

# Harmony Centre News

*The perfect setting for healing, learning and development*

Autumn 2014

No. 24

## Editorial by Paul Parolin DC CST

Living with pain whether it be physical, mental or emotional can be very tiring. Pain has been scientifically found to drain the body of protein. It leaves sufferers, particularly long term sufferers, low on energy and drive, confidence, joy, vitality and a weakened immune system. Living with long term sufferers of pain can also be difficult. Fortunately there are options that offer hope. Here at the Harmony Centre we have qualified therapists offering tried and tested therapies. These therapies are drug free alternatives which can relieve all sorts of pain, restore energy and drive, raise vitality and strengthen the immune system. If they didn't work then they wouldn't exist and people wouldn't come to us for help. Often our car park is full and our reception is buzzing with people of all ages coming and going. Why? Because their scepticism was overturned by the fact that after giving complementary therapy/classes a go they began to feel

better. Their energy levels improved, they had more vitality, experienced less pain and suffered less from colds and flu.

I hope you enjoy this 24th edition of Harmony Centre News. We have an article from Jane Parker who has joined us as recently qualified foot care practitioner. Jane is also a qualified Occupational Therapist. So welcome Jane and thank you for your tips on foot health. Natalie shares her story on how she came to being a herbalist and discusses how to harness the goodness that summer brings by preserving berries free to those who have a hedgerow nearby. Abs shares experiences and insights whilst practicing Shiatsu and an article on mindfulness a guide to conscious living in a "monkey minded" world. Zuzana our osteopath takes a look at fibromyalgia. There may be no cure but there are ways to improve quality of life. Last but not least Sue touches



on how counselling can help with anxiety and depression. Sue offers a free half hour taster session. Finally from all of us at The Harmony Centre we wish you a fulfilling time over the winter months and hope you enjoy what ever be your celebration of choice.

**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.

## New Therapy HERBALISM by Nathalie Chidley BSc Herb Med



I began my herbal studies more than 20 years ago at evening classes. Once I had completed the year I went looking for a second year course to deepen my knowledge. Alas at that time these weren't available, the only option was to take a full 4 year correspondence course. I don't

have the temperament to study at home by myself so I went to India for 5 months with some vague idea of perhaps finding out more about Ayurvedic medicine. While I was in Dharamsala, where the Dalai Lama has his main residence in exile, I met another Western herbalist in one of those life-changing chance meetings, who told me that a new grant maintained herbal degree course had just begun. I came back to England and enrolled on the course (at Middlesex University). The course had a core of the 'medical' sciences such as anatomy and physiology; plant pharmacology, botany and pharmacy as well as the history of our tradition of medicine which incorporates the Four Humours and Vital Spirit theory of health

and two years of taking real patients. Shortly after I graduated (with my BSc Herbal Medicine) I began working at the Herbal Medicine training Clinic which was based in Archway, London where I was fortunate to work alongside some very experienced and generous herbalists. During this time I lead workshops for the general public & students on the practical applications of herbal medicine such as syrup and cream making and acted as a consultant/contributor to the popular James Wong TV series and books, 'Grow Your Own Drugs' and 'A Year with James Wong'. I grow and make my own herbal medicines and have realised that Herbalism is not simply my job; it is my way of life; it is rare that I am not thinking about or looking for plants, making remedies or talking about herbs or herbal medicine. Fortunately, I really love my craft!

**Workshops**

**Herbal Christmas**

bath melts, hand creams, scrubs and more

30th November

10am to 2pm

£40

ring reception for further details

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# New Therapy FOOT CARE by Jane Parker TCFCPdip

This month's article comes from a new practitioner, Jane Parker. Jane has decided to retrain as a foot care practitioner after working as a carer and understanding that many people's foot care needs are not being met.



Hello! I am very excited about the training I have recently completed at the well-respected College of Foot Care Practitioners in Kings Lynn. I have a Diploma in foot care and am looking forward to treating feet of all shapes and sizes! Previously, I

had many years' experience of working in the NHS as an Occupational Therapist. I specialised in working with children with severe disabilities in their homes, child development centres and in hospital but decided, after an extended period of ill health and lots of time to think and rethink my values and priorities, to retrain as a foot care practitioner.

Our feet are one of the most active parts of our body. We ask a great deal of them in our everyday life whether we are working, exercising, shopping or pursuing our hobbies and interests. Many of us have high expectations of our feet and demand a lot of them- often without giving much thought to their care, maintenance and wellbeing. We rely on them to help us feel grounded, supported and give us feedback from our environment.

Many people find it increasingly difficult to reach their feet to care for them properly. Whether it is our vision, dexterity or arthritis which makes reaching our feet tricky, it is not advisable to neglect them and the care that they need. Our feet need just as much care and attention as the rest of us. If painful feet are causing you to change your gait this may impact on your knees and hips and even your back and neck, creating painful conditions in other parts of the body.

**There are 3 important factors that affect the health of our feet;**

- Posture-An upright posture, with shoulders held back and tummy and bottom tucked in, helps to distribute our weight evenly over the sole of the foot. When we have an imbalance of weight distribution this can cause inflammation of the plantar fascia which, although it is a painful condition, can be improved with a holistic approach.
- Weight-It is all too easy for those extra pounds to creep on but keeping slim reduces the work for our feet and also our hips and knees.
- Footwear-High heels are best left for special party days only. Our feet change shape throughout life and especially so when we get past 50! Just because you took a size 6 when younger does not mean that this is the appropriate size for you now. It is sensible to get our feet measured annually at a well-trained shoe retailer.

As we age our bodies need a little more care than before as we manage long term conditions such as arthritis, diabetes or a heart condition. Most of these conditions we live with affect our whole body and the efficiency of repair and healing after injury. Our feet should be pain free. Without healthy pain-free feet life becomes a struggle.

Many of us have a routine of having our hair cut regularly, say every 6 weeks. Make it part of your lifestyle choice to allow a professional to not only keep your feet looking and feeling at their best but also to monitor any changes that you might be unaware of. **Be kind to yourself.**

## Therapies and Practitioners

<b>Acupuncture</b>	Caroline Shepherdson Sue Hooker
<b>Aromatherapy</b>	Mike Sawyer
<b>Chiropractic</b>	Paul Parolin
<b>Counselling/Psychotherapy</b>	Sue Prendergast Sue Roberts
<b>Craniosacral Therapy</b>	Paul Parolin
<b>Easibirthing®</b>	Sarah Newman
<b>EMDR</b> (Eye movement desensitization & reprocessing)	Debrs Luton
<b>Foot Care</b>	Jane Parker
<b>Future Life Progression</b>	Paul Eagle Suzanne Mann
<b>Healing: Reiki/Spiritual</b>	Paul Eagle Suzanne Mann Judith Samuel Mike Sawyer
<b>Health Kinesiology</b>	Frances Arnold
<b>Herbalism/Herbal Medicine</b>	Nathalie Chidley
<b>Herbapeel Facials</b>	Judith Samuel
<b>Holistic Massage</b>	Mike Sawyer
<b>Homoeopathy</b>	Peter Healey
<b>Hopi Ear Candling</b>	Judith Samuel
<b>Hot Stone Therapy</b>	Mike Sawyer
<b>Hypnotherapy/NLP</b>	Paul Eagle Suzanne Mann
<b>Indian Head Massage</b>	Judith Samuel Mike Sawyer
<b>Life Coaching</b>	Suzanne Mann
<b>Osteopathy</b>	Zuzana Tillner
<b>Naturopathy</b>	Zuzana Tillner
<b>Past Life Regression</b>	Paul Eagle Suzanne Mann
<b>Physiotherapy</b>	Sue Hooker
<b>Reflexology</b>	Judith Samuel
<b>Shiatsu</b>	Abigail Lee
<b>Stop Smoking for Life</b>	Suzanne Mann
<b>Weight Management</b>	Suzanne Mann

## Anxious? Depressed? - but nervous about finding help?

by Sue Roberts MA, MBACP (Accred)

You've realised you need some help with your problems - but what to do? Where to go? Who to ask? It can be very daunting, particularly as you may be feeling pretty low in the first place.

It's clear to me that coming to counselling shows courage and determination on the part of the client. I aim to make you feel in control and safe as quickly as possible, so I offer a free initial half hour session. This gives you the opportunity to meet me



and decide if I'm the right person to help you, but also to find out a bit more about the process of counselling. After this it's up to you; if you'd like counselling with me, we can make another appointment, but if not I can recommend others who could help you.

You can contact me via the Harmony Centre and I'm always happy to discuss things over the phone if need be.

# Bringing more harmony to our minds... by Abigail Lee MRSS

Mindfulness is where we're aware of being aware. Much of the time our awareness is unmindful; it's habitual, automatic, and unmonitored. Mindfulness, on the other hand, is a form of self-monitoring. It's "meta-cognitive awareness" (being aware of



being aware). This might sound a little abstract, but in practice this meta-cognition is crucial, because we need mindfulness to help the mind work in a more harmonious way. When we're unmindful we don't notice what effect our mental activities are having on us. We may be unmindfully day-dreaming about some difficult situation in our lives and not be aware that in doing so we're causing ourselves conflict and stress. Because we lack mindfulness we don't realize that we're caught up in the daydream, don't realize that we have a choice not to be caught up in it. So we don't realize that the conflict and stress we're creating are unnecessary. And we don't realize that we have the freedom to respond in alternative ways. Mindfulness brings an awareness of what we're currently doing, an awareness of how what we're doing is affecting us, and an awareness that we have a choice to act in other ways.

Focus refers to the breadth or narrowness of the field of our mindful attention. Our mindfulness can have a broad or narrow focus, and both of these have a place in meditation. At its broadest — for example in "just sitting" — our mindful attention can include sensations from the whole body, feelings, thoughts and mental states, as well as sensations such as light and sound arising from the outside world. But

the focus of our mindfulness can also be very narrow. For example, in mindfulness of breathing we might become mindfully absorbed just in the touch of air on the rims of the nostrils.

Concentration refers to continuity of mindful attention. Normally we lack concentration, and have what's called "monkey mind," where our attention jumps from one object to another like a monkey swinging from branch to branch. In meditation we're aiming to stabilize the mind so that we can have greater continuity of attention. This can allow a more stable, concentrated state of mind to arise naturally. If you feel like learning a little more, please come and join our Tuesday fully-led meditation classes with Abigail Lee. Newcomers and experienced meditators all welcome.

**Paul Parolin** DC CST

GCC Registered, Member UCA

**Family  
Chiropractic  
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**Free Spinal Health Checks**

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*Adults, Elderly, Children, Babies, Pregnancy*

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## Berry Times are Here Again! By Nathalie Chidley BSc Herb Med



Summer is fading and I can feel autumn's chilly fingers tickling my toes in the evening and berries, hips and haws are already decorating the hedgerows.

Berries are excellent winter food, storing up the sweetness and sunshine of the summer in juicy

little packages which are convenient to preserve. They are packed full of vitamin C, all blue fruits (elderberries, blackberries, blackcurrants etc) are also now fashionably called 'superfoods' (although heaven knows what that's supposed to mean!).

Many of you may have made jam or jelly, but if you haven't yet tried to make a cordial I would urge you to have a go, it's easy & satisfying:

You will need: a quantity of berries, sugar, bottles with lids, brandy (as a preserving aid but you can leave this out for children's cordial), a large pan, a jelly bag, a measuring jug, a potato masher.

Pick & wash your fruit, discarding any blemished or suspect fruit, they won't add to the flavour. Put into a stainless steel pan and cover with water, more for hard fruit like currants, less for soft fruit like elderberries and plums. Bring to the boil and then simmer gently, crushing the fruit with a

potato masher. Simmer for about 20 minutes or until everything is very soft and juicy, drip through a jelly bag or muslin overnight.

The next morning make your sugar calculations: for each litre of fruit liquid you have add 700g of sugar, pour into a pan and dissolve on a low heat. Once the sugar has completely dissolved bring it to boiling point. Turn off the heat and pour into sterilized bottles, leave space for a tablespoon of brandy in each bottle (if you're using it) to be added & shaken in when the liquid has cooled. To semi-pasteurize the cordial so it keeps longer put a trivet or folded tea towel into a pot large enough to comfortably contain your bottles. Place the bottles upright inside the pan, add cold water to a level above the cordial in the bottles, bring to the boil & keep above 80°C for 20 minutes. Remove the bottles & place on a folded tea towel or wooden board.

These will keep for about 6 months, once open keep in the fridge where they will last for about a week.

You can make plain cordials using one berry at a time, you can make mixed berry cordials, add a squeeze of lemon juice, or warming spices like aniseed, cinnamon or ginger, be creative. I do recommend writing the recipe down as when your victims, sorry, your friends and family taste your amazing cordial they will want more!

# I am amazed at Shiatsu

by Abigail Lee MRSS

I find myself amazed at some recent occurrences working with patients in my Shiatsu clinic.

How is it possible to hold somebody's foot and know that they have an intolerance to fat? I mention this to the patient concerned and she confirms that she is indeed intolerant to fat. How amazing.

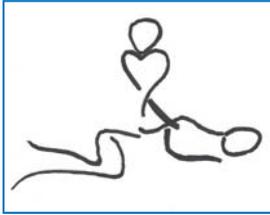
Working with a patient post-op who is suffering every day with a lot of stiffness both around the operation site

and quite a long way from it. And also suffering with stiffness around the areas where cannulas or 'lines' have been left in long term. Isn't it wonderful to be able to really feel inside the body for what is needed?

I really enjoy the joyful challenges arriving in the symptoms of my patients. I love the way that my three years intensive training and two years of clinical practice has prepared me to meet all these different conditions and be able to help.

But I realise that some of the magic is in the relationship between practitioner and patient and if the patient holds enough reservation then they will not fully engage with the process and change cannot occur to any great extent.

I am also aware of my job to set people at ease, answer questions and show them my competence in the way I work with them.



I think one of the many things I offer is genuine concern for your improvement. I still think of patients I haven't seen for months or years and wonder how they are getting on in life.

I also really enjoy treating other practitioners, I treat a reflexologist who also gives Thai Yoga massage/

Swedish. I treat several Shiatsu practitioners and also a colonic hydro therapist and a Cranio-Sacral therapist. This work is wonderful and quite different to usual patient work as I can feel the fact they are healers and how it can deplete them in certain areas of their beings and also we enjoy supporting one another with our different disciplines.

I recently had a new patient who when asked how she came to me, replied "you were recommended, I wouldn't of come otherwise in case I was ripped off or you weren't any good". I realise it takes courage to try something you know little about or a practitioner you have never met. I am happy to give free 15 minute initial consultations.

I am in the process of trying to archive all of my testimonials. So that you can read for yourself of the benefits of Shiatsu with Abigail Lee.

Any questions or comments, please contact [abslee@btinternet.com](mailto:abslee@btinternet.com).

# Finding Your Way with Fibromyalgia

by Zuz Tillner MSc Ost Med. ND

The diagnosis of fibromyalgia is unfortunately still based on clinical presentation rather than blood tests or imaging methods. This presents a difficulty in assessing the prevalence of the condition but it has been estimated that as many as 1 in 25 people globally has the condition. The symptoms vary from person to person and it can affect people at any age. The main symptoms include multiple muscular tender points, increased sensitivity to pain, fatigue, unrefreshing sleep, cognitive dysfunction or the combination of all of the above.

Other reported symptoms can include headaches, irritable bowel syndrome, urinary urgency, feeling irritable, pins and needles or a feeling of swelling in the hands and feet in the absence of actual swelling. The causes are still unknown but an increasing body of evidence shows an interaction between psychological and social factors, with pain processing mechanism playing an important role in the condition, rather than actual tissue damage and inflammation. Studies that have investigated pain processing in patients with fibromyalgia have found less effective pain inhibition and abnormal signalling in areas

of the brain involved in the processing pain and emotion. But whether these are the real causes of it is still unknown.

Therefore it is not surprising that there is really no cure. Although the pain and tenderness can be improved with both strength training and aerobic exercise. Moderate evidence exists for heated pool and spa treatments. Weak evidence supports the use of manipulation, massage, electrotherapy and ultrasound. In addition there is also strong evi-



dence for education and psychological and behavioural therapy. Cognitive behavioural therapy can be used to help

patients overcome negative thought processes and have been shown to have a small effect in reducing pain and negative mood.

So an approach from multiple angles consisting of more than one therapy is recommended to beat this disease. It has been shown that self-management and pain-management courses combining exercise, education and a psychological intervention can be consistently effective for patients with fibromyalgia. Ring the Harmony Centre to find out what our team can offer.

## Classes at the Centre

### Tuesdays

9.30 - 11am  
7 - 8pm

**Yoga** Tanya Bradbury  
**Meditation** Abigail Lee

### Wednesdays

Morning

**Pilates** Kim Harket

### Sundays

**Qigong** once a month Cindy Engel  
October 19th  
November 23rd  
January 11th  
February 15th  
March 22nd

*Reiki/ Healing is offered at the Centre on all five days of the week. Please phone for further details*



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