

Welcome to the first issue of *Health Matters*.

Often, I have been asked questions about my work which are easy to answer face to face but too lengthy or specific to cover in my leaflet.

Health Matters is a means of giving you some topical and practical information.

I hope you will find it interesting, stimulating and helpful. If you have any comments or would like to see particular topics covered please let me know.

With best wishes for 2004.

Elaine



Diary Dates

Jan 22	1900	Rotary, Tenterden Talk
Jan 29	1030-1600	Open Day
Feb 4	1400	Ringmer Flower Club Talk
Feb 19	1000-1500	Open Day
Mar 13		Bexhill in Bloom
Mar 24	1000-1500	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 meet me before deciding to make an appointment.

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

Kinesiology

Still to be discovered by many, kinesiology (pronounced kin-easy-ology) was developed in the 1960s. It is a safe, gentle, holistic therapy that works on every aspect of health - physical, psychological, nutritional and emotional. It combines modern Western techniques and the principles of Traditional Chinese Medicine. It's like 'acupuncture without needles'!

Kinesiology is a fascinating therapy renowned for being able to uncover and help the underlying causes of symptoms that are difficult to find by other means.

How kinesiology works?

Kinesiology uses the body's energy in the same way as Chinese medicine and acupuncture (though needles are not used). The practitioner uses gentle muscle testing to find blocks in the body's energy system and assess a person's response to any stimulus.



A wide range of non-invasive techniques restore the natural balance of the energy system and enables the body's own natural healing.

Uses for kinesiology

Kinesiology can be used to alleviate a wide range of physical, emotional and mental conditions. These include:

Physical: Many people become fatigued over time, due to stress, illness, life changes etc. Kinesiology can release the stresses from the mind and the body giving a person much more energy and vitality.

Allergic conditions: Kinesiology can identify and alleviate allergies, often



removing the cause of the allergy completely.

Emotional: Kinesiology can be used to resolve many conditions, from phobias (fear of flying etc.) to deep seated emotional and psychological concerns.

Mental: It is especially effective with learning difficulties. Because Kinesiology works on the body and bypasses beliefs about learning, it can be used very effectively for adults and children with learning difficulties.

One of the major uses of Kinesiology is to defuse negative blocks (emotional and psychological) which influence our actions and decisions.

For instance, you may have made a resolution that you will get a new job this year, but your sub-conscious tells you "I'm no good in interviews" making it harder for you to succeed. Kinesiology can help find this type of block and help you give a better performance at interview.

Nutritional: You can find out what you body needs and avoid the stress of trying to stick to diets and methods of eating which are inappropriate for you. Lose weight, reduce cholesterol, improve your digestion, reduce bloating in a way that suits you.



Spotlight on Bach Flower Remedies

Walnut

Gives protection from change and outside influences. Breaks links with the past.



We all make resolutions, changes we want to make in ourselves. However New Year sometimes seems like a bad time to make changes. January is mostly cold and dark and we contend with change in the weather as well as our own issues. That can be tough. Sometimes we really want to make a change but our own subconscious works against us, for whatever reason.

This is where the Bach Flower remedy **Walnut** can help. It reinforces our ability to deal with change, helps us break the link with the past and makes it easier emotionally for us to accept change. It does this imperceptibly, supporting our desires, be they to stop smoking, look for a new job, etc.

Managing natural changes such as teething, puberty, menstruation, menopause, retirement can also be helped.

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 easily.

Your questions answered ...

Q I usually feel pretty low and depressed at this time of year – can you suggest anything?

A Many people find the 'come down' after Christmas, combined with the cold weather and winter light levels very depressing. Many of *the Bach Flower Remedies* can be most helpful – try **Wild Rose** if you are always weary or **Hornbeam** if you are procrastinating and just can't get things done. If you are feeling hopeless – try the sunshine remedy – **Gorse**.

Q I would like to give up caffeine but I have tried before and found it very difficult. I work in an office where coffee is readily available and managed to control my will power – but then after about a week I started to get terrible headaches and found a cup of coffee would ease them. Is this common?

A It's surprising how addicted we can become to caffeine – not just in coffee but also in tea and soft drinks.

Severe headaches are a classic symptom of 'detox'. They would eventually subside but a good way to alleviate them is to drink plenty of water (8 good size glasses a day).

Bach Flower remedy Crab Apple (the cleanser) and Walnut would be helpful too.

A recent case

I first went to see Elaine because I had stopped smoking apart from one a day, which I just could not give up.



Elaine asked me about the time of day that I smoked and whether it was constant or varied. I explained that when I got home in the evening I would have a cup of tea and a cigarette whilst I waited for my wife to come home.

By using kinesiology, Elaine was able to establish the sub-conscious 'benefit' of this one cigarette and discuss it with me. After a simple treatment my need to smoke was replaced with a choice to do something different.

I have not smoked since.

Jim Weston, Hailsham

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

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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

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With the compliments of your local Natural Health Therapist

New Year – New Start

Did you make a New Year's resolution? Lots of people did. Lots of people are on the way to breaking them and some already have - leaving a feeling of failure or that they have no will power. Little do we know that there is someone else at work - a little voice in our head called the sub-conscious.

Set up by our belief system, we go into new projects or resolutions unknowingly destined for failure. We give ourselves sub-conscious messages that we shouldn't, or can't change our behaviour.

By using Kinesiology we can access the body's feedback system - identify the sub-conscious blocks and replace them with positive affirmations that help us to succeed.



Giving up smoking

When you give up smoking you are often hit with the old double punch, physical AND emotional symptoms.

Although you may have cleared the nicotine in your system, there may still be an emotional impact.

Many ex-smokers miss the confidence that cigarettes gave them. Some people quite simply feel less comfortable.

Mentally you want to give up but physically it is uphill.

Kinesiology can help you to find your individual physical, emotional and mental responses to smoking and help to alleviate them.

If you are going to give smoking it makes sense to get as much help as possible.

And when that help comes from your own body, you stand a better chance of succeeding.

Health Matters