

Do you feel stressed, anxious, depressed? Have you lost your get up and go? Are you not fulfilling your dreams? Do you have a phobia of something? Have you found life difficult recently? Are you not sleeping?

All of these are signs that your mental health isn't as robust as it might be.

We all get knocked down by Life, but some of us are able to pick up again and go on. These are the resilient people. The good news is that resilience can be taught!

Marilyn Upton takes individual sessions at Nine Springs Clinic, and also takes Group Stress Management Workshops.

Using Cognitive Behavioural Therapy, Stress Management Techniques, Hypnotherapy, Anger Management and other methods Marilyn helps a person truly get rid of the stress they don't want in their life. Then she guides a person towards their aims- all through the power of their own mind! It often only takes 6 individual sessions to turn things around.

At the Stress Management Workshops she helps people identify and understand their stress- after all it's invisible and we often can't believe that we're in such a state because of the death of an aunt, for example. Then she gives participants Stress Management Techniques to use when they're feeling stressed.

She also produces personal Relaxation CDs or mp3s at £5 each. These can be played over and over again.

Marilyn is offering £10 off per individual session until the end of January 2018.

The next Stress Management Workshop is on Saturday 27th January at 3.00pm- 5.00pm. There is a special offer of £10 for this if paid before Friday 19th January.

Reclaim your life! Don't let things, events, people, thoughts, take away your inner peace!

For more information call or email:

MARILYN UPTON 07785 181991

marilyn.upton@gmail.com

MarilynUpton-hypnotherapy.co.uk



www.ninespringsclinic.org

Newsletter

December 2017

CLASSES

Antenatal

Baby Signing

Back Mobility

Birthing

Hatha Yoga

Meditation

Mindfulness

Mini First Aid

Pilates

Post Natal Pilates

Qi Gong

Tai Chi

Yoga

Yoga for Pregnancy

See website for more details:

www.ninespringsclinic.org



Find us on:
facebook®

SLEEP

There has been a good deal of interest in sleep recently following the publication of *Why We Sleep* by Matthew Walker, a sleep scientist at Berkeley university.

He looks at the powerful links between sleep loss, **Alzheimer's disease, cancer, diabetes, obesity, and poor mental health** - yes, many of the afflictions of the 21st century. Sleep loss costs the NHS budget over £30bn a year in lost revenue, that's 2% of the GDP.

In the world of complementary medicine we are well aware of sleep issues, with plenty of us seeking to help with this. But there are 2 issues: the first is the more obvious, that is insomnia. The 2nd is our cultural attitudes to sleep, which we need to wake up to (excuse the pun). There has long been a prevailing association between the need for sleep and laziness or weakness, even shame. Whilst we acknowledge our babies' needs for sleep, once we become adult we seem to pride ourselves on how little we are getting. Yet, sleep has a vital role in our lives - it is the time that our bodies mend and regenerate, both physiologically and psychologically through dreaming.

The evidence is that after just one night of only 4/5 hours' sleep our natural killer cells, which kill cancer cells on a daily basis, drop by 70%. Indeed, night work was classed as a probable carcinogen by the World Health Organisation.

More than 20 epidemiological studies have shown that the shorter you sleep the shorter your life. And it's a myth that older people need less sleep.

Traditional Chinese Medicine has always recognised the importance of sleep. In the classics it was stated that we should sleep with the seasons, or the daylight hours. Hence in Winter we need much more sleep, with the longer nights, whilst in summer we can be more active with the longer days. To live out of harmony with the seasons is to risk developing imbalances in our Qi flow which can thereby cause more serious disease.

So having acknowledged the fact that we need our sleep, at least 7 hours per night (and Walker suggests that we should not just have an alarm to wake up but also one to tell us to go to bed - what a great idea!) , what about the actual ability to sleep? For those of us who are 'cursed' by inability to sleep, let's look at the options within complementary approaches.

Hypnotherapy, counselling, acupuncture, Relaxation therapies all seem fairly obvious. But when you look further, there are other ways to approach this problem.

Nutritional therapy looks at our nutritional status to make sure your daily intake is sufficiently balanced and nutritious on all levels. This corroborates with Chinese medicine which looks at the state of our Blood, in fact it says that "the Blood anchors the mind". This might sound bizarre but what they mean is that our 'spirit' (known as Shen) engages with the world whilst our eyes are open. Once we close our eyes and go to sleep our 'shen' returns into our body and resides in the heart. If your Blood is not strong then you cannot hold the Shen, resulting in poor or dream-disturbed sleep. The answer is to strengthen the Blood, which means upping our nutritional status, increasing intake of blood nourishing foods such as greens, beetroot, oily fish, liver etc. Interestingly this corroborates with recent research that finds a lack of Magnesium & Vit B12 cause sleep problems. A soak in an Epsom salts bath (magnesium) before bed can do wonders for a good night's sleep!

So if you're struggling with sleep take a look at the bigger picture. Is it stress/anxiety/trauma? In which case check out Mindfulness meditation courses, Hypnotherapy, Acupuncture, Homeopathy, EMDR, or yoga or Qi Gong. Or is it long-term stress issues that might require deeper counselling? Or have you become run down from working too hard or being on the go? Then look to Nutritional therapies or Acupuncture or Herbal Medicine.

You owe it to yourself (and your loved ones) to sleep abundantly!

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

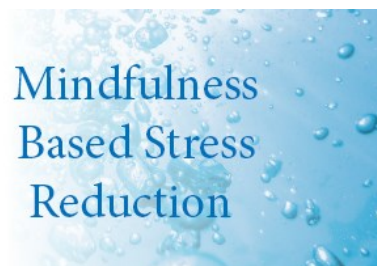
Next course starts Jan 22nd 2018

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



2 Hour Baby & Child Emergency First Aid Class

Thursday 11th Jan 10:30am-12:30pm

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!!

Courses starting:

Tuesday 19th Dec. from 7pm

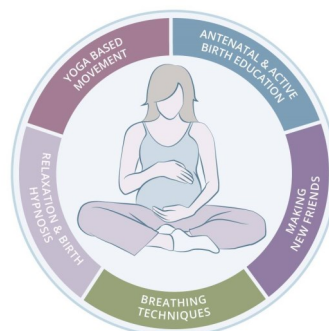
Saturday 10th Feb, from 1pm-5pm

Tuesday 20th Feb from 7pm

Saturday 17th March from 1pm

For more information and to book your place contact Nici Fulton directly: **nici-fulton@thedaisyfoundation.com**

07791 730123



BLUES & HUES

An exhibition of Paintings by David Fitch

1st January to 31st March 2018

At Nine Springs Natural Health Centre



" I am a self taught painter in oils, interested in painting since early childhood, my Art eventually gave way to family life until 2009 when the big C came knocking. Recovery from a radical prostatectomy facilitated a period of convalescence and my children encouraged me to take up painting once again. So often in life negative events produce positive outcomes and for me this is entirely true. I am to this day not entirely free from this destructive disease as in 2014 I was diagnosed with bladder cancer.

Painting for me is not only a distraction from this frightening condition but an activity that provides me with great joy. I consider myself very fortunate. Although some aspects of my work are fairly constant e.g. the colour palette, I love bright , light and pastel colours, I consider my style to be constantly evolving, ever changing, like life itself!

Please take a look at my work, stand back but also get in close, after all that's where I spend most of my time at the canvas, up close!"

David Fitch.

OPEN EVENING

Friday 19th January

3:30pm—7:30pm

Meet the artist

Wine, tea, coffee and biscuits provided