

Welcome to Spring *Health Matters*.

At last the sun is shining brightly, the daffodils are dancing in the wind and the sky is a lovely bright blue as I write this – Spring is finally with us.

Not everybody is full of the joys though! Although many people get hay fever in the Summer, there are a lot of people who dread the arrival of the catkins because they bring with them pollen and pollen can only mean one thing – streaming eyes and nose and itching eyes and throat!

This issue features allergies and how they can be helped.

Elaine



Diary Dates

- Apr 8 Hailsham & Heddingly
Conservative Ladies Club Talk
- Apr 20 1000-1600 Open Day
- May 11 1500-1900 Open Day
- June 23 1630-1930 Open Day

An 'Open Day' is when my door is open for anyone to come in who wishes to have an informal chat about specific problems. It's an opportunity to find out more in an informal way.

If you would like me to do a short talk at your club or society please contact me.

Bach Flower Remedies

The Bach Flower Remedies were developed by Dr Edward Bach in the early 1930s.



He was a bacteriologist, Harley Street physician and homeopath. His work and personal experience convinced him that the attitude of mind plays a vital role in keeping healthy and recovering from illness.

The remedies are safe and gentle, each prepared from an infusion of flowers, wild plants, trees or bushes. The plant is floated on spring water in sunshine or boiled so that its essence transfers to the water. This creates the 'mother tincture' which is preserved in brandy. The bottles you can buy in good chemists and health stores are made from this original tincture.

Each remedy addresses an emotional state. There are 38 remedies to help you manage the emotional demands of everyday life.

How do they work?

Their purpose is to support the fight against illness by addressing the emotional states which impede physical healing. They work by restoring our natural emotional balance.

The remedies are used world wide by doctors, dentists, psychotherapists and health practitioners as well as by individuals in their own homes. It was Dr Bach's dream that people would use the remedies to heal themselves.

Will the Bach Flower Remedies change my character?

No. It is impossible to make someone something they are not. The remedies work by restoring the natural emotional balance.

Will the Bach Flower Remedies affect my medication?

No, they complement rather than hinder any other treatment or medicine.

However, it should be noted that all the Bach Flower Remedies are preserved in alcohol. They are taken by putting two drops into water and therefore the alcohol is heavily diluted. If your medication is affected by alcohol or you have a religious objection then they are not suitable for you.

Who can use them?

The majority of people will find the remedies help them.

They can be taken by both adults and children. Breast feeding mothers can give their baby the remedy through their breast milk.

They are non-habit forming, have no side-effects and there is no danger of overdose. They can be taken by people of all ages.

Should I see a practitioner?

If your needs are simple, say fear of flying, you can take **Mimulus** yourself. Sometimes though life is more complex and the supportive and objective help of a Bach Foundation Registered Practitioner (BFRP) can be invaluable.



Spotlight on Bach Flower Remedies



Crab Apple

Helps to improve a poor self Image and reduce embarrassment



This is the remedy of cleansing, for those who feel as if they had something not quite clean about themselves. This may be by way of a disease or rash, pollution, contact with a dirty object or dealing with infected material. People who are constantly washing their hands or who are overly particular about housework would find this remedy useful.

It can also be helpful if you are feeling unhappy in your physical appearance or embarrassed about unpleasant physical symptoms, characteristics or features such as facial birthmarks.

Try Crab Apple to restore confidence in your appearance and to feel more at ease with the way things look.

Created by Dr Bach, a Harley Street physician in the 1930's, the remedies are 38 safe and gentle remedies each aimed at a different state of mind or emotion. By restoring harmony to the mind they allow the body's natural defences to work more efficiently.

Your questions answered ...

Q I have suffered from bad headaches for a number of years. My GP sent me for a scan and the results were clear. Could it be an allergy to something?

A Possibly - headache is one of the common allergy symptoms. Keeping a food diary and looking for any patterns between foods eaten and times of the headaches might identify an allergy. However, if you have an intolerance the reaction may be delayed and make the culprit more difficult to spot.

Another common cause of headache is dehydration. Drink at least 8 glasses of water a day and see if the headaches lessen. The best way to find out for sure is to get yourself tested for allergies.

Q I have severe eczema on my hands and am very self-conscious about their appearance – especially in shops when I hold out my hand for change. Is there a natural remedy?

A Yes there is. The first thing is to find the cause of the eczema – this may be food, stress, environment etc. At the same time to deal with the emotional impact of the rash and sometimes intense itchiness.

Many of my clients who have had eczema felt very self-conscious or unclean – I gave the Bach Flower Remedy **Crab Apple** (see 'Spotlight' in this issue) to lessen these feelings. I also found the Bach **Rescue Cream** very helpful in soothing the skin when the eczema was cracked and sore.

This newsletter is for guidance only. You should seek the advice of a health professional if you are worried about your health. If you would like to unsubscribe please let me know. © Elaine Copeland 2004

A recent case

Before I visited Elaine to try kinesiology, I had visited various doctors and skin specialists over a period of six years who were unable to even tell me what I was allergic to, let alone relieve the symptoms.

After just one session with Elaine, she had pinpointed the cause of my allergy and corrected it, telling me that in six weeks I would be able to eat dairy products again without any reaction.



I was very sceptical and had tried Elaine's 'powers' out of desperation – six weeks later I was stuffing myself with any dairy products I could find - with no reaction at all! Thank you Elaine - six years worth of misery was alleviated in six weeks. I would recommend anyone to give it a try.

Gemma Proctor, G2K Design

You may find help with many problems that you think are untreatable. Phone up and find out.

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Health Matters

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With the compliments of your local Natural Health Therapist

Something in the Air!

Spring is Sprung! Bad news for some. Last year the Royal College of Physicians reported a "dramatic increase in allergy" with asthma, rhinitis and eczema increasing two or three times in the past 20 years.

If you are allergic to a food then it is mostly easy to avoid the food to which you have a reaction. It's much more difficult to avoid the 'hidden' ingredients.

Wheat, for example is used extensively as a thickener and binder in many foods (English mustard for instance). To avoid these allergens you need to become an avid label reader.

If you suffer from hay fever, or are allergic to another airborne allergen such as a pesticide, avoidance can be impossible.



Allergy testing

Tests available from doctors and private allergy clinics are usually the skin test or scratch test. There are also various blood tests, pulse tests, hair analysis and vega testing – you can even buy a home test kit. Unfortunately, 'treatment' is usually **avoidance**.

Few people know that, in the hands of a skilled practitioner, **kinesiology** can not only confirm an allergen but also lessen the effect or even **get rid of it completely**.

Kinesiology uses a muscular bio-feedback technique to

identify which substances interfere with the energy flow in the body. (See Issue 1).

The treatment is **simple, pain free** and takes **only a few minutes**. There are no blood tests or scratching the skin. Unlike over-the-counter drug treatments, **it does not suppress the symptoms**. Usually it can get rid of the allergy completely!

This technique can be used for **hundreds of allergens, including food**, so you may find that you don't have to avoid those foods after all!