

Millburn

Complementary Therapy Centre News

Spring\Summer

2014 edition



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IS STRESS CAUSING YOUR SYMPTOMS?

Prolonged stress can exhaust the body's natural defences, leaving it susceptible to health problems.

What is stress?

Stress is a response to a situation which affects a person's wellbeing. Physical, emotional or Intellectual demands can lead to symptoms of stress being experienced. The body then reacts in a 'fight or flight' mode by increasing production of adrenaline and cortisol, changing heart rate, blood pressure and metabolism in order to improve performance.

Stress & Health

Prolonged periods of stress may affect a person's emotional and physical health. They may feel anxious or depressed and normal daily tasks may become more challenging. The brain becomes starved of

oxygen impairing mental ability. The body's immune system can become weakened as extra pressures are placed on the body's reserves.

Symptoms of Stress

Many of life's daily challenges may result in feelings of stress, whether from relationships, work or money. *Symptoms of stress may include some of the following:*

- Difficulty in sleeping, feeling restless or tired.
- Loss of concentration.
- Changes in mood, feeling anxious, irritable or angry.
- Upset stomachs, nausea or loss of appetite.
- Headaches or dizziness.
- Loss of sexual desire
- lowered self esteem.
- Excess sweating or muscle tension.

Many complementary Therapies help to ease both physical and emotional stress.

Coleraine Physiotherapy Clinic

Manual Lymphatic Drainage (MLD) now available.

Suitable for swelling associated with a damaged or sluggish lymphatic system.

It is particularly useful following cancer treatment or prolonged illness.



Contact Kerry or Joanne on 02870321332 or 07708848031 for further information or to make an appointment.

The Foot Clinic

It is **crucial** to keep your feet in optimum Health:

Our feet are crucial to us as they are the base of our body and hold the full weight of us: Imagine, just on two little feet. If our feet are not functioning right then the rest of our body won't perform to its full potential.

If our feet are uncomfortable it can make the day long and tiring:

Why not book an appointment with Sarah-Jane, our podiatrist & receive **10% off** all treatment for the month of March/April Quote "Newsletter" to receive your discount.



Ring 70321332 or 07835884449

A counsellor walked around a room

while teaching 'Stress Management' to a group. As she raised a glass of water, everyone expected they would be asked the 'Half empty or Half full' question. Instead she inquired 'How heavy is the glass of water?' Answers called out ranged from 8oz to 20 oz.

She replied 'The absolute weight doesn't matter, it depends on how long you hold it'

If I hold for a minute it is not a problem.

If I hold it for an hour my arm will ache.

If I hold for a day my arm will



feel numb and paralyzed.

In each case the weight of the glass doesn't change.

ButThe longer I hold it the heavier it becomes. " She continued..

The stresses and worries in life are like that glass of water . Think about them for a while and nothing happens.

Think about them for a while longer and they begin to hurt And think about them all day long you feel paralyzed

Incapable of doing anything!

Counselling can help you to find a way to put the glass down.

Ring Nuala on 028 703 21332 or 07708837659

Jillian Topping BSc
(Hons) Sports Therapist
The use of Dry Needling in the treatment of Sports injuries

Dry needling is an effective therapy used to treat muscular tension and spasm which commonly accompanies such conditions such as muscular strains, ligament sprains, nerve irritation and herniated discs.

It is called "Dry" needling because there is no solution injected as with a hypodermic needle during a flu injection. With Dry needling, the needle itself and the effects it produces within the tissue is the treatment.

Dry needling uses a small, solid filament needle which is inserted into a contracted muscle to create a local twitch reflex which is both diagnostic and therapeutic as it is the first step in breaking the pain cycle as research indicates, it will decrease muscle contraction, reduce chemical irritation, improve flexibility and decrease pain. When a needle is inserted into a muscle it will also produce a controlled lesion and will cut between three

to fifteen thousand individual muscle fibres. The body considers the needle as a foreign invader and will activate the immune system as a response. The cut muscle fibres also produce an inflammatory reaction that your body will respond to, not just locally, but all over the body to reduce inflammation systemically.

What can I expect after treatment?

We are looking to get improvements, even from the first visit, such as increased range of motion, ease of movement and decreased signs and symptoms.

What Types of Conditions Can Dry Needling Assist?

Neck/Back Pain
 Shoulder Pain
 Tennis/Golfers Elbow
 Headaches
 Hip and Gluteal Pain
 Knee Pain
 Achilles Tendonitis/Tendonosis
 Plantar Fasciitis
 Sciatica
 Muscular Strains/Ligament Sprains
 Chronic Pain
 Athletic Performance




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Maya Abdominal Therapy

Specialising in The Arvigo Techniques of Maya Abdominal Therapy

Female / male health care and fertility massage

Maya abdominal massage has been used in central America for thousands of years treating reproductive and digestive problems. It offers multiple benefits to men and women in today's fast paced environment, focusing on reproduction and digestive difficulties.

A blend of oils mixed especially for this therapy and the clients specific need is used. The massage encompasses all areas of the abdomen, diaphragm, pelvis and includes intermittent pelvic rocking to relax tensions, aid pelvic alignment and increase blood flow to help with reproductive and digestive health. Finally the back is massaged, paying attention to the lower back, sacrum and pressure points to increase blood flow, also breaking down scar tissue.

While most clients will feel beneficial effects after one session, it is important that the techniques are practiced at home. The Maya Abdominal massage starts the healing process, and a few minutes of self-care massage a day is the key to permanently supporting the reproductive and digestive organs and resolving long term problems.

The core of a woman's body is her pelvic region, therefore, the positioning of her uterus will have an impact on health. Similarly for men with digestive upset, bladder and/or prostate problems relieving stress and tension from the pelvic area could be expected to help.

Maya abdominal therapy supports clients with difficulties conceiving (male/female), painful or irregular menstrual cycles and ovulation, dark blood at the beginning or end of a period, endometriosis, chronic back pain, migraine tension from sexual abuse, constipation, prolapsed uterus ,bowel, bladder and many more.

One in six couples in N. Ireland seek help with fertility problems

For more information contact Sheila 07756000224 or 02870321332



Perspectives

CBT at Millburn

Are you experiencing depression or high levels of anxiety?

Cognitive Behavioural Therapy (CBT) may be of help.

It's short-term, practical and effective.

To find out more, or to book a free initial consultation, contact Miriam Somerville at Millburn Complementary Therapy Centre.

028 7032 1332

Our Specialist Optician is now able to supply ***Vista Mesh lenses.***

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- night driving,
- computer use
- or those that are sensitive to artificial lighting.



Give them a try!

Tap into success!

Tapping or EFT is often explained as acupuncture without needles. Instead, traditional Chinese acupuncture points on the body are stimulated by tapping with the fingertips. It is a simple but powerful technique to overcome thoughts or emotions which stop you attracting success or abundance into your life.

The tapping on the designated points of the face and body is combined with verbalising the identified problem followed by a general affirmation phrase.

Combining these ingredients of the EFT technique balances the energy system and appears to relieve psychological stress and physiological pain. **Restoring the balance** of the energy system allows the body and mind to resume their natural healing abilities. EFT is safe, easy to apply, and is non-invasive. EFT changes the vibration of energy in the body and can be a very successful way to overcome self-limiting behaviour, low self-worth, assertiveness

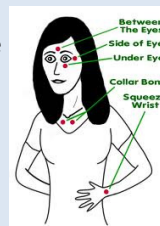
problems and other fears and phobias which stop us from being receptive to success. By gently realigning the body's energy system with EFT, the negative influence of past experiences can be removed.

Success means something different to everyone. Some recognise it as money while others see it as having a rewarding career, a loving partner, peace of mind or spiritual fulfilment. The beauty of EFT is that it can be applied to EFT was

originally discovered by physiologist DR Rodger Callahan and was later developed by Gary Craig in the early 1990's. It is spreading rapidly around the world and has been proven successful in thousands of clinical cases.

Contact Angela for an appointment

028 70321332 Angela Bonnar Dip. Life & Business Coaching, NLP , EFT Practitioner.



Aromatherapy has many benefits including helping to improve sleep, skin conditions, relaxation, improve muscle tone and aiding balance of your body systems. Regular aromatherapy treatments help to maintain benefits received from aromatherapy massage treatment. Aromatherapist Zoe says "I see many clients suffering from stress and the effects it has on your body. This can be from holding tension in your neck, shoulders, back, or suffering from insomnia or high blood pressure." The aromatherapy massage blend is tailor made for each individual treatment. All other symptoms are taken into consideration and this information helps with which aromatherapy and carrier oils are used. After their aromatherapy massage treatment clients feel very relaxed and calm.

"I suffered from a traumatic brain injury which left me with a calf muscle that would seize up. It made it very difficult for me to walk, as the calf muscle was too firm to allow my ankle and foot to bend properly. A friend recommended that I try aromatherapy. I found the treatments very beneficial to my calf muscle and most importantly to my walking. I have regular aromatherapy massage to my calf to relieve the seized muscle. This improves the blood supply to my foot. I also get relief from a swollen foot and ankle. I have found the aromatherapy oil blends have helped to relax me and improve the quality of my sleep. I would highly recommend this treatment for people that may suffer similar physical problems to me". (Scott)

Zoe says "In order to help the client receive benefits from regular aromatherapy massage treatments, I've decided to have an aromatherapy pamper day at Millburn Complementary Therapy Centre. This will be one Saturday each month, offering an Aromatherapy Back, Neck and Shoulder Massage for £17.50 (usually £25).

Spaces are limited so book early to avoid disappointment."



6 damaging pelvic floor habits



Practising stopping your flow of urine mid-stream as a pelvic floor exercise (PFME) is not good and can cause infections. Only do this as a test **OCCASIONALLY** to determine your level of control (not more than once a week).

Hovering to pee - this makes it difficult for your bladder to empty completely. Always sit on the loo & just relax; do not push to pee.

Don't do your pelvic floor exercises while you are driving. Your body is not in a good position to exercise. Practice PFMEs initially in upright sitting and lying; but gradually also, as you grow stronger, in standing as well.

Slumping in sitting - this shuts down your core, supporting muscles, which your pelvic floor muscles (PFMs) are part of. Retrain yourself to sit and stand upright. It also makes you feel more confident and look slimmer - try it! Relax your waist in sitting and let your deep tummy and PFMs provide the correct spinal support.

Curl-ups - take care with curl-ups, crunches and sit-ups for abdominal muscle strengthening, which focus on the **outer** trunk muscles. If your PFMs are weak, these exercises can put too much pressure downward on your pelvic floor and can cause further damage. Your focus needs to be on the **deep abdominal** (& pelvic floor), as this is the muscle that flattens your tummy (e.g. Pilates).

NB: When doing any exercise, if your pelvic floor pushes downwards, the exercise is too difficult for you. You need to change to a more suitable activity.

A tight waist - a constantly drawn in, tight waist (your outer abdominals) causes tension at base of ribs & forces pressure down onto the pelvic floor. Learn to consciously release & soften your waist & recruit the P/F & deep abdominal muscles.

*For help with PFMEs contact **Janice Allen** (Women's Health Physiotherapist)
Tel: 075 9675 6514 / 028 70321332*

Indian Head Massage and Zen facials with Joanne Kennedy-Deering

Indian Head Massage balances the body, mind and spirit. It is a seated massage that promotes health and well-being, rebalancing the body through times of stress or illness. It encourages healing of illness and prevention of re-occurrence, including migraine headaches, sinusitis, muscular pain, eye-strain, tension, stress and anxiety, at the same time as improving the texture and condition of the skin and hair. A treatment is not restricted to the head only, but also performed on the back, neck, shoulders and arms -



Not only a physiological, psychological and spiritual necessity, but also a real treat!

Zen Facial is a gentle yet powerful technique that releases the stress locked in the face, head and neck, via a soft rhythmical touch. Meridian lines and reflex points are stimulated to balance the body and mind for an holistic result. No invasive equipment or products are used during this process. The fingertips work through the face releasing old emotions and blockages.

BRA BANK.



A very big **Thanks** to all who have deposited their old bras in our Bra Bank.

"Pretty n pink" are delighted with our ongoing support.

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H: 0287034 2432 or M: 07810435921

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