

# Well-being

*Healthy choices, naturally*

*from Millburn Complementary Therapy Centre*



Autumn/Winter  
2015/16 edition

## THIS IS OUR FIFTH BIRTHDAY CELEBRATION EDITION

### *Winter Well-being*

Staying healthy during the winter ..... Here are some easy tips to help you feel good.

**Raise your vitamin D levels naturally (without pills or sunlight).** We've all heard about the marvels of vitamin D: heart health, skin health, immune health, mental health....But, you don't need to supplement to get high vitamin D levels. The big secret is making healthy lifestyle changes. E.g., if you lose just 5% or more of your body weight, your vitamin D blood levels will shoot up. Other ways to increase vitamin D naturally are to lower your cholesterol, exercise, and eat more fatty fish, such as wild salmon .



**Take a class—with a friend.** Winter can be a tough time for many of us. All that darkness can take a toll on our mental health. Humans are social animals that don't do well in isolation, and the winter months can be very isolating for many people. We suggest that you and a close friend sign up for a yoga, cooking or other class. Not only do these kinds of classes improve your mental and physical fitness, but they help fill that social craving that we have as human beings, too.

**Get regular exercise.** While colder weather may trigger an urge to curl up in the sedentary comfort of a blanket, moving your body will actually boost its immune function.

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## *Back Pain? By Sports Therapist Jillian Topping*

At Millburn, approximately 75% of my patients are back pain related which is the leading cause of long-term sickness in the UK, responsible for more than **15 million** lost work days in 2014. Pain generally lasts from a few days to a few weeks.

For back pain that persists, **Sports Therapy** offers a combination of manual therapy, including massage and joint mobilisation, dry needling, electrotherapy, and specific rehabilitation exercises to help stretch and strengthen the back to relieve pain.



Having suffered from lower back pain for several years in the past, this subject is of a particular interest to me and something that enables me to identify with the patient.

## *Do you know the fabulous results you can get from Naturopathy?*

This therapy is a holistic approach to healing that works alongside your body's natural ability to heal.

It is a wonderful experience of discovery for anyone wanting to heal in a natural way.

***Joshua will support you to not only improve your health now, but empower you to improve your overall vitality and wellbeing.***

He will equip you with the information necessary to take control of your own health.

**Joshua Wooler** is a Naturopath, Herbalist and Nutritionist. Born in New Zealand where he studied, he has recently moved to Northern Ireland and joined the team at Millburn.



Josh brings with him a passion and a wealth of knowledge in his field. His primary goal is to educate and empower individuals to take control of their own health in a natural and sustainable way.

## ENJOYING THE SLOPES

For the more adventurous amongst us here are a few tips from Coleraine Physiotherapy Clinic's Kerry on avoiding injuries on the slopes

- ♦ **Stretch:** Walk to the slopes and perform dynamic stretches like gentle squats, lunges and rotations.
- ♦ **Improve your balance:** Stand on one leg with your eyes closed and try to balance for as long as possible. Practice before you go, and on holiday.
- ♦ **Have the right kit:** The terrible injuries suffered by F1 driver Michael Schumacher reinforce the need to wear a helmet on the slopes.

Snowboarders should also wear wrist and coccyx guards.

A simple, stretchy knee support can aid balance and also keep the joint warm if you have cartilage or arthritis issues.

Stretching at the end of the day will help

reduce any soreness the next morning. Do some gentle static stretches for your back, quads, glutes and any other muscles that feel tight.



Image courtesy of graur razvan ionut at FreeDigitalPhotos.net

## Aromatherapy at Millburn.... Angela Keys

Aromatherapy is a fascinating complementary therapy that involves the use of volatile plant materials also known as essential oils. Each essential oil has its own unique properties which can have a powerful effect on your physical and emotional healing. Various massage techniques in combination with the beneficial properties of essential oils can dramatically reduce your stress, ease tension and enhance your mood, help improve your circulation and stimulate your muscles—which in turn can help your flexibility and mobility, strengthen your immune system, reduce pain, encourage restful sleep and improve your digestion.

Having an aromatherapy massage is a very relaxing and rejuvenating experience.



## INDIAN HEAD MASSAGE

If you have never had an Indian Head Massage you have missed a wonderful experience. The art of Indian Head Massage originated from Ayurveda, the ancient Indian system of medicine. The Ayurvedic approach to health is the balance of body, mind and spirit and the promotion of long life.



Indian Head Massage is a form of relaxation massage that focuses on the face, head, neck, shoulders, upper back and upper arms which are important energy centres within the body. It is very relaxing and has a balancing effect as it helps to release stress and tension creating a sense of peace and well being. Joanne loves giving this treatment and seeing the benefits of this wonderful massage. Why not find out for yourself.

## Reflexology

"I found reflexology following a traumatic experience. I had feelings of anxiety and an inability to cope. Emma helped give me my life back, to get back in touch with my body and to feel well again."

Emma Kane has been the resident Reflexologist at Millburn for over three years and this is just one of her testimonials.



*Emma has a real passion, not just for reflexology but for helping others. She will listen intently to you and your body, helping you to develop self awareness. Emma combines a caring touch with years of experience to help reduce tension, reverse the effects of stress,*

increase circulation and encourage detoxification. Reflexology is effective in stimulating systems of the body which have become sluggish or are not working correctly. Regular treatments can boost the immune system, balance hormone levels and ease pain.

Emma is trained and experienced in maternity and fertility reflexology. Emma will help you to restore the balance of body, mind and spirit. She is happy to accommodate evening or weekend appointments.

*Phone the centre or 07595462470*

*emmak@mail.com    [www.emma-kane.co.uk](http://www.emma-kane.co.uk)*

## Keeping well in winter with Traditional Acupuncture

Autumn and winter are when I seem to treat the most colds and flu. There are clearly recognisable symptoms such as a sore throat, runny nose, cough, chills, fever, muscle aches etc. You may be affected in different ways e.g. some are able to make a speedy and uncomplicated recovery and with others the effects can linger for weeks.

If you are suffering, acupuncture can help alleviate the symptoms, shorten the course of the illness and prevent complications. This can help to prevent the use of antibiotics, thus helping to protect the immune system against future attacks.

### *Your recovery period is the most important part of getting better.*

You may feel weak or washed out. You may have a lingering cough, sinus pain and aches. Acupuncture can be used to clear sinuses, boost the energy levels and immune system, which can aid recovery.



Failure to recover completely from a bad bout of flu or a heavy cold quite often leads to a recurrence later in winter, so it is essential to deal with the original problem completely to prevent a relapse. *Susan Evans*

## Pelvic floor habits...

Over the summer, we are often out of our normal routines and it's very easy to fall into bad habits.

Now is a good time to get back on track and work on those good health habits!

- ◆ Drink 1.5 - 2 litres of (plain) fluid daily to help keep your bladder healthy and prevent constipation.
- ◆ Aim to pee every 3 - 4 hours during the day & once during the night (if over 50 years)
- ◆ Don't go to the loo "just-in-case"
- ◆ Do your pelvic floor exercises DAILY.

*If you have any questions about your pelvic floor exercises or any concerns about your bladder and/or bowel control, please contact Janice on 07596 756514.*

# BRA BANK

## AT MILLBURN

We have had our Bra bank at the centre for several years now and have raised a lot of money for

**Pretty "n "Pink**

**We need your old bras**

They all get sent to women in third countries



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## *Your winter MOT- Eat well and say No Thanks to coughs and colds!*

- ◆ Check your Vitamin D levels- essential for immunity and mood; check through your GP or with Morna.
- ◆ Test your iron levels- needed for energy and immunity; test through your GP.
- ◆ Eat that fat!!! Essential fats are anti-inflammatory and an immune system core nutrient. Think oily fish, nuts & seeds, avocados and houmous.
- ◆ Eat a portion of live yoghurt containing beneficial bacteria daily. 70% of your immune system is based in your gut so give it a bacteria boost!
- ◆ Think zinc! Immune functions are dependent on zinc, so think seafood, red meat and sesame seeds.



Contact: [morna@mornanelsonnutrition.com](mailto:morna@mornanelsonnutrition.com) or 07740555464



## CBT at Millburn. *Miriam Somerville*

When our mood is low, we often find that activities we enjoyed no longer bring pleasure. It may be difficult to motivate ourselves to do anything and then we feel worse because we know we are doing less.

Making some changes to bring back pleasure and achievement can be effective in helping us to feel better. We tend to think "I can't face that now, I'll do it when I feel more like it". In fact, pushing ourselves to participate in a simple activity for a short time, can make us feel better.

You might want to think about things you used to enjoy - reading



a book, doing a jigsaw, going for a walk or having a coffee somewhere nice. Although the effort to do it may seem enormous, notice how you feel afterwards. Give it a try and see what happens.

## *We would like to introduce our new Bowen Therapist.*

Mary Connolly has enjoyed working in the Complementary field for the past 15 years and is a member of the Bowen Association of Ireland. She is passionate about improving the health and well-being of those in her care so that they can achieve their full potential at every age and every stage of life with this amazingly gentle, effective technique.

Mary has a special interest in infants, childhood problems, sports injuries and helping people keep active.

Mary keeps up to date professionally with regular CPD (Continual Professional Development) courses.



*If you want to find out how the Bowen technique could help you, please get in touch with us.*

## Loyalty Cards

Get one of our loyalty cards stamped when you pay for your first treatment.

When you have 10 stamps on your card we will offer you a free treatment

of your choice to the value of £35.

## Therapies now available at Millburn

**ACUPUNCTURE** Susan Evans has been practising acupuncture for over 28 years and loves the amazing changes that come about using this powerful system of medicine

**AROMATHERAPY** Angela Keys knows how to make you feel wonderful with her gentle touch.

**BOWEN THERAPY** Mary Connolly uses this therapy to help align the body with this amazing gentle, effective technique.

**COGNITIVE BEHAVIOURAL THERAPY (CBT)** Miriam Somerville loves to create a warm and open relationship where problems can be talked about without judgement or embarrassment.

**FOOD INTOLERANCE TESTING** If you think that your problem is food related, Susan can carry out a simple but very effective finger-prick blood test to find your intolerances.

**INDIAN HEAD MASSAGE** Joanne Kennedy-Deering has hands that instantly relax you, causing all those worries to float away.

**Natural Facial Clinic** Joanne Kennedy-Deering has many years of experience in the field of Natural beauty and now offers Microdermabrasion, as well as her renowned Zen facials .

**Naturopathy** . Josh Wooler has a holistic approach to healing to help you take control of your own health.

**NUTRITIONAL THERAPY** Morna Nelson specialises in how the food we eat can affect our health and vitality. Jump out of bed every morning with a zest for life.

**PHYSIOTHERAPY** Kerry Marsh and Joanne McCracken are both interested in getting your physical health sorted, and your pain eased. Many problems can be sorted in a pair of very capable hands.

**PODIATRY** Sarah Jane McIntyre will help you to feel like you are walking on air. We all know how comfortable feet are so very important.

**REFLEXOLOGY** Emma Kane just loves the results that this therapy offers. Regain balance of body and mind and release blocks and tension.

**SPORTS THERAPY AND MASSAGE** Jillian Topping loves sport and specialises in the treatment of sports related issues. Jill is dedicated to help with preparation for and post sporting events.

**WOMEN'S HEALTH PHYSIOTHERAPY** Janice Allen specialises in all issues related to women's health. She has many years of expertise in this field.

### Boosting your fertility, naturally.

We have several experts here working in the field of natural fertility and have put together a combination of treatments designed to boost your fertility.

The package consists of 3 acupuncture treatments, and 3 nutritional consultations . Call the centre for more details