to worry. The sessions are for you. From the start we're looking at your life and your problems. You are the focus and you decide what you want and don't want to talk about. If 50 minutes seems an eternity, that's OK. You can leave whenever you want to. Sometimes you may just want to sit quietly and say nothing. At other times you may get upset. I'm there to support you however you feel, and whatever you tell me, I will never judge you. As we get to know each other better, you'll probably find it easier to speak about things you didn't think you could tell anyone about. When you leave after a session, you might feel a bit tired, but you should also feel lighter in a way. The things which most concern you can be left in the room until your next visit. You decide how often you prefer to come and when you think you're ready to finish counselling.

So please don't be put off. If you need help, it's there for you. If the cost worries you, it's negotiable, and we can make appointments at a time to suit us both. So if life's troubling you, what are you waiting for?

# Things I did not know were anxiety

by Vanessa Murphy adv.di UKCP

Have you experienced thoughts like these below? Thoughts can affect our communication and behaviour

- Feeling unable & afraid to speak up
- Worried about every word choice I used while interacting with people
- Didn't want to come off stupid
- Felt like I had to overachieve and be the best at everything to be considered intelligent
- Resenting myself for not living up to everyone's standards
- Criticized my every movement
- Thinking everyone can see inside my head
- Believing everyone was silently judging me
- Thinking I had to be perfect to avoid judgement

When you become aware of negative thoughts and images in your mind, hold them in awareness, with the attitude of gentle interest and curiosity. become aware of your breath feeling your belly rise and fall with every in and out breath.

Bring to your awareness to kindness by imaging a dear pet, friend or partner

Let yourself soften to the kindness in and around you. For more information on how to work with difficult thoughts and bring kindness and compassion to yourself.

Please contact Vanessa on 01502 578162 email

[vanessaamo@btinternet.com](mailto:vanessaamo@btinternet.com)

You can book a one to one session or she does run Mindfulness groups.



## Our Vision

A well established complementary health and wellness centre promoting healing, learning and personal development in harmony with the spirit of nature and humanity

Working in the heart of the community  
with growing international connections



# Fibromyalgia by Sharon Humphrey BSc, Dip RM, Adv Dip MT (MSM)



Fibromyalgia or fibromyalgia syndrome (FMS) is the name for a long-term condition that causes pain and tenderness affecting the muscles and tendons all over the body. FMS is called a syndrome as it has a number of symptoms and is a condition which involves both the mind and body

**Symptoms:** - The main symptoms are widespread pain, increased sensitivity to pain with specific tender points, aching and stiffness, difficulty sleeping with poor quality of sleep, exhaustion, and loss of stamina. Other symptoms which may also be experienced are problems with mental

processes (known as 'fibro-fog'), such as problems with memory and concentration, irritable bowel syndrome (IBS), depression, anxiety and irritability, and headaches. On occasion, the pain associated with fibromyalgia tends to change and intensify. When the symptoms temporarily increase in quantity or intensity, it is called a 'flare-up'. These can occur without warning and are most likely to occur if a patient is stressed or under a lot of pressure. Flare-ups can last a few days or up to a few weeks each time.

**Cause:** - The exact cause of fibromyalgia is unknown, however it is thought that the pain registering part of the brain may react in a way that causes the patient to feel pain where others may not. In many cases, the condition appears to be triggered by a physically or emotionally stressful event, such as injury, giving birth, surgery or bereavement.

**Who is affected?:** - Anyone can develop fibromyalgia although it affects around 7 times more women than men. It typically develops between the ages of 30 – 50 years, but can occur in people of any age. It's not known how many people are affected as it can be difficult to diagnose. There is no specific test for fibromyalgia and the

symptoms can be similar to a number of other conditions. Although there is currently no cure for fibromyalgia, combinations of treatments are available to help relieve some symptoms and make the condition easier to live with. A GP may recommend antidepressants, painkillers, cognitive behavioural therapy (CBT) exercise programmes and relaxation therapies.

**Remedial massage and fibromyalgia:** - Remedial massage can help a patient to de-stress and encourages both physical and emotional relaxation. It increases blood flow and assists lymph drainage which can help reduce pain. Some fibromyalgia patients will only be able to cope with a very light massage at first, so when treating a patient with fibromyalgia I encourage the patient to guide me on the amount of pressure to use as I know that each patient's experience will be different. On-going research is now beginning to recognise the physiological and emotional benefits from alternative therapies such as Remedial Massage for fibromyalgia sufferers.

## Regular Classes & Courses at the Centre

### Tuesdays

9.30 - 11am

6.30 - 8pm

### 2nd Tuesdays

Of the month

**Yoga  
Mindfulness  
Group Meditation**

Tanya Bradbury  
Vanessa Murphy  
Vanessa Murphy

on rolling  
Courses  
By request

availability on request

### Wednesdays

Morning

6.15 - 7.45pm

**Pilates  
Qigong**

Kim Harket  
Sara Lasham

on rolling school term times  
on rolling

### Thursdays

1 - 2.30pm

6.30 - 8.00pm

**Qigong  
Yoga**

Sara Lasham  
Tanya Bradbury

on rolling  
on rolling

### MBSR

**(Mindfulness Based Stress Reduction)**

Vanessa Murphy

one to one or groups availability on request

### Universal Love Frequency

Sharon Bloom

one to one or groups availability on request

### Weekends

Saturday & Sunday

9 weekends 1/month

**Massage Level 3 Diploma Course (ANM)**  
Next starting date early 2021

Ana Wilkinson

**Please  
See website for all workshops and courses**

## Therapies and Practitioners

<b>Acupuncture</b>	Sue Hooker	<b>Hopi Ear Candling</b>	Judith Samuel
<b>Allergy Testing</b>	Frances Arnold	<b>Hypnotherapy</b>	Paul Eagle
<b>Aromatherapy</b>	Tanya Bradbury		Suzanne Mann
<b>Astrology</b>	Liz Hills	<b>Indian Head Massage</b>	Judith Samuel
<b>Ayurvedic Consultation</b>	Tanya Bradbury	<b>Life Coaching</b>	Suzanne Mann
<b>Ayurvedic Marma Massage</b>	Tanya Bradbury	<b>Lymph Massage</b>	Ana Wilkinson
<b>Caeayarons Angelic Love</b>		<b>Mindfulness</b>	Vanessa Murphy
<b>Frequency</b>	Sharon Bloom	<b>NLP</b>	Paul Eagle
<b>Chakra Balancing &amp;</b>		<b>Past Life Regression</b>	Suzanne Mann
<b>Crystal Healing</b>	Sarah Spooner	<b>Phobia free in 3!</b>	Paul Eagle
<b>Chiropractic</b>	Paul Parolin	<b>Physiotherapy</b>	Suzanne Mann
<b>Counselling/Psychotherapy</b>	Sue Prendergast		Sue Hooker
	Sue Roberts	<b>Reflexology</b>	Evie Prince
<b>Craniosacral Therapy</b>	Paul Parolin	<b>Remedial Massage</b>	Judith Samuel
<b>EMDR</b>	Vanessa Murphy	<b>Rhythmic Body Massage</b>	Sharon Humphrey
<b>Healing: Reiki/Spiritual</b>	Paul Eagle	<b>Shiatsu</b>	Tanya Bradbury
	Suzanne Mann	<b>Shiobhyanga</b>	Cindy Engel
	Judith Samuel	<b>Stop Smoking for Life</b>	Tanya Bradbury
	Ana Wilkinson	<b>Thai Massage</b>	Suzanne Mann
<b>Health Kinesiology</b>	Frances Arnold	<b>The Art of Being Present -</b>	Ana Wilkinson
<b>Herbal Medicine</b>	David Bescoby	<b>Breema</b>	
<b>Holistic Massage</b>	Ana Wilkinson	<b>The Form Reality Practice</b>	Ana Wilkinson
<b>Holistic Therapy</b>	Sarah Spooner	<b>Weight Management</b>	Venetia Campbell
<b>Homoeopathy</b>	Sue Cooke		Suzanne Mann
	Peter Healey		

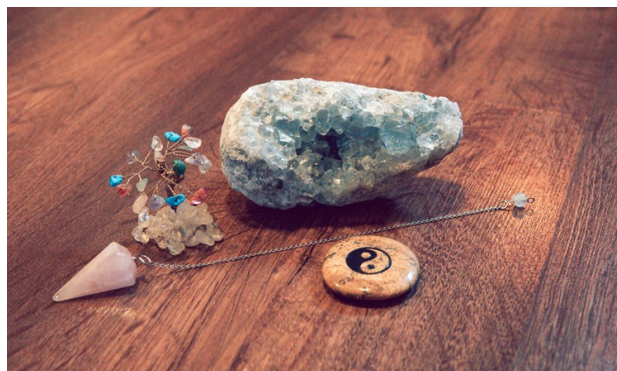
## Crystal Healing Sarah Spooner Ba (hons) Dip, ITPI.

The idea of Crystal Healing may seem far-fetched to some but if you are open and willing to explore the world of energy healing this is a wonderful place to start. Natural healing supports you to bring about a positive state of mind & well-being, reduces anxiety, pain and much more.

Crystal Healing is an ancient energy-based healing system concerned with treating the person holistically through the precise placement of crystals on the body and in the surrounding treatment room. It is the process of restoring a harmonious flow of energy across the Chakra system. Crystal Healing is based upon the belief that we are all made up of different energies and when these become unbalanced, blocked or stagnant it can cause negative effects. Crystal Healing works on the theory that crystals can, in a sense, communicate with the energies flowing around the human body gently supporting it to heal in a therapeutic manner. Every crystal has its own unique electromagnetic charge. These charges, energies or "healing vibrations" are believed to interact with the body and energy centres to remove and restore a healthy flow through the mind and

body.

Sessions will be tailored specifically to you and the types of crystals used will differ depending on the nature of concern. Finding blockages or imbalances is the first step to being able to treat them. Using a pendulum, the energy at work will be felt and the crystals selected accordingly. During the



treatment, crystals will be placed around and on the individual as well as in the treatment room. I am guided intuitively to each individual person.

The crystals can be left in place from 10 minutes to over an hour, during this time you are encouraged to breathe deeply and simply relax. Crystals may be added or removed during this time. Some people feel a warm or tingling sensation while others feel nothing. Even if you do not

feel anything this does not mean your energies haven't been affected.

Crystal Healing is a wonderful way to assist you holistically, re-balancing and restoring Harmony in the mind, body and emotions.

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