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Autumn/Winter Newsletter

2008

This beautiful meditation really worked for me so I would like to share it. It seems to me that we have all forgotten to like ourselves. This lack of self is impacting heavily on our health, both internally and externally. It is important to find internal peace, enjoy life and remain healthy.

## Cherishing You - Falling in Love with Yourself

Many people, in seeking out love, tend to look outward rather than inward. Yet falling in love with yourself can be just as wonderful an experience as falling in love with someone else. While the idea of falling in love with ourselves may be perceived as conceited or selfish, choosing to fall in love with who you are is a powerful act of self-love.

When you fall in love with yourself, you can't help but experience a wonderful sense of discovery. You begin to look at yourself again through fresh eyes, becoming more attentive to the little details that make you so unique. Once you discover how much there is about you to fall in love with, you can't help but want to treat yourself as lovingly and respectfully as you would treat anyone who is special to you. You start to give to yourself more because you become more attentive to your own needs and desires.

Choosing to fall in love with yourself is a very personal process that takes time. There is no magic wand you can wave to make this just happen. But there is the magic of your intention and the power of your actions, whether you are taking the time to do the activities you like, speaking to and treating yourself with respect, taking inventory of all your wonderful qualities and accomplishments, or nurturing yourself with plenty of rest and self-care. When you fall in love with yourself, you begin to see yourself more positively, appreciate your unique outlook on life, and treat yourself in a more nurturing way. In loving yourself, you are acknowledging that you are special and deserving of love. Best of all, you are giving yourself one of the greatest gifts you have to give another. You are giving yourself the gift of your love.

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## Focus on Immunity:

**Eat a balanced diet:** Dump the convenience food, and introduce an organic, rainbow coloured diet, filled with complex carbohydrate such as jumbo oats, whole wheat, quinoa, brown rice. Add a variety of sea vegetables, earth vegetables and fruit which are high in immune boosting vitamins, phytochemicals, minerals and fibre. Add some quality protein. A child's daily intake should include approximately 15% protein from organic lean meat, oily fish, grains, beans, pulses, nuts, seeds, soya products or veggie mince, an adult about 20%. Include fatty acids in the form of omega 3 and 6 which help to boost the immune system, build healthy cells and discourage allergies. Omega 3 is found in oily fish, green leafy vegetables, linseeds and beans whilst omega 6 is found in sesame, sunflower, grapeseed oil, nuts and seeds. Keep cooking methods simple - raw vegetables and fruit daily otherwise steam, stir-fry, grill or bake.

**Include Fibre.** Fibre plays an important role in maintaining health because 70% of the immune system is localised in the digestive tract. Around 80% of the daily intake should come from insoluble fibre, which makes bowel movement easier and supports gut health. This type is found in wholegrains, rice, root and leafy green vegetables, prunes, nuts and seeds. Soluble fibre helps balance blood sugar and is found in oats, pulses, beans, apples, pears, sweet potatoes and onions.

## *"Blending Nutritional Science with Holistic Health"*

Food Sensitivity/Health Screening \* Nutritional Therapy \* Pre-conception/Fertility Programme  
Lymphatic Massage \* Reflexology \* Ear Candling \* Therapeutic Massage \* Reiki Healing

Parkside Therapies, Hampton Hill TW12 1BE and Maple Leaf Clinic, Twickenham TW2 5AB  
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**Debit and Credit Cards Accepted**

**Disclaimer:** This newsletter has been written for general guidance only and does not take into consideration individual food sensitivities/food allergies/specific illnesses. If you have any disorders or are on regular medication it is important to discuss making changes to your diet with your GP.

**Drink Water. Bodies are made up of 70% water.** Drink fresh filtered water daily to flush out toxins and hydrate the body. Did you know that tap water within the UK contains aluminium, lead, nitrates from fertilisers and trihalomethanes which include chlorine to kill bacteria?

**Daily Outside Exercise** Vitamin D has been shown to boost immunity, whilst exercise, especially trampolining, boosts the lymphatic system.

**Include Manuka Honey.** 1 teaspoon of Manuka honey daily, mixed with a serving of live yoghurt will not only provide a probiotic for digestive health but has anti-inflammatory, immune boosting properties. Add a teaspoon of ground flaxseeds and mixed nuts for a complete breakfast or snack.

### **Holistics for Immunity:**

**Nutritional Therapy:** You really are what you eat! Learning to understand your body's needs and why it reacts the way it does can really optimise health and improve your life!

**Health Screening:** Find out your current health status. A non-invasive screening using scientific technology can highlight food and environmental sensitivities, bacteria, viral and parasite invasion, and screen organ health.

**Ear Candling:** The anti-inflammatory properties within these candles can help to provide relief from ear, nose and throat disorders. Depending on severity of the condition, 1-3 treatments may be needed in the first week, and then once to twice per week for the next couple of weeks. This can be combined with a lymphatic massage.

**Lymphatic Massage:** The lymphatic system, put simply, is the plumbing of the body! Lymphoid tissue is comprised of water, fats, proteins, salts, hormones, dead cells, immune system cells and lymphocytes. The job of lymphocytes is to destroy bacteria, form lymphatic and blood cells and protect against disease. This form of remedial massage is highly specialised yet gentle and effective. It stimulates lymph flow to encourage detoxification and support the immune system.

**Reflexology:-** Works on the principle that reflex points in the hands and feet correspond to every part of the body. By working on these "reflexes" blockages in the energy pathways are cleared, aiding the body to heal itself. Excellent treatment to support the immune system and reduce symptoms associated with migraine, sinus problems, digestive disturbances, hormonal irregularities and breathing difficulties.

**Reiki Healing:** A non-invasive treatment which calms and restores. Combined with meditations actively supports emotional and physical well-being.

### **Basia's Baked Pumpkin Soup**

**1 small pumpkin – peeled and cut into equal sized chunks**

**2 carrots or root vegetables such as parsnips**

**1 red onion**

**2 large garlic cloves**

**Olive oil**

**Vegetable stock and herbs of your choice**

**Heat oven to 180°C. Cut pumpkin into equal size chunks, together with onion, carrots or parsnips and garlic. Drizzle with oil and roast in oven for about 35 – 40 min until soft. When cooked, liquidise with vegetable stock until smooth. Add herbs of your choice - dill/lemon thyme. For those who aren't dairy intolerant, swirl some double cream/crème fraiche. Enjoy!**

- ❖ **Nutritional Therapy** - Includes a short sensitivity screening, a dietary programme and "Naturally Healthy" booklet. More in-depth screening available if required.
- ❖ **Pre-conception and Fertility Programme** - Conditioning programme using health screening, specialised supplementation and dietary protocol with the option of holistic treatments to prepare for a pregnancy, during pregnancy and post-natal.
- ❖ **Body Treatments** - Therapeutic, Conception Conditioning and Pre-Natal Massage, Reflexology, Lymphatic Drainage, Hopi ear candling
- ❖ **Spiritual Healing** - treatments combining healing, meditation and visualisation
- ❖ **Hormonal/Food/Environmental Screening** - from £65-£150
- ❖ **Children's Clinic** - Health Screening (under 12's) £40, Nutritional Therapy and therapeutic body treatments, spiritual healing and ear candling

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