

Dates for your diary!

Nine Springs is pleased to announce that we will be at the Holnest Country Fayre this September, introducing a Wellbeing Zone to this established event—an opportunity for you to find out more about complementary therapies, talk to therapists and find out about the many classes and events happening at Nine Springs.

The Fayre takes place on Sat 23rd & Sun 24th Sept, more details in this newsletter.



www.ninespringsclinic.org

Acupuncture has been shown to be effective, and is now often recommended, for the treatment of pain for back, neck, shoulder pain, osteoarthritis and headaches.

In 2003 the World Health Organisation conducted a review and analysis of clinical trials, and concluded that acupuncture does the following:

- Stimulates the conduction of electromagnetic signals, which may release immune system cells or painkilling chemicals
- Activates the body's natural opioid system which may help reduce pain or induce sleep
- Stimulates the hypothalamus and pituitary gland, which modulate various body functions

Alters secretion of neurotransmitters and neurohormones, which may positively influence brain chemistry.

The BBC produced a documentary in 2015, where researchers used MRI imaging to demonstrate that it deactivates the limbic system which is associated with the experience of pain.

But there has always been a question of how it works. Recently however there has been another step forward. A study by a research laboratory in the USA (LABioMed) has found that nitric oxide is released from the points where the needles are inserted. Nitric Oxide (NO) relaxes and dilates the blood vessels (vasodilation), improves blood flow and lowers blood pressure. It also encourages the release of natural pain relieving chemicals in the body. Furthermore it was found that the application of heat (the moxa that we use, or infra-red heat lamps) also amplifies the release of NO.

All the more interesting is that they found that this effect was only achieved when the sensation of 'de qi' was reached - this is the sensation we look for when we insert the needle into the acupuncture point (and is often not properly obtained when research trials are being carried out by western acupuncturists).

Evidence-Based Complementary and Alternative Medicine Volume 2017 (2017), Article ID 4694238 <https://www.hindawi.com/journals/ecam/2017/4694238/>

Newsletter

August 2017

Acupuncture article

Webinar - Bach Flower remedies

Homemade Pest Deterrent for dogs/cats/horses

Mindfulness Course

Antenatal Class

Mini First Aid

Holnest Country Fayre

New Practitioners

Eleanor Dove—Osteopath joining Chris Hillyard from Sept, they will cover Monday to Thursday between them.

Adele Clinch—Podiatrist will be taking over from Janey on Saturday mornings from September 16th.

Appointments can be booked through reception
01935 422488



Find us on:
facebook®

Wed 30th August 2017 at 6pm UK time (45 minutes with 15 minutes for questions)

With guest presenter, **Dr Andrew Tresidder** (Holistic GP based in Somerset, United Kingdom). To learn more about Dr Tresidder's vast experience in the field of Bach flower remedies, please visit his website on <http://www.drandrew.co.uk/>

In this webinar you will learn the following:

What are Bach Flower remedies and their history of discovery and use?

- How they can help improve our health and fine tune our emotions
- How to choose and prepare your own remedies
- Where to purchase these remedies
- How to use them alongside other natural remedies or medications.

This is a LIVE webinar but it will be recorded. By registering, you will be emailed the recording automatically to watch at a later date through our evergreen webinars. www.holisticwaystohealth.co.uk



As a promotion for August and September, I am excited to be offering a 20% discount on the following:

- Bioresonance Scan Consultation
- Naturopathic Nutritional Consultation with Bioresonance Scan (package)

Consultations and Bioresonance can be done remote for clients who are not local.

Please visit www.holisticwaystohealth.co.uk (click on SHOP)

Please use COUPON CODE : AUG20 at check out.

Book a free 20 minute consultation using the booking calendar.

Ileana Nguyen Tel: **07712475869**

info@holisticwaystohealth.co.uk

A Natural Homemade Pest Deterrent for Dogs and Cats

You can actually make an all-natural pest deterrent for your **dogs** very easily at home. It will help them avoid a good percentage of the pests they encounter, but mainly fleas and ticks.

The recipe: mix 8 floz of pure water with 4 floz of unfiltered apple cider vinegar and 10 drops of neem oil.

Neem oil is not an essential oil. It's an expelled or pressed oil, (and it's safe for cats). It is effective because fleas and ticks hate it. It's also great for animals who are very sensitive to smells. *Catnip oil* can also be used as a pest deterrent, since it has been proven to be as effective as diethyltoluamide (DEET) which has a number of toxic side effects.

You can also add about five drops of *lemon, lemongrass, eucalyptus, lavender or geranium oil*.

You can store this in the fridge, in a mist spray. Then spray them regularly, especially before going out, but be careful to avoid their eyes and nose. You may need to reapply it several times throughout the day if there are a lot of fleas etc around. You can also spray their bedding with it.

The recipe **for cats** is very similar but don't use essential oils, just distilled oils, as cats can't tolerate them. . Mix 8 floz of pure water with 4 flow of organic, unfiltered apple cider vinegar, plus 10 drops of neem oil and 10 drops of catnip oil.

Remember that fleas and pests are attracted to unhealthy or elderly animals, so keeping your pets in tip-top nutritional condition goes a long way to prevent infestations.

Horses also benefit from the same spray as for dogs, but you can add citronella.

Venue Hire

Are you looking for a therapy room, or small meeting room, or perhaps a large space for training session, classes or workshops. Here at the clinic we have a variety of rooms available to hire. Contact the practice manager for more information:

Kelda@
ninespringsclinic.org
01935 476234

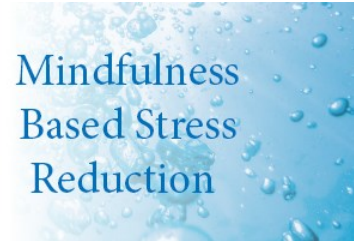
Mindfulness Based Stress Reduction

Taster session Mon 18th Sept 18:00-19:30
Starts: Monday 9th Oct 18:00

This 8 week course in Mindfulness Based Stress Reduction, pioneered by Jon Kabat-Zinn, will teach you simple meditation techniques that have been used for over 2,000 years, and which will help you to live more in the present moment. The core skills you will learn will help you to pay non-judgemental attention to what is going on, moment-to-moment, in your body, in your mind and in the world around you. There is no religious element to the course.

As participants practise the art of simply "being" they find themselves becoming calmer, stronger, happier and better able to discover new perspectives on the challenges life presents them with.

For more info and to book your place contact Beatrice Brooke: **beatricebrooke@hotmail.com**



Mindfulness
Based Stress
Reduction

2 Hour Baby & Child Emergency First Aid Class

Wednesday 13th Sept 10:30-12:30

The award winning 2 hour baby & child first aid class covers CPR, Choking, Bumps, Burns, Breaks, Bleeding, Febrile Seizures & Meningitis Awareness.

The class is suitable for parents, grandparents and carers and costs just £20pp.

Pre-crawling babies are welcome to come along too!

Contact Sue to book your place:
07890 400461



Antenatal Classes—The Daisy Foundation

Unique in-depth 12 hour birth and parent preparation course.

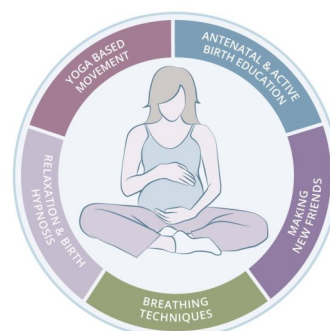
Meet other Parents-to-be, make friends, feel supported, be informed!!

New class dates just added for Sept!

for 4 weeks 6-9pm from 19th Sept

For more information and to book your place contact

Nici Fulton directly: **nici-fulton@thedaisyfoundation.com**
07791 730123



PILATES

with Verity Perrott

From Thursday 7th Sept

9:30am Improvers mat class

10:30am Beginners / Gentle mat class

Block of four classes £30

07919 888151

YOGA FOR MINDFULNESS

With Debbie Calleja-Atkins

Mondays 11:30-13:00

Reconnect your mind, body and soul with a calming and relaxing yoga lesson with Debbie. This class allows you to go deeper into yoga, relaxation and meditation through moving, breathing, relaxing, opening up and looking within. Access your inner self through guided meditations and visualisations; stretch, tone, align and balance your body through a practice of series of asanas with modification and adjustments to accommodate our different bodies. Allow for the vital, much-needed and deserved self-care to happen.

This class is suitable for all levels.

Every body is catered for!

To find out more about all our classes and upcoming workshops please visit our website.

www.ninespringsclinic.org

Holnest Country Fayre

Hosted by Future Roots

Saturday 23rd & Sunday 24th September

Starts 10am on both days

Fun activities for the whole family, working farm machinery, Military, Classic Cars & Bikes, Music & Beer Tent, Craft & Food Stalls, Children's Entertainment (including Punch & Judy), Chef & Produce demo tent, Wellbeing Zone (Nine Springs Clinic)

Special guest "The Dog & Duck Show" in the main ring

Entrance: £5 per car including free event programme

All proceeds in aid of Future Roots

Sponsorship and donations greatly received

Family friendly site with refreshments and accessible toilets.

How to find us: Rylands Farm is located 50m off the A352 Sherborne– Dorchester Road (DT9 5PS). Follow the sign for Boyshill and Holwell.



www.futureroots.net

