



Phoenix Centre
Natural Health Clinic
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Spring Newsletter

Spring 2012

The Phoenix Centre opened nearly 8 years ago, under Caroline and her sister Fania's visionary direction. I knew from the start that this was going to be a very special place: a place that is a joy both to work in and to receive life-enhancing treatments. The therapists have a good collaborative relationship and most of them treat each other: we place a high importance on keeping well and in good shape ourselves.

You do not have to be ill or in pain to benefit: regular massage or an occasional McTimoney session can help make life go smoother. There are many other therapies available, from Indian Head Massage to Reflexology, as well as counselling, homeopathy, allergy testing and Pilates.

The barn complex hosts personal development courses, classical concerts and retreats. It is truly a place for personal regeneration and holistic healing. Come to our Open Day, where you can chat to the therapists, enjoy a health check-up or a taster session or attend a free 10-minute informative talk.

Bring your family and friends, share tea with us, ask questions and take advantage of our Mad March Offers.

Look forward to seeing you on 3rd March.

Alice Eastaugh

Sharing a little winter wisdom

Watching my cats bound freely over the snowy garden then stretch out languidly by a log fire, I reflect that we too can intelligently adapt our bodies to meet their seasonal needs, if we choose to. We have a tendency to be much more active in summer. In winter we often want to sleep more but it is also important that we don't let our bodies stagnate through lack of exercise, central heating, over-eating and too much time spent hunched over computers, with shortened hamstrings, tight shoulder muscles and straining eyes. Eyes should be refocused frequently through the day at different distances if we are to avoid myopia and tension headaches. So it is

with other muscles: I see many clients with low back problems caused in part by too much sitting around on less than perfect chairs, diminishing the natural curve of the spine. So too with computer or 'driver's neck', chronically held rigid by long hours concentrating intensely at the screen or road. We forget to take breaks in what we are doing, and posturally-induced change such as widow's hump can start to creep in.

I won't give away all my tips here, but come to Phoenix Alive on March 3rd to hear more, or book a free consultation before deciding whether my treatments are right for you.

Phone the centre or Alice on 07810 513125

Mad March Offer 15% off

your initial complementary health treatment in March (2012)

Includes: Allergy Testing, Cranio-Sacral Therapy, Counselling Psychology, EFT, Homeopathy, Massage (Ayurvedic, Hot Stone, Indian Head, Remedial, Thai), McTimoney Therapy, Reflexology, Reiki, Shiatsu, Zero Balancing

Please bring this coupon with you

Phoenix Alive! Open Day

Saturday 3rd March

10.30am - 3pm

Meet our therapists

Enjoy a taster session

Learn from a short talk

Savour our refreshments

In our spacious Barn Room
adjoining the clinic

FREE entrance

Cranio-Sacral Therapy

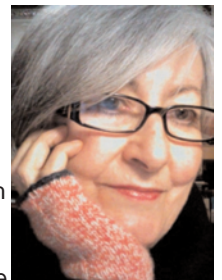
Cranio-Sacral Therapy is a deeply subtle engagement with the healing potential of the body. The hands of the therapist connect with the client's energy system at various points along the spine

and the cranium in a deep and receptive state of listening. The quiet, gentle space created offers the client's body the stillness to engage with its own healing. The therapist facilitates this process as a result of a still and deep awareness of the body's energy system and knowledge of anatomy and physiology.

I am a trained Cranio-Sacral Therapist and a student in the Bowen Technique. I have had a career in palliative care nursing and planning, but more recently I became an artist working with light and the subtle energy of the human body. I am fascinated by its incredible intelligence for restoring health.

Our bodies are incredibly forgiving and will always work towards healing our condition so that we might achieve our full potential and vitality.

Judith James Aston Tel: 07775 618438



Ayurvedic Massage is deeply relaxing

Ayurvedic medicine offers a complete system of well-being, including yoga, diet and various forms of massage. I'm now offering Ayurvedic Marma Massage, which will send you into a place of truly deep relaxation. In Ayurvedic medicine there are considered to be 107 marmas or pressure points, many similar to the ones that I use in Shiatsu. I will be working with oils to massage your body in a unique way that encourages your muscles to release their tensions and use pressure at key points to stimulate healing. I use sesame oil and a vigorous medium-pressure style of massage which eases the tensions out of your muscles, and I combine essential oils according to your 'dosha' or body type. The full massage lasts 1hr 45min. A shorter marma massage of 1hr 15min is also available. For an appointment or a chat about this type of therapy phone Trish on 01986 780939.

Not getting enough "Big Sleep"? Come to my free short talk at our Open Day on 3rd March.

Practitioners

Jane Barriball

McTimoney, Zero Balancing
01728 648263 or 01502 580011

Celia Bedford

Counselling Psychologist
Tel: 07802 783298

Trish Dent

Shiatsu, Ayurvedic Marma Massage, Indian Head Massage, Yoga Hand Massage, Myofascial Release
01986 780939 or 07530 699985

Alice Eastaugh

Swedish/Holistic Massage, Hot Stone Massage, Thai Yoga Massage, Thai Foot Massage, Reflexology, Reiki
07810 513125 or 01502 675228

Virginia Gray

Allergy Testing tel: 07876 634434

Victoria Hayden

One to One Pilates
Tel: 01728 648171

Judith James Aston

Cranio-Sacral Therapy
Tel: 07775 618438

Stella Robbins

Pilates Classes
Tel: 01728 663380

Caroline Weatherby

McTimoney Therapy
Tel: 01728 648263

Kim Wilson

Homeopathy, tel: 07980 477167

Do you have an intolerance?

Concerned that something you are eating or drinking is creating health problems? Food intolerance/sensitivity can affect the individual in many and various ways, ranging from a niggly sense of being out of sorts to debilitating, sometimes chronic, symptoms. You may well suspect certain foods of causing discomfort but to identify problems is difficult on your own.

There are several different ways to be tested. My method is natural and non-intrusive using simple muscle responses. After testing we will discuss your results and provide advice and support in devising a healthy, varied and balanced diet. In subsequent consultations more foods are tested and problem foods retested. Often, with care and guidance, you may be able reintroduce certain foods moderately, permitting more freedom of choice. Although some alleviation may be felt fairly quickly, four consultations, over a period of 3 or 4 months, are recommended in order to achieve a clearer picture and manageable regime for the way forward.

For more information contact Virginia Gray at the centre or on 07876 634434.

McTimoney Therapy a 10,000 mile service?

McTimoney treatment has an 85% success rate with treating painful backs, necks, headaches and more. McTimoney therapists use a gentle form of manipulation to re-align the spine and other joints. People find that it is equally good for painful conditions or when just feeling "not quite right", and check-ups every 4 - 6 months are recommended.

When patients start to feel better, many ask the question "how can I stop my back from going 'out' again?" Good preventive advice and sometimes special exercises can help, but in reality coming for check-ups 2 or 3 times a year is the best method of prevention. In this way misalignments are corrected *before* they become bad enough to cause problems and, as the old saying goes, an ounce of prevention is worth 2 lbs of cure! If you wait till the pain or discomfort is acute it will take far longer to correct. After all, we service our cars regularly, but do we ever think of serving our bodies? If you haven't had a treatment for 6 months or a year, wouldn't it make sense to book in now for your 10,000 mile service? If you've never had a McTimoney treatment and not considered your aches and pains bad enough to seek help, why not come for a chat and free assessment with Jane or Caroline? To book a treatment or come for a free McTimoney assessment phone 01728 648263.

Barn Events 2012

Mondays

Pilates Classes

9.30 am - 10.30 am

Stella Robbins Tel: 01728 663380

Yoga Classes starting soon

Julia Fairfax tel: 07788 784294

3rd March

Phoenix Alive! Clinic Open Day 10.30am - 3 pm

Come and meet our therapists, have taster treatments and a cup of tea or coffee, listen to a talk on health themes. All are welcome. Entrance free.

28th April - 5th May

Retreat House Party

with Gemma Walker, exploring what's going on in our lives and working with our dreams to deepen the experience, plus music, walks and fun. For more information contact Caroline at the Phoenix Centre. Tel 01728 648880

26th - 29th October

Residential Reiki Drum Retreat with Sarah Gregg

For information and costs contact Sarah on 07702 249788

For more details and future events, our website is www.phoenixcentre.co.uk

What's the difference?

Counsellors, psychotherapists, counselling psychologists: is there any difference?

Yes and No! Yes, as concerns the length and focus of training and no, in that all 'Talking Therapies' involve a therapist and a client exploring together what has hindered changes in the past in order to understand how to move forward.

I am a chartered counselling psychologist and people usually come to see me because they wish they could change things to make life more manageable, but don't know where to start.

Unhappiness, depression or anxiety can make us all feel less capable of finding a way out of our difficulties. Having someone to talk to in complete confidence and who is not directly involved in our particular circumstances, can make a real difference when, for example, facing difficult life cycle changes such as a career change, loss and bereavement or crisis points in relationships.

Therapy sessions last for 50 minutes at, usually, weekly intervals. The number of sessions needed depends mainly on the difficulties to be addressed, and is agreed at the beginning. Why not come for an initial session to learn more and see whether it is for you?

Celia Bedford tel: 07802 783298