

# Well-being

*Healthy choices, naturally*

*from Millburn Complementary Therapy Centre*

Autumn/Winter  
16/17edition



## *Top tips for a good nights sleep*

***Have you done all the obvious stuff?***—cut out that late-night tea or coffee laden with caffeine, make sure your bedroom is dark and cosy, stop writing your to-do list right before bed. And you are still tossing and turning? Here are some of the less obvious things to try to get that great nights sleep.



***Cut out any caffeinated drinks*** from lunch time.

***Maintain a relaxing sleep routine.*** Create a bedtime routine that relaxes you. Experts recommend reading a book, listening to soothing music or soaking in a hot bath (add some lavender essential oils for relaxation)

***Banish technology.*** Television, smartphones, tablets, laptops and computers should be kept out of the bedroom. Intense backlighting of electronics triggers stimulating chemicals in the brain that tell your body it's time to be awake.

***Keep your room temperature down.*** Most people fall asleep faster and sleep better in a cool room.

***Wear bed socks.*** This improves the circulation to your extremities.

***Bring the lights down*** and turn the TV off an hour before bedtime. This gives a signal to your body that it's time to wind down.

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## Manual Lymphatic Drainage ...What is it?

Manual Lymphatic Drainage (MLD) is available at Coleraine Physiotherapy Clinic.

Below is a quick summary of what it is:

There are 2 main transport systems in the body to clear excess fluid –

- *The circulatory system where the heart pumps blood through arteries and v bringing fluid back towards the heart.*
- *The lymphatic system which relies on the pumping action of our muscles to gather fluid into lymphatic vessels in the skin and draw fluid through nodes or glands in our limbs.*

The lymphatic system can sometimes become sluggish if we are inactive or have had some type of infection which has caused the nodes to swell and become overloaded, or if cancer surgery has removed some of the nodes causing this part of the filtering process to stop working.

MLD is a manual technique which encourages movement of fluid through the lymphatic system and, when combined with exercise, encourages the lymphatic system to work more effectively. In the cases of surgery MLD is able to re-route the fluid away from the affected area and into nodes which are working effectively.

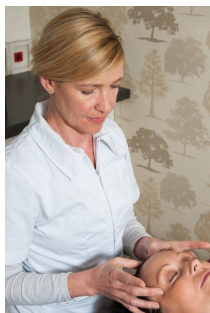
The main benefit is to reduce swelling when it is caused by a failure of the lymphatic system. It also encourages lymph flow to kick-start a sluggish lymphatic system and reduce pain associated with swelling. It is also beneficial when added to compression for more significant swelling in the limbs ie lymphedema.

*If you require further information please contact Joanne McCracken*



## Indian Head Massage .... Pure relaxation

"I know that the first time I experienced an Indian Head Massage I loved the wonderful relaxation and feeling of lightness that stayed with me all day."



A study providing Indian head massage to inpatients in an acute mental health unit noticed both physical and psychological effects, and also improved the atmosphere on the ward. This comes from an article in the Nursing Times about a pilot study where Indian Head massage was given to patients. Following an initial taster session, 100% of participants would seek a further IHM treatment. **That's one powerful endorsement.**

*If you have not experienced this treatment for yourself, maybe you should give yourself or a friend an experience to savour.*

## Five Element Acupuncture and the Seasons

Did you know that Traditional Chinese medicine works closely with the seasons ? In Chinese medicine there are 5 seasons and each one plays a part in our subtle energy. Are you in tune with your body and the seasons?

**Spring.** A season for planning and decision making. A good time to start new projects. The liver and gall bladder are incorporated in the Wood element which relates to spring.

**Summer.** Light evenings and warmer weather encourages us out and our communication improves. The heart and small intestine along with circulation are all related to the Fire element and summer.



**Late summer.** Harvest time. Nature gives it's bounty. The stomach and spleen are our nurturers and this is the season of the Earth element.

**Autumn.** A time of clearing and preparing for winter. The lungs and colon are the bodies way of clearing ,important in this season of the Metal element.

**Winter.** A time of rest in nature and a time to recharge the batteries. Kidneys and bladder are related to this season and the Water element.

## WEIGHT LOSS IS EASY WHEN YOU KNOW HOW!!!

### THE TRUTH ABOUT BELLY FAT

Surprise: Everyone has some belly fat, even people who have flat abs. That's normal. But too much belly fat can affect your health in a way that other fat doesn't. Some of your fat is right under your skin. Other fat is deeper inside, around your heart, lungs, liver, and other organs. It's that deeper fat -called "visceral" fat -- that may be the bigger problem.



**Deep Belly Fat** You need some visceral fat to provide cushioning around your organs. But if you have too much of it, you may be more likely to get high blood pressure, type 2 diabetes, heart disease, dementia, and certain cancers, including breast cancer and colon cancer.

**The fat doesn't just sit there.** It's an active part of your body, making "lots of nasty substances,". With increasing obesity, the fat is deposited into the organs and around the heart.

### What to eat during pregnancy?

A pregnant woman needs to ensure that her diet provides enough nutrients and energy for her baby to develop and grow properly.

Around 35 percent of expectant mothers may be at risk of pregnancy complications - miscarriage or preterm birth - as a result of iron deficiency. Ensure you check your levels before pregnancy and make it a priority to increase your intake of food rich in iron.

*To ensure you have a healthy balance of vitamins, minerals and macronutrients, contact our nutritionist and/or benefit from a nutritional analysis of your dietary intake.*

*Contact Diana Dihmis*

## What do you know about Essential Oils?

*Essential oils* are the 'blood of the herb' and are between 100 and 10,000 times more powerful than the dried herb. They date back to Biblical times and have been studied internationally for their positive effects on health.

*Essential oils* combined with massage will help to improve your circulation, facilitate detoxification and lymphatic drainage. They also may enhance your emotional outlook and provide support and help balance your emotions throughout the day helping you cope with daily life better. Angela has seen some amazing results from her clients who have had regular treatments.



*Stress and anxiety relief* - A build up of stress or anxiety have a number of detrimental effects which could lead to serious health implications. Her clients have reported; adapting to change more easily, increased energy levels, becoming more tolerant of challenging circumstances, being more open and relaxed and improved sleep.

*Improved sleep* - Sleeping badly can play havoc with your body in ways you wouldn't even realise and can have a detrimental affect on our health.

*Angela uses only Young Living essential oils as she believes these are the highest quality on the market. Why not try it and see for yourself.*

## **McTimoney Therapy**

*We would like to welcome Jane Barriball-Leeman to our growing team of practitioners at Millburn.*

I was born in Armagh and trained as a nurse, then specialised in neurological conditions. I worked at Addenbrookes hospital in Cambridge on the neurosurgery ward and went on to work with neurological disabilities.

Having suffered with headaches, neck and back pain I discovered McTimoney therapy in the 1990's and realised I had found the treatment I spent most my adult life looking for. I now I love working as a *McTimoney back care professional*. I finished my McTimoney Chiropractic training sixteen years ago and I am still amazed at the effectiveness of this gentle but powerful system that balances the structure of the body,

enabling positive changes to people's well being. I think it's important to empower people to understand their backs, with personalised advise which can be easily incorporated into everyday living, allowing people to feel confident and comfortable in their bodies.

McTimoney is a straightforward method of gently adjusting the bones of the body to maintain the correct alignment of your spine, to ensure that the bodies nerve supply works efficiently. *It is a very gentle treatment with no clicking, crunching or cracking.* It seeks to eliminate the cause, not just treat symptoms. Through subtle adjustments McTimoney therapy can relieve pain and discomfort, increase mobility and provide a route to better health.

I recently moved back to Ireland with my husband and two children to be closer to my family. I believe I am the only McTimoney practitioner in Northern Ireland and look forward to treating and introducing people to this wonderful gentle effective treatment for back, neck and shoulder pain.



**Occupational Therapy (OT)** is a method of treatment to help people with physical, mental or social problems. The aim of OT is to enable those who are temporarily or permanently disabled to be as independent as possible in their everyday lives, whilst recovering from illness or adapting to disability.

OTs begin by establishing the reasons why someone is unable to carry out everyday activities which we take for granted. Then work with the person to overcome or cope with these problems.

*Ways of overcoming problems include:*

1. **Developing new skills** - such as, motor functions or reasoning abilities so that they can perform essential activities like dressing, cooking or work and leisure activities. we help clients use physical and mental abilities to overcome or adapt to difficulties with memory, sensory or communication problems.

2. **Modifying the task** - by designing new ways for them to perform the tasks or leisure activities they need or want to do. alternative methods, techniques or tools they can use to achieve what they want to achieve.

3. **Aids and adaptations** - help people to choose and use special equipment, adapt people's homes and work places to accommodate their individual needs.

*make life better - choose OT.*

Vonnie McWilliams



## Emotional Wellbeing

Looking after our wellbeing includes allowing ourselves to experience the full range of emotions. Sometimes we start to get caught up in thinking that some emotions are negative and should be avoided at all costs. This might include fear, anger, jealousy among others. Trying to stop ourselves from feeling these emotions is stressful and because it's unlikely to be successful, can result in us feeling worse!

We might worry that "negative" emotions may bring our mood down or that we'll get stuck in that emotion. In fact when you think about it, no emotional state lasts for too long - if you think about being really happy, how long does it last? It's no different for other emotions.

If we think that we should always be happy and that there's something wrong with us because we're not, we're setting ourselves a target that's impossible to meet. Life is not easy and we need to experience the full range of emotions if we're to lead a fulfilled and well-rounded life.

If this has resonance for you, take a look at Dr Russ Harris's u tube video, The Happiness Trap.

*Miriam Somerville CBT therapist*



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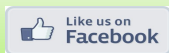
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## The Foot Clinic



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*Are you experiencing pain in your lower limbs or feet?* If so speak to our podiatrist & get your foot alignment checked, because if your foot is rolling in or out too much it can knock your body out of alignment, which causes 90% of pain in these areas.

*Sarah-Jane will be returning mid September after the birth of her son Reuben.*

  
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## 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.*

Millburn complementary therapy Centre

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## *The Importance of Stretching*

Your body is very versatile. Naturally, it is supposed to become flexible. You need to have the ability to bend and accomplish simple tasks, such as picking up something that has fallen to the floor.

You should have the ability to zip the back of your favourite dress that you own. You should be able to reach up and grab a book from the very top shelf. Stretching is not only an essential aspect of any workout or sport, but in day to day living. Sitting for long periods at work can leave you feeling stiff and tired. Consequently, stretching can be incorporated into your daily life and it doesn't have to require a large amount of your time.

Extending our bodies and our limbs is an extremely beneficial way of preparing and maintaining our body's form throughout each day.

### *What Are the Gains and Benefits of Stretching?*

- Enhance Your Range of Movement
- Minimize Muscle Tension
- Minimizes Cholesterol
- Increase Power

*Jill Ferguson. Sports Therapist*



## *Extra virgin olive oil or EVOO the super fat?*



Not all fats are created equal. For example Omega three fats found most abundantly in oily fish are essential for life. Other fats have significant health benefits.

***My favourite fat is EVOO.*** It is one of the key reasons the Mediterranean diet is so healthy. Studies have shown it to be particularly useful in hypertension, cholesterol and heart disease. One study showed 40ml of EVOO a day reduced the need for antihypertensive medication by 48%

and completely replacing it in 35% of participants.

Another study showed a cholesterol normalising effect, improving the HDL/LDL balance and preventing cholesterol damage a key factor in heart disease.

Animal studies have also shown protection against atherosclerosis.

***As you can see EVOO is an incredible, healthy oil.*** Something everyone should include in their diet. Unfortunately a *UK study showed as much as 70% of the oil labeled 'extra-virgin' is not what it claims.* it is important to buy good quality EVOO if possible, one that is certified is best or from a single grower or trusted source. If you are on hypertensive or diabetic medication work alongside your doctor as your drug dose may need to be altered as your cholesterol or blood glucose levels improve. *Contact Josh Wooler, Naturopath for details.*

## Therapies now available at Millburn

**ACUPUNCTURE** Susan Evans has been practising acupuncture for 30 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 through aromatherapy massage.

**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.

**McTIMONEY THERAPY** Jane Barriball uses this gentle, powerful therapy to help with back, neck and shoulder pain.

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

**NUTRITIONALIST** Diana Dihmis brings a huge wealth of knowledge in the nutritional field. She is passionate about her chosen profession.

**OCCUPATIONAL THERAPY** Vonnice McWilliams gives an expert's opinion to those who need OT advice and help.

**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 Ferguson loves sport and specialises in the treatment of sports related issues. Jill is dedicated to help with preparation for and post sporting events.



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