

# April Newsletter

The Good Food Shop and Hertford Natural Therapy Centre

FEET FOR LIFE

April 2003

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During a lifetime the average person stands for over 2,000 days and walks nearly 60,000 miles. And yet while we moisturise our hands and faces daily our feet generally remain neglected. As our skin ages, it dehydrates, losing its suppleness. To restore their suppleness, the feet need to be kept clean, hygienic and moisturised. The Gehwol brand was developed to help you care for your feet and keep on walking....

Refreshing Balm is ideal for the warmer spring and summer months. Refreshing balm soothes, cools and deodorises the feet. The Refreshing balm is complimented by Gehwol Foot Bath. The Gehwol Balm refreshes tired and sore feet.

Deodorant Cream prevents long lasting foot odour whilst the Leg Balm helps maintain good circulation in the legs.

Med Salve for Cracked Skin offers an intensive treatment for rough, cracked and dry feet. Gehwol Foot Cream and Foot Cream Extra bring relief and strength back to tired feet while deodorising them. The range is complimented by Protective Nail and Skin Oil and Cream which protects and cares for hands, nails and skin leaving them smooth and healthy.



FEET FOR LIFE WITH  
GEHWOL

**Flashbacks?  
Panic attacks ?  
Phobias?**

If you are suffering from any of these or from post traumatic stress then the " Re-wind technique " could be of great relief to you. For more information about this amazing treatment please contact Keith Chopping on 07946 732057 or email [hypnosishertford@aol.com](mailto:hypnosishertford@aol.com)

## HERBAL MEDICINE AND WOMEN'S HEALTH

Herbal medicine has a lot to offer in the treatment of women's health problems, ranging from the odd mood swing before periods or hot flushes in the menopause to more complex gynaecological conditions such as endometriosis, fibroids or polycystic ovarian disease (PCOD). Conventional medicine often resorts to drastic measures such as long-term drug treatment or surgical procedures in dealing with conditions that in many cases could be resolved much more gently and holistically.

What seems to be at the core of most women's problems is a hormonal imbalance involving the female sex hormones oestrogen and progesterone and a number of other hormones, depending on the condition. This imbalance may occur for various reasons, such as family tendencies, diet, lifestyle, other illness, medications taken, stress, emotional upsets, environmental chemicals such as pesticides or traces of hormones found in food and water. Stress is a particularly big factor for many women, even though they might not be aware of it.

What herbal medicine can offer is an in-depth assessment of each patient's condition, looking at all the factors mentioned above. A tailor-made treatment programme is then devised, combining herbal prescriptions with nutritional and lifestyle advice, and focusing on the patient's unique needs and wishes. Most cases such as PMT, painful periods or menopausal problems, respond very well and very quickly to herbal treatment, although for a problem that has existed for many years, progress may be slower and treatment often takes several months.

Herbal medicine is also very effective in dealing with low energy, stress-related problems such as migraines, poor resistance to infections, indigestion and all those things that might crop up in a busy woman's life. Pregnancy and pre- and postnatal care are other areas where herbal medicine can provide natural healthcare and advice.

*To book in for an appointment contact The Hertford Natural Therapy Centre on Tel. (01992) 589439 or for further information ring our herbalist Eva on Tel. (020) 8366 6690.*

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## Aromatherapy Now Available on Saturdays

Joining us on Saturdays (from 5 April) is Aromatherapist, Kate Shears, Shirley Price trained and a full Member of IFPA (International Federation of Professional Aromatherapists).

Aromatherapy is the controlled and informed use of essential oils to maintain and/or improve the health of mind, body and spirit. Essential oils are extracted from a variety of plant materials and every essential oil has its own unique chemical structure which results in its therapeutic effects. All essential oils, to varying degrees, are antiseptic, antiviral, hormone balancing, sedative, uplifting and antifungal. They are also adaptogenic which means their effects may differ depending on what quality is required from a particular oil at any given time.

Aromatherapy can be beneficial for many conditions including:

Stress, anxiety, depression, nervous tension  
IBS and other digestive problems  
Muscular aches and pains, arthritis, rheumatism  
Skin problems; e.g. acne, eczema, psoriasis  
Problem menstruation and hormonal complications  
Infections; e.g. respiratory illness, urinary infections, fungal infections  
Circulatory problems like varicose veins and fluid retention

Aromatherapy is also a valuable preventative treatment because by strengthening the body's immune defence system, our body is better placed to fight infection.

Before selecting a blend of essential oils for a treatment, Kate will take into account a number of factors including: the client's presenting symptoms, how they are feeling emotionally, if there is anything they would like to improve and their reasons for wanting an aromatherapy treatment.

Kate will also offer a Swiss Reflex Foot Massage, exclusive to Shirley Price therapists, combining the principles of reflexology, with the use of essential oils and massage. Later this year she will be offering a Daoyin Tao Chinese face, neck and shoulder massage – an exciting new treatment increasing in popularity.

Every month in our newsletter, Kate will identify a specific health problem or symptom and explain how aromatherapy might help. If you have a specific condition that you would like Kate to cover please contact the Hertford Natural Therapy Centre directly.

**FREE TALK**  
22nd April 2003  
2.30p.m or 4.30p.m

**"Do you or your  
child have any  
learning difficulties?"**

If so, please come along to a FREE TALK on 22 April at the Hertford Therapy Centre to find out how NDT can help.

Please call Ann on #01279 654 815 to book a place or alternatively leave your name and telephone number with The Good Food Shop with details of your preferred time slot." I look forward to seeing you.  
Ann Finch

## I am a Doula

The word 'doula' originates from the Greek word, 'caregiver' or 'woman servant'. A doula is a non-medical professional woman who can open up choices, enabling women to make informed decisions about the kind of birth that they want. A doula is a mother herself so is able to comprehend the varied needs of a pregnant lady or new mum. The support of a doula can help the birthing experience be a positive, empowering experience, by offering encouragement and reassurance.

A post-natal doula helps where necessary giving the new mum the confidence to feel in control again. An experienced support partner or doula, can offer useful advice, guidance and most of all friendship. In some cultures the extended family provides all the help and support that a new mother needs. But in our modern western society, the role of extended families is not so prominent. A doula can help meet the demands that are put onto new parents.

As a doula, I am happy to carry out light household duties, feeding the cat/dog etc, care for older siblings, spend time with baby so mum can rest or take a bath and generally help where I am needed.

My name is Haley Andrews and I trained with Dr. Michel Odent, renowned for introducing birthing pools into maternity hospitals, and Liliana Lammers, a very knowledgeable doula. We discussed topics such as birth physiology, first aid in obstetrics, induction, breast-feeding, nutrition and many more topics.

My role is to work alongside the midwife, 'mothering the mother so the mother can nurture the new life'.

For more information, please visit my web site. [www.gardencitydoulas.co.uk](http://www.gardencitydoulas.co.uk)



A doula can help meet the demands put on new parents