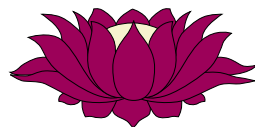


# Well now...



The seasonal newsletter from Amitayus Wellbeing

Issue 1 : Summer 2008

Total wellbeing through complementary therapies, products, training and community.

## New additions: Counselling, Physiotherapy & Foot Healthcare.

We are pleased to announce that this September sees us being joined by Physiotherapist Mathew Jones and Person Centred Counsellors Heather Mansfield and Lorraine Merry. This is in addition to Sarah Hacket, Foot Health Practitioner who has been with us since July.

"We're really excited about them joining us", says Clinic Manager Dawn Hart. "We can now offer the community Complementary Healthcare for the majority of possible needs. All our dedicated therapists are committed to providing the best possible care for our customer's health and wellbeing. And now we can offer them the best possible range of therapies too!"

If you would like to know more about our Counselling service, there will be free 15 minute drop in sessions on Saturday 20th September. Please call to book.



## Welcome to the first of our quarterly newsletters

where we share with you some of our news and keep you up to date with issues and info in complementary therapy. For more regular updates you can join our email list by sending us your email (address on next page).



Amitayus  
Wellbeing

## Total wellbeing of the highest standards for body, mind and spirit

Acupuncture • Aromatherapy • Body Massage • Chinese Medicine • Counselling • Foot Healthcare • Hopi Ear Candles • Indian Head Massage • Kinesiology • Physiotherapy • Reflexology • Reiki • Meditation & Relaxation Classes • Nutritional Supplements • Herbal Teas • Organic Skincare • Books and Music • Garden of Peace and Reflection (for clinic clients only)

# Diabetic Foot care

It is estimated that 15% of Diabetics will have a foot complaint at some point in their lives. Poor circulation, diminished sensation (known as neuropathy) and decreased resistance to infection are common problems with diabetic feet.

Get to know your feet, their colour, and texture and regularly check the soles to ensure that the skin has not been broken. Due to neuropathy, you may not be aware of anything sharp going in to your foot so it is vital that the feet are regularly checked in order to prevent infection setting in.

Muscle weakness can also occur in diabetic feet, which can then lead to corns, calluses and bunions, but with the assistance of a Foot Health Care Practitioner you can ensure that you keep your feet in tip top condition. He or she can test the level of sensitivity in the feet; they can also offer you advice on appropriate footwear and will cut your toe nails correctly, which will help to reduce the possibility of accidental damage to the nail and surrounding skin.

Keeping on top of your foot care is important for maintaining your long term health.

For more information about foot healthcare speak to our foot healthcare practitioner Sarah Hackett who is available at Amitayus Wellbeing every Thursday. Home visits are also available.



## Things to avoid:

- > Never soak your feet for long periods of time.
- > Do not use any form of chemical treatment for corns, calluses or verucaes.
- > Never ignore any foot pain.
- > Avoid extremes of temperature.
- > Do not use hot water bottles on your feet.
- > Never walk barefoot.

## Things to do to help your feet:

- > Keep blood sugar levels under control.
- > Wash your feet daily. Dry them carefully, especially in-between the toes.
- > Cut toe nails straight across and file the edges gently.
- > Use cream on the heels of the feet if they're dry to prevent cracking which could lead to infection.

## What's in the Garden?

Gardens are a real sanctuary and at Amitayus Wellbeing our garden provides a place for reflection.

We are gradually filling it with plants with medicinal properties. The Lavender has looked particularly beautiful over the summer season. The essential oil of this aromatic plant is used by Aromatherapist's because of its calming properties. Lavender is an excellent remedy for skin problems and can provide quick relief to minor burns. Its anti-bacterial properties make it an ideal, natural anti-septic too for around the home. A few drops in a warm bath can help relieve the discomfort of cystitis and it can also be used after child birth to help heal the perineum.

Lavender Hydrolat (also known as lavender water) is the water left from the distillation process of lavender essential oil. This water is bottled and sold for a variety of purposes it can be used to wash cuts, and as a gargle for sore throats.



▲ Lavender at Audley End garden, Essex

## Do you want to learn Reiki?

Sat 6th December 2008 or Sat 7th Feb 2009.

This introductory day gives you a taster of what Reiki is all about without committing to the full training course. Dip your toe in the water and we will teach you the history of Reiki and its Buddhist origins, the 5 precepts and their meditations, and you'll also receive a 30-minute Reiki treatment from one of our experienced Reiki Practitioners. By the end of this introductory day you will know if Reiki is the path for you. There will also be the opportunity to register for the next Level 1 training course at a reduced price. This course is led by Dawn Hart, a Reiki Master Teacher Member of the UK Reiki Federation. (Price £50.00 including lunch).

## Our Top New Products

**Clipper Organic Sleep Easy Tea.** If you are finding it difficult to get to sleep at night then try our Sleep Easy Tea from Clipper. A combination of Valerian, Chamomile and Cinnamon, this tea really does work. A number of our clients have said that they are sleeping much better thanks to Sleep Easy. Price £1.15 20 bags. 30g.



**Pit Rok Deodorants.** If you are worried about using aluminium based deodorants then why not try our natural deodorant range from PitRok. This unique brand is made from a simple crystal, and its mineral salts have anti-bacterial properties which means there will be no under arm odour. It is available as a spray or roll-on. Roll-on is Priced £5.95, Spray-on Priced £3.95.



# Tinnitus

is a huge problem in the UK, with over 470,000 adults suffering from the condition. There are a number of different causes of tinnitus, the main one being trauma or damage to the ear, hearing loss, long-term exposure to loud noises, some medicines and other health problems such as allergies, tumours, and problems in the heart and blood vessels, jaws, and neck. Traditional Chinese Medicine (TCM) takes a different view from that of Western medicine, believing that some of the causes stem from emotional or lifestyle factors. The pitch and volume of the noise or ringing is also important and helps to diagnose the cause of the complaint. For example, a loud ringing noise which occurs suddenly may be due to emotional strain, anger or frustration, whereas a low pitched ringing can be due to overwork and lack of sleep.

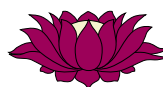
Age, overwork, or stress causes a person's energy to become depleted and therefore imbalances will occur within the body. Recent research studies have shown that acupuncture has a long-term effect in some cases of tinnitus. There are also controlled research studies which have concluded that acupuncture is a "valuable therapeutic alternative" in the treatment of tinnitus. Although we would always recommend you start by seeing your GP.

In 1979 the World Health Organisation listed 40 major diseases that could find relief by acupuncture treatment and tinnitus was included in that number. This is not surprising since acupuncture works through the nervous system and energy channels in the body and has also been shown to cause the brain to release natural pain killers, boost the immune system and calm the nervous system. It has been concluded through several separate research studies that the use of TCM acupuncture can result in positive outcomes for patients suffering tinnitus.

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## Our Strawberry Tea fund raiser for Breast Cancer Care

held on Saturday 19th July, was a tremendous success! Dozens of people came through the door to sample fresh strawberries, a wide variety of strawberry cakes and scones, teas including speciality strawberry herbal teas, taster sessions of various complementary therapies, a raffle, browse the shop, enjoy the Garden of Peace and Reflection and just have a good old natter! In the process we raised **£350** for Breast Cancer Care which is fantastic in just 5 hours! We would like to thank all the wonderful people that helped to support the event and gave of their time, humour and cooking abilities! Without you all it would have been nothing. Thanks too to everyone who turned up to enjoy the event. We look forward to welcoming you all back soon.



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