



Harmony Centre News

The perfect setting for healing, learning and development

Summer 2015

No. 25

Editorial by Paul Parolin DC CST

Welcome to the 25th edition of our newsletter. With winter well behind us and summer on everyone's radar we can begin to look forward to the many outdoor activities on offer in Suffolk like school fetes, Latitude, beach visits, fairs, festivals and more. Whatever takes your fancy. One date that may interest you is 20/21st June. It is the weekend of the Walpole Open Village. As well as village activities such as a car boot sale, craft displays and open gardens the Harmony Centre will also be open for supporters and interested new comers offering taster therapies, classes etc.

So if you would like to try a meditation or yoga class then come along. Also on offer is a self hypnosis & relaxation workshop. Over the course of the two days we have a wide range of practitioners offering taster sessions in foot care, reiki, spiritual healing, sciatsu and indian head massage. Our chiropractor will be at the centre on Saturday and on Sunday the osteopath will be available for spinal checks and advice. There is a timetable below to help you decide when you would like to come along. Refreshments will be available. Back to the newsletter. There are six interesting articles in this edition from



enthusiastic, qualified and credible therapists and teachers covering a range of issues from headaches, food intolerance, Sara one of our Qigong teachers and mindfulness as well as a recipe for making your own herbal infused vinegar. I would like to recommend all the articles as an interesting read. Informative, educational and enlightening.

Open Weekend June 20th & 21st Schedule Classes & Workshops

Saturday

12pm Meditation with Cindy Engel
2pm Self Hypnosis & relaxation with Paul Eagle

Sunday

11am Yoga with Tanya Bradbury
12pm Qigong with Sara Lasham
1pm Meditation with Cindy Engel

Taster sessions, Spinal checks, Consultations, information

Paul Eagle & Suzanne Mann: Hypnotherapy, NLP, Life Coaching, Reiki & Spiritual Healing, Hypnotic Relaxation
Jane Parker: Footcare
Cindy Engel: Shiatsu
Paul Parolin: Chiropractic & Craniosacral Therapy

Judith Samuel: Reiki, Reflexology, Indian Head Massage, Hopi Ear Candling
Jane Parker: Foot Care
Cindy Engel: Shiatsu
Zuzana Tillner: Osteopathy

New Face by Sara Lasham



I first came to Alternative Therapies through my own experience of receiving Holistic treatments to aid my own healing where Western Medicine could no longer help.

I have VTCT Diplomas in Holistic Therapies – Aromatherapy, reflexology, Indian Head and Swedish massage. I also practice Reiki healing.

Currently I am a senior student Practitioner of Zen Shiatsu and Qi Gong
I have found all of the above immensely powerful and beneficial in my own healing.
This inspired me and has given me an understanding of the body and ways to work with it to help release old traumas, stuck emotions that may be causing blockages within the physical or energetic system. Helping to restore balance and clarity.

Qi Gong is a good way to help achieve this as a form of self management, relaxation and healing.

It helps break down the restrictive chains of tight fascia that restricts our movements, giving us more freedom physically and mentally, bringing us back to life as we knew it by helping us to stay youthful, buoyant and positive.

I first discovered Qi Gong in 2007, whilst looking for a form of exercise that was both gentle and strong. It felt like good medicine for me.

My energy increased and I felt emotionally calm and centred. A very positive experience- I was hooked!

A three day Qi Gong retreat and left me feeling three inches taller, aligned, relaxed and pain free!

Since then I have regularly trained with Cindy Engle of Wild Health Qigong and Damo Mitchell of Lotus Nei Gong. Regularly attending workshops and retreats in the UK, Wales and Sweden.

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Allergy Testing and Beyond by Frances Arnold

"So what do you do?" "I'm a kinesiologist"
In the 15 years since I qualified the general response to that statement has gradually changed from "Whats that?" to "I know, you have test kits and check people for allergies and food supplements"

Well yes, but this isn't where it ends. Whilst it's very useful to identify foods that are triggering ill health, and great for the client to be given a list of foods they need to avoid, this is only the beginning of the journey to well being.

Food intolerance is not so much the cause of symptoms as part of the symptomatic picture of an underlying imbalance within the energy system(ES).

By Energy System I mean the whole system of bio-energy of which the physical body is only part. The greater part is our "invisible anatomy"; the subtle bodies which hold the key to our life force.

Kinesiology as I practice it is about harmonizing and balanc-



ing the energy system(ES). What ever the symptoms of ill health, there is a corresponding, underlying imbalance within the ES. And it is the job of the kinesiologist to identify the imbalance and carry out the specific balancing processes needed to re-harmonise the body.

So a restricted diet due to intolerance or allergy isn't necessarily a life sentence. Although it may be necessary to abstain for a period of time while the body repairs it's function and structure. Most of my long standing clients reach a point where all foods can be well tolerated. And the body can be retrained to remain robust in the presence of what was previously an allergen-perhaps dust or pet hair. But more importantly the optimum functioning of the body is restored as each energetic blockage is identified and released promoting

greater well being and vitality with each session.

For further information phone 01728663204.

£5 off any session with a copy this article.

Classes at the Centre

Tuesdays

9.30 - 11am
6 - 7pm

Yoga
Meditation

Tanya Bradbury
Cindy Engel

Wednesdays

Morning
6.15 - 7.45pm

Pilates
Qigong

Kim Harket
Cindy Engel & Sara Lashm

Thursdays

1 - 2.30pm
6.00 - 7.15pm

Qigong
Yoga

Cindy Engel & Sara Lasham
Tanya Bradbury

*Reiki/ Healing
is offered at the
Centre on all five
days of the week.
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.

Self-Empowerment Tool Kit by Cindy Engel BSc PhD MRSS

Meditation is a paradox: both the most difficult and the simplest of skills, but a skill that you can take anywhere and use anytime—the ultimate tool for self-empowerment. The benefits that practitioners report are many and varied and science is finding support for these experiences. Behaviour and brain structure change with regular meditation. One recent paper reported that only 3 months of mindfulness practise reduces indicators of aging in the brain (thanks to brain imaging techniques no meditators were killed in this experiment).

Mindfulness meditation is not about relaxation although you will feel deeply relaxed after practising. Meditation is not the same as zoning out while you walk the dog or being in the flow as you paint that picture. Mindfulness meditation is a form of mind training. We train our mind to work for us rather than against us. This opens up all sorts of possibilities for clarity, creativity and inspiration. It gently dismantles mental and emotional



habits and expands our awareness into a more spacious clarity. But it takes commitment, dedication to a task and regular practise.

As a teacher of meditation I have heard many times how someone has tried meditation once but didn't do it again because they found it too difficult. I find it is possibly the most difficult thing we might ever set ourselves to do; to rein in our own patterns of thinking and gently retrain ourselves. For me, this is a life-long road with some sections smoother and easier than others; sometimes making progress, sometimes not. To paraphrase the Buddha (who was pretty good at this): the strongest man conquers himself rather than conquering a thousand other people.

Here, at the Harmony Centre, we learn a few simple techniques of mindfulness meditation. Each block is six weeks long and is only £30. Cindy Engel 07873114682.

Headaches

by **Zuzana Tillner** MSc, Ost Med, ND

Most authors agree that cervicogenic headache is associated with pain and restricted mobility of the neck. Typically the headache is non-throbbing and located at the back of the head, the sides, the front or around the eye. Other symptoms may include nausea, dizziness, difficulty swallowing and sensitivity to light. It may feel like a migraine, it could feel quite mild or it could be a combination of periodic migraines with cervicogenic headaches in between. Some patients may start with cervicogenic headache and then progress into migraine.

The initial cause is often a road traffic accident, other causes include incidents during sports activities, bouts of coughing, falls from horses, periods of intense work or stress or after operations or dental procedures.

In over 90% of patients with a cervicogenic headache and migraine there is a dysfunction in the upper vertebrae of the neck. There could be a feeling of fullness and restriction at the base of the head. The tissues are normally very sensitive. Other findings may include restrictions in the thoracic spine, ribs and the mandible.

There has been a number of studies with positive results



recommending osteopathic treatment. Other trials also favour manual or manipulative treatment by chiropractors and physios.

It has some similarity with "sciatica". The torsions,

restrictions and tissue inflammation of the nerve roots could lead to pain referral. Osteopaths have the palpation skills to identify the structures that are not functioning as well as they should and help you with exercise and postural habits. We can also teach you to know your condition better and how to avoid the re-occurrence of your symptoms.

Mindfulness by **Paul Eagle** Helios Holistic Therapies @ The Harmony Centre.

Mindfulness has become something of a buzzword in well-being circles in recent years. Used by health professionals, therapists, schools and businesses it has been shown to successfully reduce anxiety and worry, relieve depression, ease physical pain and stress, improve memory, enhance concentration and boost happiness. It is also the focus of this year's Mental Health Awareness Week in the U.K.

The principle behind Mindfulness is Experiencing Life in the Present Moment. So often, as we go through our day, our body and brain is in the present moment but our mind, our attention or awareness, is 'somewhere else' – either away into the future, planning what to do later, or worse, worrying about something which may or may not happen; or in the past – going over recent conversations or replaying scenes of upset or trauma.

So mindfulness suggests we stop, take a few gentle breaths, notice where our attention is and bring it right back into the present moment.

Much of the time our attention is on others too – serving others or being directed by them, noticing what they are (or are not) doing or saying. Mindfulness guides our attention back into ourselves, by focusing on our breathing, and be-



ing aware, without judgement, of what we are experiencing through our senses.

Unlike Meditation or Visualisation, the aim is not to take an inner journey, nor to seek enlightenment, but to centre oneself and experience life "in the moment."

How can such a simple practice bring such benefits? Taking regular Mindfulness time allows the active, analytical part of your mind to 'catch up' with itself, to manage the information we continually feed in to it. It also allows you to become aware of the repeating babble which may be clogging your mind. Once you can recognise this 'mental noise' it is much easier to replace it with clearer thinking and better mental focus. For anxiety sufferers, it is a reminder that what they are fearful of is either in the past and cannot be changed, or in the future (which means it may not happen at all, or not as they expect) and we

know we can affect our future by the thoughts, feelings, attitudes and actions we choose today.

Start with 10 minutes a day and build up to a couple of 30 minute sessions, morning and evening, and you will soon begin to feel the difference.

Workshops

Sunday June 14th Qigong Balancing the Heart
Cindy Engel

Sunday July 12th Ointments and Creams
Nathalie Chidley

Sunday July 26th Qigong Earth Works
Cindy Engel

Sunday Aug 2nd Mindfulness Meditation RETREAT
Cindy Engel

Sunday Sept 13th Advanced Cream Making
Prerequisite Ointments and Creams
Nathalie Chidley

Sunday Oct 25th Autumn Herbs: Syrups, Honeys, Jams & Jellies
Nathalie Chidley

Sunday Nov 29th Herbal Christmas
Nathalie Chidley

For more details see website or ring reception

*Live life as if everything is rigged in
your favour - Rumi*

Summer Kitchen by Nathalie Chidley BSc Herb Med

Vinegars and oils are a natural choice for summer kitchen herb recipes: they combine beautifully to make salad dressings and they can both be used internally and externally for a range of conditions medicinally as well as for purely cosmetic purposes.

Vinegar has many health sustaining properties in its own right. Externally it helps to reduce swelling and can be used as a cooling wash on the skin to bring down fever. It is also close to our skins' natural acid pH and so makes effective skin washes that don't disturb the natural protective defences of the skin.

Herbal infused vinegars can be used as gargles for sore throats (sage, thyme), internally the weak nature of the vinegar acid can also help to neutralise over-acidity of the stomach acids (camomile). Herbal vinegars can also be mixed with honey to make what are called oxymels, an ancient form of medicine mentioned by Hippocrates. Oxymels can be useful to treat children, the sweetness of the honey making the medicine more palatable so for example a camomile infused vinegar mixed with hot water and honey to sooth a fractious over-tired child, or a tummy ache.

To make an infused vinegar:

Use a good quality vinegar: wine, cider or malt depending on your preference. Make sure there is no extra acetic acid added and preferably use organic vinegar.

The herbs you will want to choose for flavour, for salad dressing for example will tend to be the aromatics. What is an aromatic herb? One that smells! For example rosemary, thyme, sage, tarragon, lemon balm, mint – anything that releases a strong aroma when crushed contains quantities of essential oils which will flavour your vinegar.

So – select your chosen herb; for its flavour or for its special quality (healing, cosmetic etc.), pick in the early morning, after the dew has dried (if you are lucky enough to be an early riser), on a dry day. Examine it carefully and remove any blemished leaves or branches, or insect life. Do not rinse the herb so do make sure you choose carefully.

Chop the herb finely with a good sharp knife and put into a wide mouth jar (jam, kilner or swing top), cover with your vinegar with an inch or two clear of the herbs at the top, replace lid. Keep this out of direct sunlight and heat and shake every day for two weeks. Strain your vinegar through a fine sieve or muslin. You can then decant into a bottle, clear or coloured and add a fresh sprig of your herb.

You can also simply stuff a few sprigs straight into the bottle, which should be clear not coloured in this case, and shake

every day for two weeks. The flavour of your chosen herb will infuse into the vinegar but not as strongly as with the chopped method given above. Leave the sprigs in the vinegar as it looks pretty and will deepen the flavour but do remove them once they begin to be uncovered as you use the vinegar to prevent the possibility of mould forming on the



exposed herb.

Other lovely summery produce to infuse into vinegar are soft fruits for example blackberries, raspberries, elderberries and rosehips. These can be made by simply crushing the berries into a wide mouth jar with vinegar and then leaving, as above, for 2 weeks before straining off the berries and bottling the vinegar. Fruit vinegars are lovely in vinaigrette, in sticky spare rib sauce, added as a dash to any tomato sauce or as a 'shrub'. What is a shrub? It is a fruit vinegar that has been mixed with soda or tonic

water, some ice cubes & perhaps some herbs (such as mint) and a slice of lemon and served as a refreshing summer drink. I leave to your imagination what else may mix well into your 'Summer Cocktail'!

Do label your bottles, with the herb and date – leave unlabelled if you like surprises but be warned, you will forget what it was! Once made the vinegar should be used up within the year, just in time to make some more!



Therapies and Practitioners

Acupuncture	Sue Hooker
Aromatherapy	Mike Sawyer
Chiropractic	Paul Parolin
Counselling/Psychotherapy	Sue Prendergast Sue Roberts
Craniosacral Therapy	Paul Parolin
Easibirthing®	Sarh Newman
Foot Care	Jane Parker
Future Life Progression	Paul Eagle Suzanne Mann
Healing: Reiki/Spiritual	Paul Eagle Suzanne Mann Judith Samuel Mike Sawyer
Health Kinesiology	Frances Arnold
Herbalism/Herbal Medicine	Nathalie Chidley
Herbapeel Facials	Judith Samuel
Holistic Massage	Mike Sawyer
Homoeopathy	Peter Healey
Hopi Ear Candling	Judith Samuel
Hot Stone Therapy	Mike Sawyer
Hypnotherapy/NLP	Paul Eagle Suzanne Mann
Indian Head Massage	Judith Samuel Mike Sawyer
Life Coaching	Suzanne Mann
Naturopathy	Zuzana Tillner
Osteopathy	Zuzana Tillner
Past Life Regression	Paul Eagle Suzanne Mann
Physiotherapy	Sue Hooker
Reflexology	Judith Samuel
Shiatsu	Cindy Engel
Stop Smoking for Life	Suzanne Mann
Weight Management	Suzanne Mann