

Welcome to Summer **Health Matters.**

Not everyone is glad that the sun has (finally) arrived. For many people summertime brings with it many things to be faced.

The featured Bach Flower Remedy is useful in these situations but it is best to consult a practitioner and deal with the maintaining cause of the fear or phobia.

This issue's feature is Magnotherapy – magnets can be used in travel too – placed on pressure points for the relief of travel sickness - their uses are far reaching!

Don't let your fears hold you back this summer, get out in the sunshine and enjoy a well earned break!

Elaine



Diary Dates

Aug 4	1500-1830	Open Day
Sept 1	1600-1900	Open Day
Oct 5	2000	WI Wittersham Talk Bach Flower Remedies
Oct 12	1600-1900	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.

What is Magnotherapy?

The first magnets were produced naturally from molten lava flowing from a volcano – they were called *Lodestones*. As lava cools it retains the magnetism which has passed through it in the earth's core. These Lodestones were used in the ancient Eastern societies to improve health and well-being.

Recently, Western science, has come to recognise the relationship between the earth's magnetic field and the magnetic field of our own bodies. Many conditions can be eased with the use of modern day magnets. These magnets use 'Central Reverse Polarity' to restore and maintain the natural balance of magnetism in the body.

What can magnotherapy help?

Our cells communicate with each other through electro-magnetic energy and work to maintain a natural healthy balance. Over time, this natural balance can be adversely affected by electro-magnetic radiation emitted from mobile telephones and their base stations, electricity pylons, computers and many other domestic appliances.

An imbalance of electro-magnetic energy is believed to be one of the causes of the development of specific health complaints.



Most commonly reported are headaches, itching skin, lack of concentration and depletion of energy.

Many people have found relief from severe pain with the use of magnets and it can be tried with various forms of discomfort including pulled muscles, joint problems

Pain, however, is the body's way of telling us there is a problem and magnotherapy, I believe, should be used as an aid rather than a cure. For example the use of magnets can often give people respite from severe pain which distracts them from sleep and impedes healing, allowing them to gain strength and mobility in order to be able to sustain other forms of treatment.

In my practice I determine the exact use of magnets and how long they should be used.

What are the benefits of magnotherapy?

The most obvious benefit is that it is drug free. This is particularly important in conditions where pain relief is a crucial factor in healing.

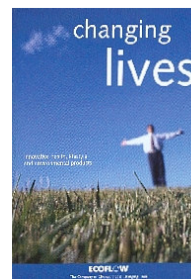
Magnets will also increase the oxygenation of the blood and I have found that I have more energy when I use one myself.

How are magnets used?

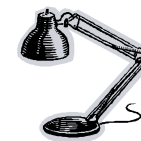
I use magnets during a treatment by placing them on the body or in the energy field of the person. I may recommend that a magnet is worn on the body as home support.

As well as using magnets in my practice, I am a distributor for Ecoflow and can supply various magnetic health products for you and your pets.

Ecoflow product brochure



Spotlight on Bach Flower Remedies



Rescue Remedy

Gives reassurance in stressful demanding situations. Particularly helpful in emergencies such as accidents or shock.



The yellow label of this bottle is one of the best known of the familiar Bach Flower Remedies.

Rescue Remedy is a composite remedy which Dr Bach formulated from five remedies:

Star of Bethlehem, for shock
Rock Rose, for terror
Impatiens, for mental stress and tension
Cherry Plum for desperation
Clematis for light-headed feelings

Carry it in your pocket, handbag or particularly the glove compartment in your car. It can be used for the victim of any distressing situation – and don't forget to take some yourself if you have seen something happen to another!

The remedy can be used even if the person is unconscious. Simply drop four drops onto their lips or pulse points.

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 heard that drinking two litres of water a day is recommended for good health but I am unsure whether this is tap water or bottled water. I am particularly concerned about the impurities in tap water – can you advise me?

A One and a half to two litres of water is the daily requirement. That's pure water – not fruit juice or tea. The benefits include improved concentration, better co-ordination and clearer skin.

There are pros and cons for both bottled and tap water. Tap water in the UK is amongst the best in the world. You can be sure that the micro-organisms in it are safe. However, it does contain other substances such as chlorine or, in some areas, fluoride, which do raise concerns and affect the taste.

Bottled water, although required by law to reach purity standards, usually comes in a plastic bottle, which for the health conscious can be worrying.

If you prefer to drink tap water either filter it through a regularly changed charcoal filter jug or fill a large glass jug and let it stand, uncovered, for half an hour and the water will taste sweeter. Alternatively, you can add a slice of lemon to neutralise the chlorine.

If you are worried about the chemicals in plastic, buy bottled water in glass bottles – this can be expensive and sometimes hard to find but it's a small price to pay for better health.

Recommended book: Your Body's Many Cries for Water, Dr Batmanghelidj

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

Having suffered occasional red itchy patches on my hands for sometime, this year they really flared up and occurred on my arms as well. A visit to the doctor confirmed that it was eczema and I was offered hydrocortisone cream on prescription which I refused.

I had tried this in the past and while it helped temporarily the eczema always came back when I stopped using it. I decided to consult Elaine even though I was a bit skeptical.

Immediately I was most impressed by Elaine's professional manner and the way she helped me feel at ease with an "unknown" approach.

After a few consultations, exploration of causes of the eczema and advice, I now have completely eczema free skin!

**Sabina Brown,
Freelance Professional Secretary**

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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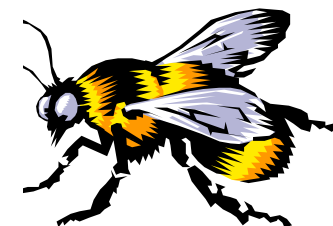
With the compliments of your local Natural Health Therapist

Here comes summer!

Though not even summer is free of fears and phobias.

I bet many of us have thought, at one time or another, life would be great if we could leave our fears and phobias behind. Fears and phobias can be annoying, debilitating and embarrassing.

Summer brings fears, such as the phobia of bees, wasps and other insects, which some people find acutely difficult.



One very common fear many people will experience this summer is fear of flying.

Fear of flying can often make holidays miserable experiences with that "hurdle" to get over at the beginning and the end. Fear of flying and its attendant problems, such as feeling stressed at the airport, irritable with other family members and worrying about the journey home etc can be both annoying and embarrassing. Even more stressful is the fact that there are no conventional remedies for the fear of flying.

Many people have been helped a great deal with fear and phobias by Kinesiology – a gentle, natural therapy that works with the mind and the body to help both reach a balance. It can be particularly effective with fears, because it treats the physical effects as well as the mental processes that create fear. It has been known to cure fear of flying very quickly.

Another effective therapy that complements Kinesiology is Bach Flower

Remedies. These natural healing remedies are designed to treat every emotional state that we are prone to. A skilled practitioner can create a remedy that can help a sufferer deal with a particular fear. Imagine having a drug-free natural remedy, which you could take before flights to help with fear!

Maybe these therapies could help someone you know to have an enjoyable summer this year.