

August Newsletter

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Beat The Menopause Cake

Many people have found relief from eating a couple of slices of this cake a day.

Ingredients

100g/1 cup each of soya flour, wholemeal flour, rolled oats and linseeds

50g/1/2 cup each of sunflower seeds, pumpkin seeds, sesame seeds and flaked almonds

2 pieces of stem ginger finely chopped

225g/1.5 cups raisins

0.5 tsp each of nutmeg, cinnamon and ground ginger

Approx 425ml/2 cups soya milk

1 tbsp malt extract

Method

1. Put all the dry ingredients in a mixing bowl. Add the soya milk and malt extract, mix well and leave to soak for approx 30 minutes.
2. Heat oven to 190c/gas mark 5. Line a small loaf tin with baking parchment.
3. If the mixture ends up too stiff, it should have a soft dropping consistency, stir in more soya milk. Spoon the mixture into the prepared tin and bake for 90 mins. Test with a skewer.

Turn out and cool on a wire rack. Eat in thick slices with soya spread.

Alternatives to HRT

Over the past few weeks disturbing new research suggested Hormone Replacement Therapy can increase the risk of breast cancer by a quarter. The menopause can be a difficult time of life for many women with symptoms ranging from hot flushes, night sweats, vaginal dryness, depression and low self-esteem.

Scientists have discovered that certain plants contain compounds with oestrogen like activity. These are known as phytoestrogens or isoflavones, and are found in foods such as wholegrains, vegetables and soya and herbs such as Dong Quai and Black Cohosh. Phytoestrogens can help regulate oestrogen levels in the body: in conditions relating to excess levels, they can attach to oestrogen receptor sites and block the uptake of excess oestrogen, and in conditions relating to low oestrogen levels, by acting as a natural oestrogen supplement. Isoflavones may also help prevent, or slow down osteoporosis. Many experts believe that isoflavones will become a widely accepted alternative to oestrogen replacement therapy within the next few years.

The Good Food Shop currently has a special offer on Kordel's Phytofemme, a blend of red clover and soya isoflavones. Normally retailing at £14.95 for 30, now retailing at £12.95. Also on special offer, we have Bional's Menobalance which is a combination of natural ingredients to help you through the menopause more easily. It contains soya isoflavones, gamma oryzanol, which occurs naturally in rice bran oil extract and is taken widely in Asian countries to help relieve menopausal symptoms as well as to reduce cholesterol levels. Dong Quai is also included to help regulate the menstrual cycle. Normal RRP £16.95 for 60 capsules, now £11.85.

Quick Remedy

Soothe sore eyes with camomile tea. Make a brew, add 1tsp salt and leave to cool. Then just bathe your eyes with the solution.

Silica Saves Skin

And not just skin. Silica is one of the most abundant minerals in the world, it is all around you and inside you! Every strand of hair, every inch of skin, every millimetre of nail, every fibre of muscle and portion of bone in your body contains silica. Silicea is an oral preparation of colloidal silica. Taken daily it can improve the look and health of your hair, skin and nails. When you take silica as a liquid (the easiest way to absorb it), it has the ability to attach to or soak up other elements in the body. In the digestive tract, it can bind to harmful toxins in the gut and carry them safely out of the body, it can soothe, protect, reduce inflammation and start the healing process. For ulcers and acid reflux, irritable bowel and general digestive mayhem, stir a tablespoon into a glass of juice and water and drink immediately, 15 minutes before eating. For the skin benefits, take it once a day for at least 3 months. Liquid silica is just silica and water, so you can't react badly to it. Silicea is available at £6.99 for 200ml and £15.99 for 500ml.



Coming Up

Free Reiki Talk 20th September.

Reiki One Workshop 19th/26th Sept or 28th/29th September £75

Reiki Two Workshop 14th/15th Sept £100

Health & Fitness Open Day 22nd February at Castle Hall

Bilberry. Do you worry that you are using a computer so much that it is affecting your eyes?

Try Bilberry, which is rich in flavanoids, to keep capillaries healthy, and antioxidant vitamins A and C to boost eye health. We recommend Bioforce Bilberry tincture, 20 drops twice daily before meals (£7.49 for 50mls) or Kordel's One a Day Bilberry complex (£8.95 for 30 tablets).

WHAT IS NEURO-DEVELOPMENTAL DELAY?

The term Neuro-Developmental Delay describes the omission or arrest of a stage in early development. Each one of us is born with a set of Primitive Reflexes which should be inhibited or controlled by a higher part of the brain during the first year of life. If these are not inhibited at the correct time, they remain 'active' in the body, and may impede subsequent motor control, eye functioning, eye-hand co-ordination and perceptual skills.

HOW CAN

NEURO-DEVELOPMENTAL DELAY BE DIAGNOSED?

Standard neurological tests will reveal the presence of Primitive Reflexes. Individual reflexes impair specific areas of functioning. For example, one reflex will prevent automatic hand control so that writing can never become fluent, while another can affect eye movements, causing letters on a page to 'dance' or appear in a different order from one day to the next.

WHAT IS THE NEXT STEP?

You will be asked to complete an Initial Screening Questionnaire that will indicate whether you or your child falls into the category which the Therapist feels she can help. A full Neuro-Developmental Diagnostic Assessment may then be suggested during which extensive tests will be carried out. You will then need to return for a Report Reading, where the findings of the diagnostic assessment will be given and explained to you. This will be followed by a 'Home Programme' which involves being given a series of Reflex Inhibition movements to perform each day. These exercises have been devised by INPP in Chester, to correct specific reflexes. Progress will then need to be monitored at approximately 6 weekly intervals. As the reflex abnormalities are corrected, so many of the presenting symptoms will remiss, so that you or your child will be able to function fluently and easily at all levels.

If you would like to know more about how this programme may help you or your child please call in at The Hertford Therapy Centre for a leaflet or contact me, Ann Finch, on 01279 654 815 or 07970 023 346 or e-mail on neurodt@freenetname.co.uk.

Did you know? Ester C is a completely non acidic form of vitamin C that will not cause stomach upset and is absorbed by the body at approximately four times the rate of a normal vitamin C.

Claw Back from Pain

The herb Devil's Claw can ease back pain as it has anti-inflammatory and muscle relaxant properties. In a recent study, 117 patients with chronic muscular back pain such as lumago were given a supplement of devil's claw extract. At the end of 8 weeks, nearly 75% reported decreased pain and improved mobility, finding bending and stretching significantly easier.

Try something different... PSYCHIC TAROT READING

A reading is basically a deep level of empathy whereby the person 'reading' for you can connect to you on a very deep level. It's like 'coming out in sympathy' with you, which we can all experience from time to time, where you can feel another's aches and pains, their emotions or mental or physical state. A good reading should be practical and specific so that you go away with information that you can actually do something with. A good 'reader' will be able to give you accurate information about the future, including names, physical descriptions, characteristics and places, in addition to clarifying the past and present specifically in all aspects of your life. This may encompass your career, family, friends and all other relationships, money, health and spiritual development

What can it do for me?

A good reading should leave you feeling fulfilled, at peace, confident and with a renewed sense of purpose. More often than not, it will confirm what you already know, help you to make important choices and encourage you to move forward in your chosen direction. Most importantly it will feel 'right' and should make total sense.

Key Benefits

- One to one personal attention means that you can get specific answers to every question you might have.
- In-depth, thus ensuring that you get the very most out of your reading.
- Practical, which means that you will have information that is tangible and that you can take away and actually do something with.
- Can bring you renewed optimism, confident, strength and positivity necessary to keep you going in times of difficulty.
- Is recommended when you have important, painful or difficult choices to make, are grieving, experiencing emotional turmoil or going through changes in your life.

Cassandra comes from a Marketing and Training background, assisting business executives in honing their personal, business and communication skills. In addition, she has been giving accurate, in-depth, one-to-one readings for the last six years including recently reading for stars from the world of music and entertainment at the launch party of the EMMA's (Ethnic Multicultural Media Awards) in London. She has travelled widely and helped people from a wide variety of backgrounds to feel more confident, focussed and positive about their lives and their future.

Cassandra will be appearing at the Body & Soul Exhibition, University of Luton, 2-3 November where she will be giving readings and a lecture on an Introduction to Tarot.

Coming soon....

A Tarot Workshop and Discussion/Practice evenings will shortly be available at the Hertford Natural Therapy Centre.