

# Harmony Centre News

The perfect setting for healing, learning and development

Autumn 2009

No. 10

We have so much for you to participate in this autumn! Regular classes are beginning again: these include Pilates, Kundalini Yoga, Chi Kung and Mind your Body, as well as Homeopathy. There are one or two-day weekend workshops in Chi Kung and also an Angel Day, and other workshops and courses are in the pipeline. Our Thursday evening talks, discussions and demonstrations commence again in October; see page 3.

If you would like to have a chat with one of the practitioners from the centre, why not visit our stand at the Mind, Body, Spirit Fair in Southwold (St Felix School) on Sunday 20th September, or pop into the ichameleon shop in the Thoroughfare in Halesworth, where we will be in residence from Friday 25th September until Wednesday 7th October. One or more of our practitioners will be there from 10am to 5pm (except Sundays and Thursdays). Please tell your friends and neighbours that we will be at ichameleon to discuss health issues and talk about therapies, classes and courses at the centre. Some taster treatments will also be available.

Whilst putting together this issue of our newsletter, I have been struck by a common thread running

## Master your mind, heal your body

Thoughts affect your body. They prepare the body for action. For example, just thinking of tasty food gets your digestive juices flowing in preparation. When thinking of an impending conflict your body prepares for action by sending blood to muscles and away from digestion. So, how you spend the majority of your thinking time will inevitably influence long-term health patterns. If, for example, you have a job or lifestyle in which you spend a lot of time trying to solve problems or conflicts, your body will spend most of its time in 'alert' mode, putting your digestion and immune function on the back burner until you can rest and recuperate.

In traditional Chinese medicine it is recognised that habitual emotions such as anger, fear, worry and sadness lead to particular and predictable health problems. Luckily we are not slaves to our thoughts and feelings and can train our mind to rid ourselves of strong mental and emotional habits. This is achieved not by suppression or medication but by clearing the habits -- or as Taoists would say, Emptying the Vessel.


Chi gung uses mindful movements and meditative stillness to integrate body and mind so that they work synergistically. As a result, students say they feel better in themselves, life seems to get easier and health improves. For those that are already healthy, chi gung takes them to a higher level of vitality and personal development.

Cindy Engel practices Chi Gung at the Harmony Centre, teaching classes and workshops. See our website or Cindy's own at [www.wildhealth.co.uk](http://www.wildhealth.co.uk)



through many of the articles: that of connectivity. Connection between mind, body, spirit; connections between distant and seemingly unrelated parts of the physical body. This newsletter helps to create another connection: our connection with you. In the 1980s Ted J Kaptchuk, a consultant on a BBC television series of that era called *The Healing Arts*, summed it up simply in the subtitle to his book *Chinese Medicine*, as *The Web that has no Weaver*.

Trish Dent, editor



**Mind Body Spirit Festival**

SAINT FELIX SCHOOL  
Southwold

Taster sessions, psychic and card readings,  
spiritual healing, crystals, books, CDs, and more  
Belly Dancing and Tai Chi workshops

**20th September 2009 10am - 5pm**

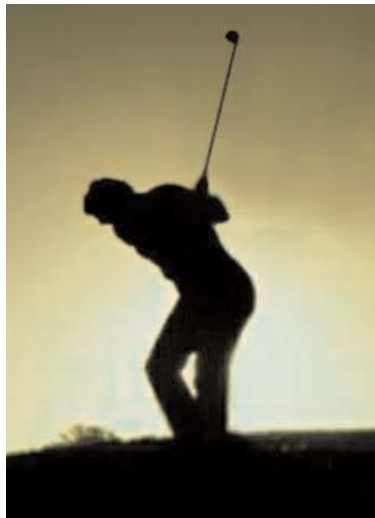
Admission: £3 for adults ~ children & concessions FREE  
[www.mind-body-spirit-events.com](http://www.mind-body-spirit-events.com)

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The Harmony Centre, Walpole, Halesworth IP19 9BB [www.theharmonycentre.com](http://www.theharmonycentre.com)

# Get into the swing

Playing golf should be a fun, relaxing game so it can be incredibly frustrating when aches and pain disrupt your game. Prolonged walking, standing and carrying bags on long courses can aggravate already aching joints and lead to more serious long-term issues. Each swing places strain not only on the back, but other structures of the body such as the ankles, knees, hips, shoulders and elbows. Therefore, it is important to warm-up and stretch before you start playing, especially if you have a history of joint or muscle problems. Playing golf often requires a



short burst of activity, sometimes followed by long breaks before the next shot. Doing some stretches between shots or holes can help prevent injury. Exercises to balance the trunk and spinal muscles are important if you want to prevent spinal injuries. Your local chiropractor can design a routine to suit your specific needs and ensure your spine and joints are working as well as they should, which can help prevent injury.

Your local chiropractor is Paul Parolin and can be contacted at The Harmony Centre on 01986 784712.

## Practitioners

### Alexander Technique

Sonia Richards

### Chiropractic, Cranio-Sacral Therapy

Paul Parolin

### Health Kinesiology

Frances Arnold

### Homeopathy

Karen Preece

### Person-Centred Counselling

Sue Roberts

### Reiki, Reflexology, Hopi Ear

### Candling, Head Massage

Judith Samuel

### Shiatsu, Indian Head Massage,

### Myofascial Release

Trish Dent

### Swedish Massage, Hopi Ear

### Candling, Indian Head Massage

Chloe Sadd

### 5-Element Acupuncture

Caroline Shepherdson

# Shiatsu shown to improve health

Research carried out on behalf of the European Shiatsu Federation has established that Shiatsu treatment: improves health and wellbeing; is safe; can benefit specific conditions; and also suggests a role for Shiatsu in public health.

The study took place in Austria, Spain and the UK in 2006 and 2007. A total of 948 clients participated and their experience of Shiatsu treatment and the effects were studied over 6 months. Shiatsu, like other oriental healthcare methods, has been practiced for centuries and aims primarily to promote wellbeing and to help prevent illness. Treatment involves stimulation of the meridian channels using gentle pressure using thumbs, fingers and palms. Shiatsu effects change in the overall energy system and in the client's condition in a non-invasive manner. The positive experiences and benefits reported are consistent for the three countries and are also maintained over time. Some of the main effects reported by the participants were:

- o Increased relaxation and a sense of calm
- o Being more energised
- o Being better able to cope
- o A reduction in symptoms of stress and tension
- o Improvement of problems with muscles and joints including back pain and postural misalignments
- o Improvement in energy and reduction of fatigue.

See [www.shiatsu-esf.org](http://www.shiatsu-esf.org) for the full report.

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# Holistic health

Walk into any therapy centre and pick up a practitioner's leaflet.

The chances are the word HOLISTIC will feature somewhere. But what exactly do we mean by this word? The holistic approach is one of the main concepts that sets complementary therapies aside from mainstream medicine. The holistic philosophy takes the view that whatever symptoms a client may be presenting, the treatment will focus on the whole person, including body, mind and spirit -- each are interdependent and interlinked.

Although complementary medicine is impacting more and more on traditional medicine, it is still the case that a conventional doctor may focus on one part of the body in isolation, while the mind and spirit don't come into it at all. The Health Kinesiologist takes the holistic

approach to the extreme by working with the client in terms of one, all embracing, unifying system: The Subtle Energy Body (SEB).

The SEB is a vast pattern of particles that vibrate faster than the speed of light, so it has no mass or substance. It is far from 'subtle' though; it is the blueprint of everything that we are. For every health problem that presents, there is a corresponding disturbed pattern in the energy body.

Health Kinesiology (HK) is a method of locating and re-attuning these disturbances in the energy field which are keeping the person stuck in patterns of ill health.

Each session of HK creates greater harmony within the SEB. A well balanced SEB has an incredible capacity to help the body to self heal.

## Bodywork Classes

### Chi Kung

Cindy Engel 01986 873997

### Pilates

Julie Mower 01986 798845

### Mind your Body Class

Trish Dent 01986 780939

### Kundalini Yoga

Sara Barratt 07866 683527

Two of the mottos we have in HK are:

\* There is always a way

\* Expect miracles

Sometimes the results appear miraculous but actually they are based on sound science. But it is a science that we are only just beginning to understand.

If you are interested in knowing more about Health Kinesiology contact Frances Arnold on 01728 663204.

# Easing back-to-school anxieties

As many youngsters start school for the first time and many more change classes or schools, homeopathy offers a natural solution to help those struggling to cope.

Anxiety about starting school is normal, but for some children the stress of a new school or teacher can be overwhelming. For those starting for the first time, they will have to become more independent, sit still for long periods, take instructions given to the whole class and cope with what can be the frightening hustle and bustle of the playground.

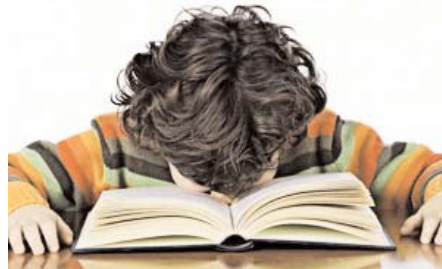
Symptoms may include behavioural problems, such as aggression, or clinginess, digestive upsets, headaches and problems sleeping, sometimes with nightmares.

One such case was Jack. The sheer stress of remembering which books to take to his new school meant that he took every book to school every day and worried himself sick (literally) that he would get into trouble for forgetting a book. Every day was a major planning (and worrying)

exercise. The homeopathic remedy arsenicum settled his anxieties to such an extent that he has been known now to forget a book!

Homeopathy is a system of medicine which is based on treating the individual with highly diluted substances given in mainly tablet form, which trigger the body's natural system of healing. Based on their experience of their symptoms, a homeopath will match the most appropriate medicine to the patient.

Homeopathic remedies can be used at home to help youngsters through the difficult transition period. In selecting a remedy, individual characteristics are taken into consideration. Here are just a few remedies and their situations for using which you



may find helpful.

*Argentum nitricum*: a child needing this remedy will be hurried, with lots of fears and anxieties, always asking "what if..." Physical symptoms include loud wind, twitching, diarrhoea and periodic weakness.

*Lycopodium*: this child will lack confidence and doesn't like doing new things, but can be assertive/bossy at home. Physical symptoms include bloating, huge appetite, heartburn with sour burping and waking as if from a fright.

*Silica*: this child is nervous, sensitive, excitable and lacks confidence, with a fear of new things. They can be obstinate with fixed ideas. Physical symptoms include cracked dry skin, cutting abdominal pain with rumbling and headache which extends to the forehead and settles over one eye.

*Arsenicum*: this child is restless, fears failure, worries about almost anything, won't be left alone, likes to plan and tidies up after themselves. Physical symptoms include diarrhoea from anxiety, with thirst, has trouble swallowing food, and burning pains.

Registered Homeopath Karen Preece RSHom holds regular Homeopathic Clinics at The Harmony Centre. For more information, contact Karen on 01379 586668 or visit her website: [www.homeopathyhandhealth.co.uk](http://www.homeopathyhandhealth.co.uk).

## Emmerdale Farm Shop

Westleton Road, Darsham

01728 668648

[www.emmerdalefarmshop.co.uk](http://www.emmerdalefarmshop.co.uk)



# What a relief

**B**ack pain is a huge problem for the health service and in our society: it ranks alongside depression and respiratory problems as one of the leading causes of absence from work. Eight out of ten of us can expect to be adversely affected by back pain at some time during our lives.

So why consider the Alexander Technique (AT) for back pain? Just over a year ago the *British Medical Journal* (ref.1) reported encouraging research for sufferers of low back pain conducted by Prof. Paul Little and colleagues at Southampton University. Little's field trial looked at three modalities -- Alexander Technique, massage and an exercise regime -- one of which was given to sufferers of chronic low back pain over a period of time. The outcome was that, of the three, AT proved to have the greatest long-term success.

Most people today lead fairly sedentary lives and with that there is often poor activation of the postural muscles, leading in some cases to harmful muscle tension. As Alexander teachers we try to help your body reduce any muscle spasm and we also facilitate coordination, functioning and mobility of joints and lengthening of the spine.

All AT lessons are given one to one and we aim to show people experientially what it is that they are doing that is harmful to their backs, and by so doing they learn to undo harmful bad habits and to adopt a new and more healthy way of using their bodies.

Little's field trial concluded that lessons in the AT had a substantial long term effect of reducing days of pain and improving function and quality of life.

Sonia Richards begins working at the Harmony Centre this September and is offering half-price introductory Alexander Technique sessions.

Ref. 1. Little, P. et al. *BMJ* 008;337:a884 [www.bmj.com/cgi/content/full/337/aug19\\_2/a884](http://www.bmj.com/cgi/content/full/337/aug19_2/a884)

#### Please note:

**The views expressed in this Newsletter are not necessarily those of the Harmony Centre. Anyone seeking health advice should consult a qualified practitioner.**

## Weekend Workshops

Sunday 20th September

**Chi Healing 1:  
Information Gathering**  
with *Cindy Engel*

The first in a series of workshops looking at chi healing.

3rd-4th October

**Dragon & Tiger medical Chi Gung**  
with *Cindy Engel*

Learn the complete set of Dragon & Tiger medical chi gung in two days. Advance booking is essential. Contact Cindy on 01986 873997 for Chi Gung workshops.

Saturday 10th October

**Angel Awareness Day**  
with *Anna Mackenzie*

A light-filled day of healing exercises and visualisations with new information for our future awareness and being. Lunch is included. Advance booking essential. Contact Anna on 01923 828057 or Trish on 01986 780939.

## Thought for the month:

When facing and overcoming any challenge the following is true:

When you're interested you'll do what's convenient.

When you're committed you'll do whatever it takes.

Commitment is key to unlocking your potential and triumphing over.



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*Helen McDermott*

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# *The Harmony Centre*

*The perfect setting for healing, learning and development*

## **Thursday Evenings - Autumn 2009**

All welcome - from 7.30 to 10.00 pm

There is no charge but donations for refreshments are appreciated

### **October 22nd      Health Kinesiology: The Life Balance** with Frances Arnold

An experiential evening to find out what the key adjustments are, that you can make in your daily life, to maximise wellbeing and vitality.

### **October 29th      Creative Cooking for Food Intolerances** with Trish Dent

Nearly half the UK population has a food intolerance. So, the odds are that you will need to prepare food for "difficult" guests, a member of your family, or even yourself. Trish will discuss how you can substitute for the most common culprit foods to prepare tasty gluten-free, dairy-free and meat-free dishes that will leave your friends and family wondering at how you created such moreish meals and snacks. Ideas for your shopping basket and foods to taste during the evening.

### **November 12th      Counselling - how it works and how it can help you**

with Sue Roberts

Sue will be exploding some of the myths that surround counselling and will be clarifying some of the principles involved. There will be an experiential part of the evening where you have the chance to try listening and being listened to - a short and gentle exercise!

### **November 19th      Alexander Technique** with Sonia Richards

We are all governed by unconscious habits such that we may be doing something again and again, unaware that the action or habit may be contributing to a particular problem we have. Sonia will demonstrate how the Alexander Technique works to help us let go of these bad postural habits. She will also be showing some of the connections between the head, neck and back and how tension in the neck muscles can affect the whole of the rest of the body. An informative evening with demonstrations and work with volunteers in the group.

### **December 3rd      Demonstration of Facial Revitalization using Acupuncture**

with Caroline Shepherdson

A practical demonstration of facial revitalisation using acupuncture. It is a rejuvenation process designed to help you look and feel both healthier and younger. The treatment is based on the principles of Oriental Medicine and involves the insertion of hair-thin needles into particular areas of the face, ears, neck, hands, arms, legs and feet along the energetic meridians that connect around the body. Specific points are chosen to manipulate the movement of energy in the body according to a person's needs.

Places will be limited so please book by contacting The Harmony Centre

### **December 10th      Whatever the Weather?** with John Hammond

We are a nation that talks about the weather like no other. Meteorologist John Hammond will engage us in explaining what makes our weather so changeable and how global warming is likely to affect us weatherwise.

**The Harmony Centre, Walpole Hatch Farm, Halesworth IP19 9BB**

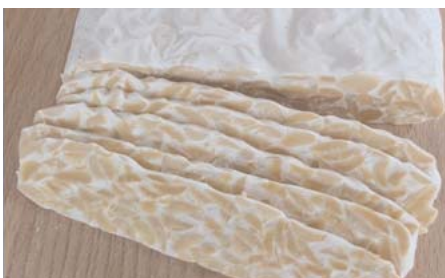
**Tel: 01986 784500**

**info@theharmonycentre.com      www.theharmonycentre.com**

## Fresh and local tempeh

When someone reliably informed me that Graham Lanman was making fresh tempeh, locally and on a commercial basis, I had to learn more. Very soon, I made a detour to his modest home business and had a brief tour to find out more about how it is made.

Tempeh hails from the Far East and is an Indonesian speciality. Made from cooked soy beans which have been allowed to ferment with a specific edible mould, it is shaped into a



square cake which becomes firm over the 24-hour incubation period. The process also renders the beans softer and more easily digestible. Tempeh can be cut into cubes or slices, marinated or simply cooked, adding great versatility and a new flavour to the humble soy bean. Tempeh is an excellent cholesterol-free complete protein and is a good source of calcium, iron and certain B vitamins.

The Cultured Bean Company sells tempeh via its website at [www.freshtempeh.co.uk](http://www.freshtempeh.co.uk) and posts your order directly to you.

### Classes at the Harmony Centre

**Mondays** 6.15pm - 7.45 pm

Chi Gung

**Tuesdays** 7.30 pm - 9 pm

Kundalini Yoga

**Wednesday Mornings**

Pilates

**Wednesdays** 7.30 pm - 9 pm

Homeopathy

**Thursdays** 10 am - 11.15 am

Mind your Body

**Thursdays** 1 pm - 2.30 pm

Chi Gung

## Tempeh and mushroom stew

This is a great dish for autumn.

Serves 3-4

200g block of tempeh (fresh if possible)  
2 tbsp Sunflower or olive oil to saute  
1 medium onion, finely sliced  
200 g button mushrooms,  
washed and halved  
1-2 tsp arrowroot

*For the marinade & sauce:*

4 tbsp shoyu sauce  
1 tbsp cider or wine vinegar  
1 dsp apple concentrate  
(or 1 tsp honey)  
2 tsp mustard  
1 tsp finely grated fresh ginger  
½ cup water



Cut the tempeh into 2-3 cm cubes. Mix the marinade ingredients together in a medium saucepan and marinate the tempeh cubes for about 30 minutes. Add water so there is just enough to cover the tempeh, place the saucepan on the heat and bring to a simmer for 15 minutes. In a large saucepan, heat the oil and gently sauté the onions. Add the mushrooms and continue to sauté until just cooked. Allow the pan to cool a little, then pour the tempeh and its sauce over the onions and mushrooms and bring to a simmer. Adjust the flavours of the sauce. Mix arrowroot with just enough water to a paste, then stir into the tempeh sauce to thicken. Serve with wholegrain brown rice and steamed green vegetables. Enjoy!

## Cooking Workshops

Trish Dent is planning a series of cooking workshops and demos this Winter and into Spring 2010. The workshops and demonstrations will be based on cooking tasty wholesome meals, created as far as is practical from fresh, local ingredients. They will be free from meat, dairy and sugar, and contain a healthy balance of proteins, carbohydrates, minerals and vitamins, with scrummy desserts full of natural sweetness.

Topics for these workshops will include:

- \* Cooking for food intolerances;
- \* Vegetable proteins;
- \* Satisfying Winter warmers;
- \* Lightening Spring cooking
- \* Natural detoxification

Venues will include the Harmony Centre and other halls and kitchens in the area.

Contact Trish on 01986 780939 or email [gardentrish@btinternet.com](mailto:gardentrish@btinternet.com) to be sent further details.



### Food for thought

Ask your local school to join the Food for Life partnership and get schoolkids growing and eating seasonal, local and organic food. A lifetime of healthy, satisfying dining could be on the menu. Visit [www.foodforlife.org.uk](http://www.foodforlife.org.uk) for help getting started.