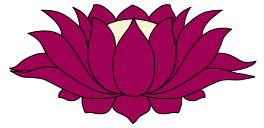


Well now...



The seasonal newsletter from Amitayus Wellbeing

Issue 2 : Autumn 2008

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

Welcome to the Autumn issue of our newsletter. There have been many changes to Amitayus over the last couple of months with new additions to our therapy service including Herbal Medicine and Iridology with Alan Payne. With more than 20 years experience we are delighted to have Alan joining us. In addition to his skills as a therapist Alan also lectures on both subjects and will be offering courses at Amitayus from January 2009.

Alan will be giving a talk on Iridology on Thursday 6th November at 7pm at the centre, places are limited so if you would like to attend please call us. All are welcome!

Charity Fundraiser

We will be raising funds for local charity "Circles Network" on Saturday 15th November, 10am until 3pm, with a special Open Day. Join us for taster treatments, workshops, tea and mince pies!

All funds raised from treatments and refreshments will go to the Circles project 'Taking the Reins'. This Equine Facilitated Learning Programme is designed to help disabled and disadvantaged children to improve their self awareness and self-esteem. The project has already had positive results with children with a range of problems including Anorexia, Depression, ADHD, and Autism. Taking the Reins develops a range of skills in the children over a course of sessions and the end result is that the children are able to walk a horse single handed in a round pen.

5 Ways to Get Some Sleep

1. Stick to a sleep schedule. Go to bed and wake up at the same time each day. Even at weekends.
2. Don't have a TV in your room, it can be too distracting before bed.
3. Make sure you leave at least a two hour gap between your evening meal and going to bed.
4. Do a relaxing activity at least 20 minutes before bed.
5. Have a warm bath with a couple of drops of lavender oil.



Why not shop with us this xmas and swap the crowds for calm? We stock an extensive range of natural skin care products. We have some lovely gift sets for xmas and we also offer gift certificates and vouchers.

Feeling the winter blues

Depression is a mood disorder characterised by feelings of sadness, discouragement and despair. All of us have experienced such feelings at one time or another: perhaps after a death or other trauma. This is a natural and healthy response that most of us overcome in time. However, when these feelings occur without any precipitating factors and are persistent, depression has set in.



There are several types of depression, from the normal “blues” to major depression. Persons with more debilitating depression have feelings of despair and hopelessness; crying for no apparent reason; loss of appetite; fatigue; difficulty concentrating; and insomnia. Another typical complaint is loss of interest in activities the person previously found pleasurable. For some, thoughts of suicide are prevalent, in which case it is very important for them to seek medical help.

Traditional Chinese Medicine, including acupuncture, is a safe and effective way to combat depression. A clinical study has shown that patients who received acupuncture experienced significantly reduced symptoms of depression. After treatment, more than half no longer met the criteria for clinical depression. Statistically, that makes acupuncture just as effective as antidepressants. Studies also show that acupuncture can change the levels of many neurotransmitters, such as serotonin, that profoundly affect mental states.

Certain vitamin or mineral deficiencies can play an important part in depression, such as deficiencies in Zinc, Vitamin C, Folic Acid, Vitamin B-12, and Vitamin B-6. At Amitayus Wellbeing we sell a wide range of Vitamins from Viridian and Quest and can offer you advice on supplements that might help improve your mood.

If you are feeling overwhelmed and need someone to talk to then you might want to consider counselling. At Amitayus Wellbeing we offer Person Centred Counselling, with experienced counsellor Heather Mansfield. This style of counselling is recognised as being a gentle and natural way of working with a person to empower them to make their own choices and decisions and can really help you to beat depression.

Other alternative treatments include Aromatherapy, Reiki and Reflexology. Also if you want to do something pro-active to help you stay positive on a day to day basis then why not take up meditation. Not just a relaxation technique, meditation can help you change your negative thinking in to positive. Many of our students notice after just a few weeks that they have a more positive outlook.

Mediation is held on Tuesday evenings from 7pm until 8.30pm at Amitayus Wellbeing.

Looking After Your Skin In The Winter Months

It's usually during the winter months that we notice a real change in our skin. Exposure to the wind, rain, cold and then heat will often leave our skin feeling dry and dehydrated.

Often during the winter we also exercise a lot less which means the skin isn't getting a fresh circulation of blood to the surface as often as it should. Add to this a heavy consumption of alcohol over xmas and your face will soon start to look tired.

Here are some simple things that you can do to keep your skin looking good through the winter months:

1. **Drink more water!** - Dehydration means that there is a lack of moisture in the skin, which is visible as fine lines and tightness on the skin. Dehydration can affect any skin type even oily skin. Try to drink between 6 and 8 glasses of water a day, this will help to rehydrate the skin and help the body to remove unwanted toxins from the system.

2. **Diet** - Ensure that your diet is balanced with a variety of fresh fruit and vegetables. When we aren't eating properly our skin can look dull and lifeless.

3. **Essential Fatty Acids** - Increase your intake of essential fatty acids (EFA'S) which can be found in vegetable oils, nuts and cereals. EFA's are important to the health of the skin and form part of the skins barrier.

4. **Moisturise** - Use a nourishing moisturising cream suited to your skin type. Moisturisers provide a barrier on the skin preventing water evaporation and allow the lower layers of the skin to rehydrate, and the upper layers to maintain an adequate water balance. This will leave the skin looking firmer and younger and will provide a barrier against the harsh winter weather.



Winter Skin Care Offer

Mini-Organic Holistic Facial, just £19.95.

Keep your skin feeling nourished and fresh this winter with our facial offer. Cleanse, Tone, Exfoliate, Acupressure Facial Massage, and Moisturise. We only use the best in Organic Paraben- Free skin care products, Vegetarian Society Approved.

Boost Your Immune System this Winter

Your immune system can often be at its lowest during the winter months so it is important to try and give it a boost to help fight infections such as colds and flu.

Increase your intake of vitamin C rich foods such as oranges, kiwi fruit and blueberries. Fruit and vegetables are the best source of immune boosting antioxidant vitamins A, C and E.

Zinc is another important immune-boosting nutrient. Studies show that it helps increase the production of white blood cells. Good sources include pumpkin seeds and cereal grains.

Natural remedies such as Echinacea and Garlic can also support the immune system.

It is important to make the most of the little sunlight that we have in winter to ensure that you get a dose of Vitamin D. This vitamin is vital for strong bones and recent research suggests that just 15 minutes of sun during the winter can help protect women from Breast Cancer.

If you are unfortunate to catch a cold then treat yourself to some immune boosting essential oils. Eucalyptus for example is a great expectorant and can help reduce a fever. At the onset of a cold disperse a few drops of Eucalyptus oil in a bowl of hot water, inhaling the steam will quickly give you relief from symptoms.

If you are feeling feverish with aching limbs then try a couple of drops of peppermint and lavender in a warm bath, this soon helps to ease the pain.



Amitayus Wellbeing

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

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

Growing to serve you better!

We are pleased to welcome Polly Wilson who has joined us to help look after our clients in reception, develop the shop and promote our services to the wider community.

She is also able to offer her services as a fully qualified Life Coach. She coaches on a wide range of subjects and problems, with particular interest in Wellbeing and Work/Life Balance. Helping clients to jump life's hurdles!

She joins us after many years in education, and is a valued addition to our team.



Amitayus Wellbeing

189 Long Street
Atherstone

Warks CV9 1AH

T: 01827 719926

E: info@amitayus-wellbeing.co.uk

W: www.amitayus-wellbeing.co.uk