



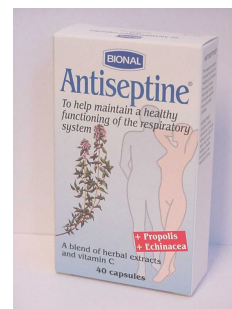
Antiseptine

Antiseptine from Bional is a specially formulated blend of minerals, vitamins and herbs to provide you with a natural solution for coughs, cold and breathing related problems.

Antiseptine contains a combination of unique ingredients to help you fight cold, congestion and breathe more easily. Propolis is a natural product that is collected and processed by the honey bee. The composition is extremely complicated, but in effect it is a natural antiseptic that helps to stimulate the immune system and increase resistance to germs. Thyme Oil helps you breathe more easily by dissolving phlegm and protecting and purifying the windpipe. Echinacea was discovered North America and contains a complex mixture of ingredients that help purify the blood and combat infectious diseases. The body's resistance is strengthened by the Echinacea extract and ensures that the body itself can repel the viral infection so that the bacterial infection has less chance to develop.

"It all started a few years back when I noticed I was having difficulty in taking a deep breath. Things gradually got worse and my breathing was getting shorter and shorter. My wife bought the product and I can honestly say after using Antiseptine for three months it is absolutely marvellous. My breathing has returned to normal, it's like a breath of fresh air!"

David Condon – Kettering



Antiseptine – A natural solution for coughs, colds and breathing related problems.

LOOKING AFTER YOURSELF IN THE AUTUMN

In Nature and in ourselves, Autumn is the time when the energy starts to draw in. It is also a time when our immune and respiratory systems can be at their most vulnerable. Emotionally, we can become depressed and start to lose our sense of vitality. We can learn to strengthen those parts of us which are most affected at this time of year by:

- *learning to breathe well;*
- *learning to boost and trigger the immune system;*
- *learning to let go of anything that no longer serves us;*

- *keeping a vital awareness of our five senses;*
- *cultivate an awareness of "being in the moment";*
- *staying in tune with the natural ebb and flow of energy.*

A self-help workshop based on Oriental Medicine is being held on Saturday, 19th October in Ware. For further information and a booking form, please contact Liz Welch on 01992 550405 or email liz@shiatsu.net or www.lizwelch.co.uk.

Baby Massage

The beneficial effects of massage for adults have been recognised for hundreds of years, but the benefits of massaging babies have only been recognised in our western society in the last 30 years. In Africa, Asia and South America cultures babies have always been massaged as part of their daily routine. Touch is a primary sense and one of the most important means of communication for a baby. It is important for the child's emotional, physical and well-being by stimulating the immune system, improving the elimination of waste products from the body and aiding digestion. It also improves muscle tone and helps to develop body awareness, co-ordination and suppleness. It can help to relax and calm the baby whilst helping parent-baby bonding and building confidence in both. Massage can also help to relieve the pain caused by teething and colic.

It can be done at any time, but is best avoided just before or after feeding. If your baby has a raised temperature or has recently been vaccinated leave 48 hours before massaging. To learn how to massage your baby contact Jean Rawlings through the Hertford Natural Therapy Centre or ring 01992 581657.

Forthcoming Events

- *EMF Balancing Talk Wednesday 9th October 2002 7:30-9:30pm £5.95*
- *Does your child have Dyslexia, Dyspraxia, or ADHD-ADD? Come to our FREE Talk on Tuesday 8th October at 2pm or 4:30pm to find out how vestibular related exercises can help.*
- *Indian Head Massage taster sessions on Thursday 10th October £5. Book now to avoid disappointment.*
- *Hertford Health and Fitness Day Saturday 22nd February 10am-5pm, Castle Hall, Hertford. Stalls now booking, call 01992 550101 for details.*
- *Baby Massage Courses coming in November. Suitable from 0-12 months. Phone 01992 581657 for details.*

THE GOOD FOOD SHOP AND
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CACI- Non Surgical Face Lifting

CACI (Computer Aided Cosmetology Instrument) – Non Surgical Face Lifting

CACI is a revolutionary micro-current aided machine developed by an American doctor and his scientist friend who were anxious to help a young girl who developed Bells Palsy. So successful was their discovery that, like most beauty aided instruments today, the invention became a very successful aid in improving the blood circulation and generation of oxygen, which, in turn, improved muscle tone and counteracted dryness of the skin. It was also discovered that the machine was able to improve the skin tissue from sun damage, dehydration and acne scarring. Large pores (which expand as we grow older in some skin types due to the slow decline of collagen) became visibly smaller and the machine helped to smooth fine lines and generally improved the skin's texture for all skin types.

The CACI machine primarily lifts and stimulates muscle, so much so, that after a **course of ten treatments** a strong visible difference can be seen and with regular, monthly maintenance, the ability to prevent the signs of passing years is held. Friends and family will ask you, 'What have you been doing to yourself, you look so well?' Clear definition around the chin and mouth area (often where the skin begins to sag) will be seen and fine lines under and around the eye area will gradually fade. The reaction to this wonderful treatment can be almost instant for some but gradual for others. Care of your skin, coupled with a healthy lifestyle will often give much quicker results. However, everyone, **including men**, can benefit successfully from this treatment.

CACI is not just confined to the face- the body benefits too, together with hands, so come and experience one of the most relaxing and beneficial treatments available to us. **CACI is now available at the Hertford Natural Therapy Centre so have a trial facial and see the improvement immediately!**

Watch Out

For our offers on Vitamin C and Echinacea this Autumn....

See in store for details

Hertford Natural Therapy Centre Gift Vouchers- An ideal Christmas present

Indian Head Massage - to make you feel and look good!

Indian Head Massage is fast gaining in popularity as people discover and become 'hooked' on the treatment. Besides the wonderfully relaxing effect it has, it can also be beneficial to skin tone and hair condition. In fact, the treatment originated in Indian hairdressing salons, where head massage was given specifically to improve and maintain the condition of the hair.

So how does this work? By stimulating blood flow to the hair follicles they are encouraged to produce more of the nutrients which feed and condition the hair. Skin tone can be improved by increasing blood flow to the corpuscles in the underlying tissue. Muscle tone can also improve, giving the complexion a fresher appearance.

Indian head massage does, of course, have many other benefits. It can be extremely effective in relieving stress, inducing relaxation and enabling clearer thinking. Clients often achieve an overall sense of well-being after treatment and report improvements in conditions such as sinusitis, headaches and throat problems.



Indian Head Massage has many benefits

Jill will be offering
**15 min Taster Sessions of
Indian Head Massage for £5.00
on Thursday 10 October.**

to massage. It involves a combination of firm and gentle strokes, covering the neck and shoulders, upper arms, scalp and face.

Jill Preston holds the IHHT diploma in Indian Head Massage. She is also qualified in Holistic Massage and Reflexology. She is available for appointments at the Hertford Natural Therapy Centre every Thursday and alternate Saturdays.

It is a non-intrusive treatment as it requires no removal of clothing and is performed while the client sits in a chair. It is therefore a good introduction

Have you tried Ear Candle Therapy? Anyone seeking the ultimate relaxation, a calm mind, a deep sense of security and well-being should seek out this fascinating and effective ancient natural therapy. BioSun candles are handmade using a traditional recipe with untreated cotton, purest beeswax, honey extract and traditional herbs such as Sage and St John's Wort. A light suction action and the movement of the flame create a vibration of air in the Earcandle, generating a massage-like effect on the eardrum, this induces a pleasant feeling of warmth and a balance of pressure in the ears, forehead and sinuses. It is soothing and helpful for earache and headache, ear noise, stress and nervousness. Treatment may also spontaneously cause easier nasal breathing and an improved sense of smell.