

# Well-being

*Healthy choices, naturally*

*from Millburn Complementary Therapy Centre*

Spring/Summer  
2016 edition



*Mindfulness is a word we hear a lot about these days. So what is it and how can it be helpful?*



Mindfulness is a simple technique that anyone can learn and make use of when they want to. It helps us not engage in those anxious "what if....." or those needlessly self-critical thoughts.

Both of these can contribute to lowering our mood and making us feel anxious. So *if unhelpful worry or self critical thoughts are an issue, mindfulness may be a useful skill to learn.*

When we are being mindful we are focused on what we are doing **right now** rather than worrying about what is going to happen tomorrow or next week or what we should do or should have done. The reality is that no matter how much we worry about it, we can't predict the future or change the past. We can use our senses to help keep us in the here and now. When we're out for a walk, rather than being in our head trying to solve problems, **we can start really noticing** – what can I see right now, what can I hear, what can I feel in my body as I walk?

***Learning to be mindful is not difficult but it does take practice.*** One mindful skill is noticing that we've stopped being mindful! When we are able to spot that our thoughts have wandered off to unhelpful places, we are able to gently redirect our attention back to the present.

Mindfulness is not the answer to all our problems but it is a useful skill to have when you feel you need it. We run mindfulness classes at Millburn. If you're interested in joining, let us know.

Millburn Complementary Therapy Centre, 65 Millburn Road, Coleraine. BT52 1QX

028 7032 1332

[www.millburntherapy.org](http://www.millburntherapy.org)

## PHYSIO FOR SPRING/SUMMER

*Now that spring is (hopefully) here, it's the perfect time to start doing that bit of exercise we've been thinking about.....we know it's not easy getting more active so here's some tips!*

- ◆ 30 minutes a day, 5 times a week is recommended. This 30 minutes can be broken up throughout the day
- ◆ Being active can help prevent/manage heart disease, diabetes, cancer, depression, back pain, and much more.
- ◆ Exercising outdoors is beneficial for both body and mind so a brisk walk is perfect. Add some music with a good beat!
- ◆ When at work or out and about, choose to take the stairs instead of escalators and lifts, and walk that little bit further
- ◆ Gardening is a great form of alternative exercise, and what better time of year to do it?
- ◆ Housework is a perfect way to combine a little exercise with your usual activities. Turn chores into a workout!
- ◆ Why not turn on an interactive sport video game, why should the kids have all the fun?!



*If you have an injury or pain and are in doubt as to what to do, our physios can help. If you have back pain avoid standing or sitting for long periods, if your knees and stiff/sore avoid hills, and if you have had a recent injury stick to low impact exercises like gentle walking, swimming or cycling.*

## INDIAN HEAD MASSAGE

Wonderfully relaxing, **Indian head massage** is based on the ayurvedic system of healing which has been practiced in **India** for over a thousand years. It involves a **massage** to the **head**, face, upper back, shoulders, arms and hands that relieves tension in the muscles; it can be relaxing, stimulating and invigorating.

***Some of the benefits are:***

Helps prevent migraines, headaches and back pain.

Promotes hair growth.

Detoxifies the body by stimulating lymphatic drainage

Relieves sleeplessness, restlessness and insomnia.

Ring Joanne for your appointment.



## Consultant Nutritionist Diana Dihmis

**Spring Cleanse:** This is the perfect time of year to give your health a boost and prepare for Summer.

*Put a spring in your step and focus on fresh.*

**Maintaining a Healthy Weight:** Are you a chronic dieter? Done everything from juice cleanses, to shakes, to points, to bars and everything in between?

Are you trapped in a frustrating diet cycle of your own?

*It's possible to get out and still lose weight".*



***Foods are not "off limits." No more hunger. More energy.***

For more support, contact me at the Centre and check out my plan to ditching the diets and ditching the misery.

### **Fertility**

- Changes to diet, weight and activity can increase your chances of getting pregnant and encourages a healthy pregnancy.
- Take a folic acid supplement as this vitamin is particularly important before you become pregnant and during the first 12 weeks of pregnancy as it can reduce the risk of neural tube defects such as spina bifida. 400 micrograms per day
- Vitamin D is really important during pregnancy to help build your growing baby's bones and all pregnant and breast feeding Mums are advised to take a Vitamin D supplement.

***Recommended:*** Analyse your nutritional intake to determine if you are low in any nutrients. (includes vitamins and minerals)  
3 day or 7 day dietary analysis available.



## the real health store

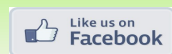
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## Athletic and Kinesiology Taping: Jillian Topping

Your body is important so take care of those aches and pains by booking yourself an appointment with me. One of the additional treatments I can offer is the application of athletic and kinesiology taping.

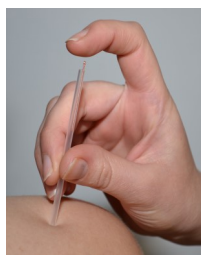
### For Alignment:

If you have a tendency to slouch or have an area of the body that is not properly aligned, Kinesio tape can bring the body back into alignment and help sense how this feels in the body. This can decrease pain and help the joints recover from activities.



### For Pain:

Over 75% of my patients tend to have some form of lower back pain. After manual manipulation, Kinesio tape can be placed on the affected area (using a different method or style of taping depending on the area) to decrease pain and discomfort. If there is bruising or swelling, there is a taping method that helps drain fluids into the lymphatic ducts to decrease swelling and help rid the body of bruising."



## Traditional Acupuncture Susan Evans

Our mental health is something we are constantly hearing about in the news. A growing number of people are seeking alternatives to antidepressant medications. New research suggests that acupuncture could be a promising option. One new study found this traditional Chinese practice to be as effective as antidepressants, and a different study found that acupuncture may also

help treat the medications' side effects.

When you have acupuncture, needles are inserted into the skin at points of the body that correspond with specific organs. This process improves your symptoms by correcting energy blocks or imbalances in the organs. Susan Evans has been using traditional acupuncture to successfully treat anxiety and depression for many years. Contact Susan to talk about your issues.

## AROMATHERAPY AT MILLBURN

Angela Keys qualified in Aromatherapy back in 2007, she is very passionate about her work as she has seen so many people benefit from the powerful effects of essential oils combined with massage. Her clients have reported to have benefited from - *improved sleep, less anxiety/stress/tension, less headaches/aches and pains, improved mood, able to cope with day to day living better and an improved sense of well-being.*



Angela said "as a therapist it was very important to me to source the highest quality essential oils on the market and after a lot of research I found 'Young Living'. They uniquely have their own farms enabling them to verify perfection at every step of the process." It was through this company Angela trained to practice a treatment called 'Raindrop Technique' this is a gentle but powerful non-invasive treatment. Nine different essential oils are applied to the spine, neck and feet to bring balance and alignment to the body. Angela recommends regular massages to get the full benefit - she offers 10% off for four or more treatments, Her working hours are also very flexible.

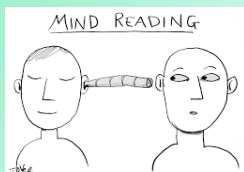
## Heel pain is the most common complaint in spring/summer.



Follow this short advice to keep those heels feeling great. Hard, cracked skin around the heels is very common in summer, often caused by open-backed sandals and flip-flops rubbing around the edge of the heel.

Use a foot file, emery board or pumice stone to gently rub away the hard skin, then apply a rich heel balm to soften the skin. Get regular 6 weekly podiatry treatments to pair away any rough skin. *Forget flip-flops.* Don't be tempted to wear flip-flops or flimsy sandals all through the summer. They don't provide support for your feet and can give you arch and heel pain if you wear them for too long.

*"Mindreading" is a way of thinking that often causes us difficulty.*



When we "mindread" we have thoughts like – "he thinks I'm weird", "she thinks I'm too fat to wear this dress". We believe that we can mindread by knowing what someone else is thinking and it's not favourable!

*How do we know that we're doing it?* We may first of all notice a sudden rise in anxiety. For example, I'm sitting reading a magazine and notice the window cleaner walking past the window. I feel flustered and anxious but don't immediately know why. I get up however and start to do something that makes me look productive, peel the potatoes for dinner or get out the vacuum cleaner. If I ask myself, "What went through my mind just before I noticed the anxiety?" The answer is likely to be a mindreading thought such as, "The window cleaner thinks I'm lazy!" When we "mindread", we are worried about how others judge us and we believe that we can tell when that is negative. If you catch yourself doing it, it can be helpful to ask yourself – "What's my evidence for thinking that?"

- "Can I ever really know what's going on in someone else's mind?"

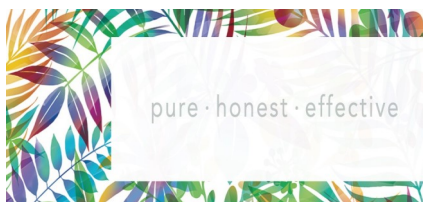
So as summer approaches and we start going out more and meeting new people, don't let "mindreading" be an obstacle to enjoying life.

*By Miriam Somerville CBT therapist.*



Tropic skincare. This range of natural products need to be seen to be believed. Talk to Susan at the Centre or visit.

[www.tropicskincare.co.uk/shop/susanevans](http://www.tropicskincare.co.uk/shop/susanevans)





## *Great news: Research proves that reflexology works.*

Although we always knew it was a powerful treatment, research measuring brain activity by EEG shows from the moment the reflexologist's hands start their work, your relaxation begins. 24 studies demonstrated reflexology's relaxation effects. The stimulation of reflexology's pressure techniques creates change in your body's basic level of tension as demonstrated using measurement of brain waves (EEG), blood pressure, pulse rate, and anxiety. One study of a single session noted that reflexology has a powerful anxiety-reduction effect. Emma Kane has a busy reflexology clinic at Millburn, over the last 4 years working with many clients. She is also qualified and experienced in fertility and maternity reflexology. If you book a treatment, her caring approach and gentle touch will put you immediately at ease. She will listen intently to you and your body to help you achieve better emotional and physical health.



Having regular reflexology treatments will reduce tension, reverse the effects of stress, increase your circulation and encourage detoxification. Reflexology does not cure, – only the body can do that, but it does facilitate healing of your body and mind by giving your inner doctor a nudge. Emma can facilitate morning, weekend or evening appointments on request.  
07595462470 / 028 70321332

## Loyalty Cards

Have you joined our loyalty scheme?

Every time you have a treatment, we will give you a stamp on your card.

When you have 10 stamps you can have 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.

**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.

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

**NUTRITIONIST** *With many years of experience, Diana Dihmis can help with all your nutritional issues.*

**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.  
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