



I'M WELL

# CARING CLINIC NEWS

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I'M HAPPY

## THIS BULLETIN IS DEVOTED TO THE BENEFIT OF INFORMED CHOICE

### Every Therapy Has Its Place

I think the best start point for this Caring Clinic News is to say thank you to our regular readers. The thank you is for your patience in waiting for this edition that has seen the light of day later in the year than we would have preferred.

Robert, who is the chief collator these days, has been collecting articles together since before Christmas and we would have liked to share all of them with you, but as ever it has been a matter of deciding which to discard to keep within our twelve page format.

Most of the information included I would hope would be seen as existing knowledge to most of our clients but some of the articles may prove to be a useful reminder of just how important life style choices can be to the level of health and vitality we enjoy. I would also hope that some of you will use some of the information to **help your friends to understand that being singularly reliant on orthodox medicine is not the only choice for health care.** I still look forward to the day when there is greater integration. In the broadest of terms orthodox medicine seems to be at its best when dealing with a crisis, but **for chronic, i.e. long term illness complementary medicine is often a more useful option.** It is never a substitute for medical diagnosis.

I have laughed, more than once, at the Billy Connolly sketch where an Aromatherapist is purported to muscle in amongst the paramedics at the scene of a major traffic accident. In his imagination the therapist is simply going to apply some lavender oil to the site of a horrendous injury. The screams associated with his exaggerated posturing are very funny.

In reality I cannot imagine this happening. The sketch would not have worked using Nutrition Therapy; equally I cannot imagine anyone encouraging the use of the pain relieving amino acid DLPA for some one with a very recent major injury. Orthodox pain killers are useful in a crisis but can create their own problems with long term use and this is where Complementary Therapies come into their own. The pain of Arthritis can be addressed by creating a more alkaline diet and using supplements that will balance minerals like Calcium and Magnesium, supported by vitamin D and B vitamins. (Mostly done with high strength multivitamins and multi-minerals). An initial input of the anti-inflammatory enzyme Serrapeptase will speed up the healing potential of Glucosamine etc. such an approach usually makes life a lot more comfortable over time. It is probably just as well there is no obvious humour in such an approach but it does illustrate that each therapy can have its place in our lives.

(Article Continued on page 2)

(Continued from page 1)

One of the challenges to the credibility of complementary therapies is the pharmaceutical approach to medicine that demands proof of efficacy exclusively through “double blind cross over studies”. The use of nutrients and herbs invariably rely on synergy, i.e. the way things combine, to be fully effective and as such cannot be assessed by reductionist study.

My concern here is that for orthodoxy, **science and common sense seem to be words that cannot appear in the same sentence.** Anecdotal studies are regularly dismissed as having no significance. I find this strange when **I have personally been involved with more than 10,000 people who have benefited from a change of eating pattern,** and used a tailored programme of supplements to deal with the widest range of illness, very often serious illness. On the other hand I do see change, there is more awareness that nutritional intervention does influence the outcome of disease. And there is at least one Oncology Professor in Sheffield who in open forum has said that he knows that thirty percent of his patients use Complementary Therapies. More importantly he endorsed the approach as helpful. Hopefully his acolytes will take this on board and encourage more cancer patients to take a more active role in their recovery.

Had my wife, Pam, not introduced me to these concepts in 1982 when I was diagnosed with cancer it is unlikely that I would have seen 1985 and the thousands of people I have had the privilege to help find a better quality of life would have had to look elsewhere for answers.

I believe it is important people are aware that the potential to find better health is always waiting to be explored, no matter what the diagnosis may be.

N.B. We have never set out to be overly scientific in our delivery of information but anyone reading our “News” for the first time please be assured that our material can be referenced. We choose not to quote to leave more room for information.

## update on Save Our Supplements Campaign

The EU Commission now seem hesitant to publish their ruling on Maximum Permitted Levels.

They are likely to wait now until after the EU Parliamentary elections in June, and possibly even beyond the Irish Referendum in September.

Keep up the fight! We seem to be giving them lots to think about!!!

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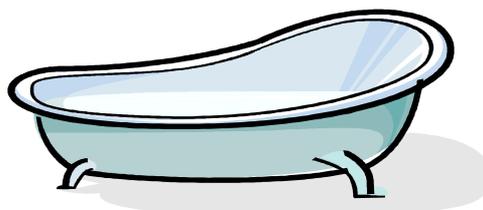
## Are You Mad?

### The Bathtub Test

During a visit to the mental asylum, I asked the director:

“how do you determine whether or not a patient should be institutionalised?”

"Well," said the director, "we fill up a bathtub, then we offer a teaspoon, a teacup and a bucket to the patient and ask him or her to empty the bathtub."



"Oh, I understand," I said. "A normal person would use the bucket because it's bigger than the spoon or the teacup."

"No." said the director, "A normal person would pull the plug. Do you want a bed near the window?"

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### Does your group need a speaker ?

One of Brian's' greatest pleasures is being in front of an audience sharing his knowledge. His talks are not formal, usually based on a questions and answer basis and always a lot of fun. Please phone for information.

## CONSTIPATION-NO LAUGHING MATTER

Good digestive health is important for everyone but one in seven people suffer from constipation, with more women affected than men. **Transit time, i.e. the length of time food takes to get from mouth to anus should be about eighteen hours in a healthy person.** Having a stool movement should occur at least daily and not be a time consuming activity. Some people have magazines/papers to read whilst they are on the toilet.



The most common cause of a slow transit time is a lack of fibre in the diet but certain medications can cause problems e.g. painkillers, that contain codeine, and antacids.

Dehydration, a sedentary lifestyle, food allergies and eating processed foods that lack fibre can lead to constipation. Dairy can be problematic and even **wheat bran is best avoided for those people with transit health problems.** As wheat bran can cause blockages in the large intestine despite being high in fibre. In the long term, constipation can lead to piles or anal fissures that may cause some blood loss when a stool is passed, which could lead to anaemia. If this occurred a trip to the doctor is essential as it may be an indication of a more serious condition.

**Making sure you have enough fibre in your diet is one of the best ways to help avoid the development of bowel cancer.** A diet rich in whole grains such as porridge oats (does not need to be made with cows milk), brown rice, quinoa, millet and buckwheat. Root vegetables such as parsnips, carrots and celeriac, as well as green leafy vegetables such as kale

and spinach boost fibre in the diet, along with fruits like blackberries, papaya, figs and apricots and prunes. Beans, lentils and chickpeas are also packed full of fibre.

**Fibre comes in two types: insoluble and soluble. Insoluble fibre helps to remove toxins and reduce pressure on the colon thus helping the transition through the intestines and reducing constipation. Soluble fibre softens stools, speeds up elimination which helps with the feeling of being full and satisfied by what we have eaten.**

So you can help your digestive health by eating foods that contain fibre but **what else can you do?** Exercise can stimulate the lymphatic system and improve transit times. There is not a need to go mad, a 30 minute walk most days is hugely beneficial.

Being stressed and worried in our lives, maybe at work or in our relationships can contribute to having poor digestive transit with possible fluctuations between constipation and diarrhoea. And whilst eating fibre containing foods will be beneficial it would be better to work through any emotional issues as well. After all our stomach have a high concentration of nerves, second only to the brain, and it is therefore feasible to see that our digestive health can be affected if we are stressed or worried e.g. an upset stomach the morning of an exam. Thankfully this is temporary, it is when this level on anxiety continues for a long period of time that it can cause problems.

As with so many health issues longevity and vitality depend so much on life style choices. **The modern American/English diet often leaves a transit time of seventy two hours or more,** couple that with a stressed sedentary life it is small wonder that many people have difficulty enjoying life. We have a choice, a speedy transit time leading to greater vitality and clearer thinking or stick to modern foods and continue to need to read in the loo.

## CoQ10 and Carnitine

### The Dynamic Duo for Heart Health

**Your heart is your body's hardest working muscle** - it will beat around 2682 million times in your lifetime, if you live an average age and have a healthy heart rate of 65 beats per minute. But sadly, more people die prematurely from heart disease in the UK than from any other illness. Poor diet, obesity, smoking and lack of exercise are all factors that can increase your risk. But so too is an insufficient supply of the nutrients that are vital to support the constant activity of your heart.



Two key nutrients for heart health are **CoQ10 and Carnitine**. Both are what's classified 'semi-essential' nutrients, which means your body can make them, but doesn't make enough for optimal health - especially if you're getting on in years.

#### Increasing heart efficiency

**Co-enzyme Q10 is an antioxidant that helps heart and all muscle cells to become more efficient** - but after the age of 40, your levels begin to gradually decline. Its positive effects on heart health are documented in more than 100 clinical studies, including 20 in the past two years, which demonstrate its remarkable ability to improve heart function. **In Japan, it's become the treatment of choice for congestive heart failure, angina and high blood pressure, especially among older people.**

CoQ10, at a daily dose of 90mg, has also been shown to reduce oxidation damage in the arteries, thereby protecting fats in the blood such as cholesterol from becoming damaged and contributing to arterial blockages.

#### Energising your heart.

More than half of your heart's energy comes from (essential) fats, and since it's working hard every second, it needs a steady supply. **Carnitine is the delivery boy that brings in fatty acids to process for energy.** It also takes away the toxic by-products. If you don't get enough, your heart can struggle to function properly, causing heart and blood pressure irregularities. Toxic waste can also accumulate, leading to reduced blood flow (ischemia), particularly in the legs.

There are three different kinds of carnitine, all of which support heart health. They are:

- . L-carnitine
- . Acetyl-L-carnitine (ALC)
- . Propionyl-L-carnitine (PLC)

**PLC** specifically helps heart and peripheral muscle function, so is **ideal to supplement if you've had a heart attack, have angina, or suffer from intermittent claudication** (lower leg pain caused by inadequate blood flow to muscles during exercise). L-carnitine and ALC also aid heart muscle function, and **ALC is particularly supportive of brain function.** I'd particularly recommend it for people with age-related memory decline or Alzheimer's, or to maximize recovery from a stroke.

You can purchase each type of carnitine separately, or can sometimes find them together in carnitine 'complexes' that provide all three types.

#### The Best Dosages

For CoQ10, take 30 to 60mg a day for prevention, and 90 to 120mg a day if you have cardiovascular disease. Because it's fat soluble - and therefore stays in your body for longer - you only need to take it once a day (although there's no harm taking it more often).

**Carnitine**, however, only hangs around in your body for a few hours, so you need to take it twice or more a day to ensure a regular supply for your heart. The best dosage depends on your level of health. I'd recommend taking 250 to 500mg a day for basic health promotion, and 500mg a day, divided into two doses, if you are over 50. If you have specific cardiovascular

issues - heart muscle problems, angina, heart attack - or have suffered with memory loss or stroke, I'd double this dosage and take 250mg of carnitine four times a day.

There really aren't any toxicity concerns with either nutrient, and certainly not at the levels suggested. However, if you are taking the higher dosages and have an underactive thyroid, keep an eye on your thyroxine levels in case they go down. On the other hand, if you're on anti-convulsive drugs (eg valproic acid), you'll probably need the higher carnitine dosage, as long-term use of these drugs appears to deplete levels.

(P.Holfords E-News 31/10/08)

We have also found that people already experiencing angina can avoid the pain and physically do more by adding Peak ATP to their supplement programme. In the same vein anyone prescribed statins, a drug designed to reduce cholesterol that also limits the availability of CoQ10 to the heart muscle, should consider adding at least 60mg of CoQ10 to their supplement programme.

### Children's Food

Food manufacturers have been accused of false advertising on children's food products. A study commissioned by the **British Heart Foundation (BHF)** found that companies have been exploiting legal loopholes to misreport the true nutritional value of foods in an attempt to appear wholesome and healthy. The report details how the packaging for Kellogg's Coco Pops Cereal Bars juxtaposes the words 'Best choice for lunchbox treat' with the image of a wholemeal bread sandwich and some grapes, yet fails to outline the 41g of sugar per 100g and uses adult nutrition guidelines for children. BHF's chief executive Peter Hollins said "It's clear that some food companies are preying on parent's concern to actively market children's food that is high in sugar, fat and salt. We are calling on the government to rigorously limit the marketing of unhealthy foods and make sure that all the labels are clear and consistent"



## QUACKBUSTING THE QUACKBUSTERS

### Free e-book exploring anti-nutritional lobby groups

Have you ever wondered why there is so much opposition to nutritional approaches for today's major health issues? Is it really because the science is weak, or is it more to do with politics and money?

The free e-book on the internet, by Martin Walker entitled: *Cultural Dwarfs and Junk Journalism - Ben Goldacre, Quackbusting and Corporate Science* explores the associations Guardian columnist Ben Goldacre, and other 'quackbusters' have with an organised anti-nutritional medicine agenda and organisations funded by the pharmaceutical industry. Those familiar with Ben Goldacre's inability to expose the 'bad science' of drugs and antipathy towards nutritional medicine will not be surprised.

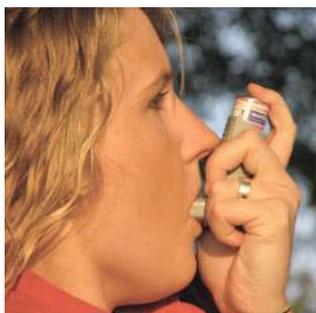
Martin Walker, author of *Dirty Medicine* and *Brave New World of Zero Risk*, looks at the quackbusting work of Ben Goldacre and others, placing them in the context of the global lobby groups that support the chemical, pharmaceutical, medical and processed food industries. It's an intriguing read. For the first time Walker's work focuses on this lobby's attacks on independent nutritionists and traces the history of quackbuster campaigns against vitamin and food supplements.

**Walker is giving away this publication as an e-book, like all of Walker's work it is an erudite and detailed read that will certainly enlighten you to the darker side of those organising against non-pharmaceutically based medicine in general, and nutritional medicine in particular.**

The e-book can be downloaded for free from [www.slingshotpublications.com](http://www.slingshotpublications.com)

## Vitamins relieve asthma

You may have read in the news about a study showing a **strong association between lack of vitamins C and A and asthma**. This is consistent with an emerging view that asthma, and other inflammatory diseases, are a result of a number of diet-related factors including **lack of antioxidants, omega 3 fats** in oily fish **and an increase in high allergen foods** such as wheat, milk and yeast.



All these factors help to tip a person's biology into a state of **inflammation** which causes, among other things, constriction in the airways. Diet factors that reduce inflammation include **increasing omega 3** intake from both oily fish and seeds such as flax and pumpkin, **increasing zinc and magnesium** intake, also rich in seeds, as well as green leafy vegetables. Other foods decrease inflammation, most notably **turmeric, ginger, and red onions**, rich in quercetin. These kind of foods are also **naturally high in antioxidants, including vitamins A and C**, which are anti-inflammatory.

When your body switches into a state of inflammation, which is much like going on red alert, the gut-related immune system is much more likely to attack foods as if they were foes. This results in more anti-food antibodies. These IgG antibodies become specifically targeted against foods. The most common target foods are milk and wheat, high in a protein called gliadin. Yeast and egg reactions are also quite common. A **pin-prick home test** can determine such food allergens and, if these foods are avoided, and a high anti-inflammatory diet, plus appropriate supplements, is followed most asthma sufferers experience considerable relief.

## Processed Meats Linked To Cancer

There is evidence that processed meats such as bacon, sausages, hot dogs, pepperoni, sandwich meat and salami can all increase the risk of cancer.

The World Cancer Research Fund reviewed 12 studies showing an increased risk of colorectal (bowel) cancer in people with the highest intakes compared with those who ate the least and its report concluded **“Processed meat is a convincing cause of colorectal cancer” Eating 50 grams a day of processed meat (equal to one sausage) increases the risk of bowel cancer by 20%** ([www.dietandcancerreport.org](http://www.dietandcancerreport.org)). According to one American study, one in ten colorectal cancers could be avoided by simply reducing processed meat in the diet. Having a bacon or sausage sandwich for breakfast each day could therefore be a bad move.

### What Is Processed Meat?

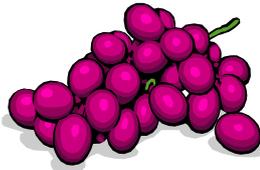
Processed meat generally refers to meats preserved by smoking, curing, salting or the addition of preservatives. Meats preserved only by refrigeration-however they are cooked-are usually not classified as processed meat.

Processed meat is associated with stomach cancer. In a study of 61,000 women, those who ate the most bacon, sausage, ham, salami and hot dogs had a 66% greater risk of stomach cancer.

The World Cancer Research Fund has concluded that **processed meat is simply not fit for human consumption**. As no amount of processed meat can be confidently shown not to increase cancer risk.

Here is yet another reason for eating fresh, non-processed food and if possible organic. The closer we can get to how food would have been for our hunter-gatherer ancestor the better.

## BREAKFAST OPTIONS



**1) Five Seeds Breakfast** consists of using the five seeds, Sunflower, Pumpkin, Sesame, Linseeds and Hempseeds. The ideal way to use these seeds is ground to virtual dust either in a seed grinder, coffee grinder, mortar and pestle or they can be bought already crushed in a re-sealable packets-great for convenience or when travelling. These can then be mixed with soya yoghurt and a little fruit juice/smoothie to get the consistency that is most palatable to you. Adding chopped fruit, pineapple and black grapes is a very good combination, some people use raspberries, strawberries and blueberries but remember it does not have to be the same each time-use your imagination.

Some people think such a breakfast will leave them feeling hungry but notice there was **no suggested limitation on the volume of seeds used**. A desert spoon of each will suit most people. This concept provides the **widest** array of **nutrients imaginable**.

**2) Porridge.** Boring! Not if you use a bit of imagination. Make it with proper porridge oats with half and half water and coconut milk, this comes from a tin found amongst the curry items in all supermarkets. Add to this mix a little virgin olive oil or better still unrefined, i.e. cold pressed, flaxseed oil or unrefined sunflower. If you need sweetness then add some dried fruit to the mix before you start cooking. Better still add some fresh fruit once the porridge has been served. Chopped pear and a few strawberries makes a fine addition. If you do not mind your porridge going brown add blackstrap molasses to give flavour and provide even more minerals.

### 3) Cereal-Sugar Free and Wheat Free

You can now get a good selection of wheat free and/or sugar free cereals such as **Pertwood**.-(note we do not have any shares in any companies we have named.) Ideally use Oatly, soya, diluted coconut milk or Rice Milk, instead of Cows milk These fluids can also be used for the five seeds breakfast.

### Pistachio Nuts Good For Eyes



Eating Pistachios could help prevent eye disease, according to recent research. Pistachios contain high amounts of the plant antioxidant lutein, which is normally found in dark leafy vegetables e.g. brocolli. They are the only nuts to make the antioxidant lutein and zeaxanthin more available to the eye, meaning they could potentially stave off age-related macular degeneration. In addition to the lutein and zeaxanthin content pistachios are thought to contain more than 30 useful nutrients, including B6 and copper, as well as protein and fibre.

Our deepest fear is not that we are inadequate,



Our deepest fear is that we are powerful beyond measure.

It's our light, not our darkness, that most frightens us.

We ask ourselves:who am I to be brilliant, gorgeous, talented and fabulous?

Actually, who are you not to be?

You are a child of the universe.

Your playing small doesn't serve the world.

There is nothing enlightening about shrinking,

So that others won't feel insecure around you.

We are born to make manifest the glory of the universe

That is within us. It's not just in some of us: it is in everyone.

And as we are liberated from our own fears, Our presence automatically liberates others.

(Marianne Williamson)

## Are You Eating Mercury?

Mercury is one of the most toxic substances known and yet you could be ingesting it on a daily basis from the sweetener that has revolutionised the processed food and drinks industry-**High Fructose Corn Syrup**

Over the past 30 years food manufactures have been replacing sucrose as a food and drinks sweetener with high-fructose corn syrup or glucose corn syrup, as its known in the UK. Compared to traditional sweeteners it lengthens the shelf life of products, it blends more easily into liquids and it keeps sweetness better than sugar. It helps to turn baked goods brown and is therefore used in bread rolls, cakes, pastries, breakfast cereals and crackers. Most importantly **it is cheaper to produce than any other sweetener.**

In 2005, researcher Renee Dufault found mercury levels in 9 of the 20 High Fructose Corn Syrup samples she had collected from processing plants. As the average daily consumption of the sweetener is around 50g in the U.S., **consumers are very likely ingesting up to 28.5 micrograms of mercury every day-the most toxic metal known.**

### How did the mercury get into the High Fructose Corn Syrup?

Approximately 50 processing plants worldwide, including 3 in the U.K, are producing High Fructose Corn Syrup. Now some of the plants use caustic soda in its manufacture and other food ingredients such as citric acid are manufactured on the plant.

The caustic soda is referred to as mercury grade, which indicates that these plants are reliant on mercury as part of the process. Incredibly these plants regularly report that some of the mercury mysteriously disappears. Although the environmental lobby group Oceana believes the mercury loss is not so mysterious and that it is pumped out into the air and into the general water supply.

As bad a thought as this is, the release of mercury into the environment does not account for all the mercury loss. It is not such an enormous leap, especially in view of the levels of mercury found by Dufault, to suspect that the missing mercury is getting into the High Fructose Corn Syrup.

A subsequent snapshot study in January 2009, based on a one off purchase of 55 snack products from a supermarket in Minneapolis, found that one third of the products contained mercury.

Whilst these studies could be criticised for not being scientific enough, they surely sow the seeds for more extensive evaluation of these products.

The High Fructose Corn Syrup Industry website regards the product as natural and containing only fructose and glucose (naturally occurring sugars). They may be unaware of how the product is manufactured.

### What can you do?

**Read labels and stop consuming any snack that contains 'high-fructose corn syrup' or 'glucose corn syrup'. Not only may it be contaminated with mercury but the fact that it contains this sweetener is an indication that the food is highly processed and would be best avoided.**

If you have young children you have more control over what they eat and a diet of whole and unprocessed foods is easier to achieve. However teenagers will need to make their own mind up (as I am sure you are doubtless aware).

**Nowadays this sweetener is in nearly all processed food and drink, for example Coca Cola, Pepsi, Kellogg's Cornflakes, Ben and Jerry's Ice Cream, Campbell's vegetable soup, processed breads and cakes, Ribena Ocean Spray Cranberry Juice etc. It is best to read the labels.**

## Law Of Attraction

**“If you always do what you have always done you will always get what you have got”** This is an expression I have used many times, often with clients and in my writings. Most people can make the jump to the next statement **“If you don’t like what you have got then it is time for a change”** Such a jump then begs the question, where to start? In the clinic that is usually a self answering question because most times we are already looking at a change of eating pattern coupled with a tailored programme of supplements to deal with an already diagnosed illness.

There is a more powerful approach to couple to such a change and that is visualisation. In its simplest form this is a matter of identifying what you want and visualising it as already happened.

It is a case of being inspired, to recognise that there is a Law of Attraction i.e. what you/I project onto the universe comes back to us, often multiplied. Again in its simplest form if someone believes or projects to the world that life is hard then life will be hard. People that have always had money will always expect to have money and so on.

**Examine your belief system, check out if it works for or against you.** Using affirmations can quickly change negative patterns. An affirmation is usually a simple statement that you can make to yourself many, many times a day. For example statements like “I am calm” will help to nullify bad tempers. “I am competent/confident” if used before an interview will greatly increase the prospect of a good outcome. In a case like this your body language is likely to congruent to the affirmation. This has to be better than living with the fear of facing authority. With disease we often refer to Louise Hays Book “You Can Heal Your Life”, which is readily

available these days from popular book sellers. This approach can be greatly enhanced by visualizing the outcome you want from any situation. Many years ago Pam and I had a large house and we were already doing B&B for young engineers working nearby. There was a substantial demand for this type of accommodation at that time. I wanted to buy the house next door to expand our facility. I knew this house, I knew exactly how it would need refurbishing. I could smell the paint, I could see the huge roll of blue carpet that we would use to cover the surface of this house. I could feel the type of person that would occupy this house. I could smell the form of this house.



However at the time Pam and I had no money to fulfill such a dream and no clear idea how we would achieve it but within two years all of those visualizations had come to fruition.

At that time I did not know about the Law of Attraction but when I was diagnosed with cancer some years later I was encouraged to create a specific visualization, often referred to as ‘Guided Imagery’, to deal with this issue. Only later did I identify my original approach to obtaining the house next door and my approach to recovery were effectively the same approach.

The musical South Pacific has a song in it that says **“If you don’t have a dream how can you have a dream come true”**. Identify your dream, constantly visualize its fulfillment. It could transform your life.

There is a DVD called **The Secret**, which reinforces the truth of this power of attraction.

# PAM'S PAGE

## Atlas Profilax

A couple of years ago I went to London to have an Atlas Profilax treatment. I had read an article about it in the magazine Kindred Spirit.



**The Atlas vertebra sits at the top of the spine and sets the tone for the whole spine and skeletal system in the body. It has been discovered that in the vast majority of people, the Atlas vertebra is misaligned, giving rise to a whole range of symptoms including neck pain, stiff neck, back pain, lumbago, herniated disc, scoliosis, jammed spinal nerves, scoliotic pelvis, pain in the hip, joints, knee etc.**

Also, when the Atlas is misaligned and the spinal column is out of alignment, the central nervous system is not able to function at its fullest potential, which may result in neurological disorders as well as affecting the proper communication between the brain and organs.

**Another effect of a misaligned Atlas is that due to the connection of our vertebrae to the energetic pathways of our internal organs and emotional patterns the spine is able to unbalance the psyche.**

I visited a practitioner called Aude Le Barazer. I went because I had always had problems with back pain and a few times a year my lower back seized up and I had to spend some days in bed, unable to move.

Also I had shoulder pain and limited side to side movement of my head.

Aude was very knowledgeable, competent, professional and proficient, as well as respectful and caring of me and my body.

**The treatment was non-invasive and pain free.** Afterwards I went for lunch and walked around for a while to see how I felt and then returned for a check-up and some further work on my body.

**Since then I have not had to take to my bed with lower back pain** and I can turn my head freely and much further from side to side, with corresponding ease in my shoulders and neck. Those of you who have visited the clinic know we have steep stairs. Previously I struggled with them but now can walk up and down without holding on, with confidence and even carrying things in my hands, which I couldn't do before. I feel much more grounded and connected to the earth, which is great.

Atlas Profilax was developed by the Swiss born Rene Claudius Schmuferli. He developed his skills and knowledge as a result of combating his own pain and disability due to a fractured Atlas vertebra.

**During Atlas Profilax treatments, the Atlas is safely and permanently realigned back into its original position. It can help with:-**

**Back problems-including trapped nerves, Scoliosis, Stiff neck, Temporal Mandibular Disorder (TMD or TMJ), Migraines and Headaches, Anxiety, Depression, Blood Pressure, Hypertension, Displaced Pelvis, Knee pain, Discrepancy between the length of the legs.**

If any of you are interested, Aude is prepared to spend a day at The Caring Clinic giving treatments, so do let us know if you would like to make an appointment with Aude or if you would like further information.

## Courses at The Caring Clinic

### Meditation Course (5 weeks)

Facilitator: Pam Hampton



Learning to meditate could be the best thing you ever do for yourself. It certainly was for me. Regular practice of meditation can bring about a profound sense of

peace and relaxation, no matter what is going on in your life. **Meditation has been carefully researched and found to be of great value in stress reduction.** The detrimental effects of stress on health, work, relationships and lifestyle is well documented and meditation has the potential to alleviate these situations and much more.

During the six weeks you will learn different ways of meditating to find the one which suits you best. You will be able to practice the meditation in a safe and supportive environment. We will cover

- About Meditation
- Relaxation
- Preparation for meditation
- Different ways of meditating
- Using mantras
- Visualisation
- Inner healing through meditation
- Sound and moving meditation

Dates: June 23, 30, July 7, 14, 21

Times: 7:30pm-9.00pm

Venue: The Caring Clinic.

Tel: 0114 2551345

Cost £30

Pam has meditated daily for more than 30 years. It has become a way of life, a way of being which has completely transformed her life in various ways, which are positive and fulfilling. She looks forward to sharing with you

N.B. Meditation is not suitable for people suffering from severe psychological problems or those who take recreational drugs or high levels of alcohol.

### Dragon Qigong Self Healing One Day Workshop

Facilitator: Martin Lee

This effective and ancient healing system uses both active gentle body movements and/or passive meditation.

Qigong for healing can normally be learnt in a single day on a one to one or group basis and then practised at home.

Date : Saturday 18th July



Venue: The Caring Clinic

Cost: £40 per person (£10 deposit)

Herbal/regular teas, coffee and water refreshments provided but lunch is not included. However you can either bring your own lunch or there will be time for you to go out for lunch.

Programme: Qigong Healing

Arrive 09:45

Introduction & Theory: 10:00

Qigong healing exercises session one: 10:30

Refreshment Break: 11:00

Session Practice: 11:15

Qigong meditation one: 11:45

Any questions and feedback: 12:15

Lunch break: 12:45

Qigong healing exercises session two: 14:00

Session two practice: 14:45

Refreshment break: 15:15

Complete Practice: 15:30

Qigong meditation two: 16:15

Any questions & Feedback: 17:15

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**To book either of these courses or for further information please telephone The Caring Clinic on 0114 2551345 and Robert or Lynn will be happy to help.**

## Caring Club Members Health Quiz

Rate each of the following symptoms based upon your typical health profile:

### Point Scale

0 – Never or almost never have the symptoms

1 – Occasionally has it, effect is not severe

2 – Occasionally has it, effect is severe

3 – Frequently has it, effect is not severe

4 – Frequently has it, effect is severe

Add up the numbers to arrive at a total for each section, and then add the totals for each section to arrive at the grand total. If any individual section total is 8 or more, or the grand total is **25** or more, you would benefit from a Review

### DIGESTIVE

- Nausea or vomiting
- Diarrhoea
- Constipation
- Bloating feeling
- Belching, passing gas
- Heartburn
- TOTAL

### EMOTIONS

- Mood swings
- Anxiety, fear, nervous
- Anger, irritability
- Depression
- TOTAL

### EYES

- Watery, itchy eyes
- Swollen, reddened or sticky eyelids
- Dark circles under eyes
- Blurred/tunnel vision
- TOTAL

### LUNGS

- Chest congestion
- Asthma, bronchitis
- Shortness of breath
- Difficulty breathing
- TOTAL

### EARS

- Itchy ears
- Earaches, ear infection
- Drainage from ear
- Ringing in ears, hearing loss
- TOTAL

### ENERGY/ACTIVITY

- Fatigue, sluggishness
- Apathy
- Hyperactivity
- Restlessness
- TOTAL

### HEAD

- Headaches
- Faintness
- Dizziness
- Insomnia
- TOTAL

### MIND

- Poor memory
- Confusion
- Poor concentration
- Poor coordination
- Difficulty making decisions
- Stuttering, stammering
- Slurred speech
- Learning disabilities
- TOTAL

### MOUTH/THROAT

- Chronic coughing
- Gagging, need to clear throat
- Sore throat, hoarse
- Swollen or discolored tongue, gums, lips
- Canker sores
- TOTAL

### SKIN

- Acne, hives, rashes, dry skin
- Hair loss
- Flushing or hot flashes
- Excessive sweating
- TOTAL

### JOINT/MUSCLES

- Pain or aches in joints
- Arthritis
- Stiff, limited movement
- Pain, aches in muscles
- Weakness or tiredness
- TOTAL

### NOSE

- Stuffy nose
- Sinus problems
- Hay fever
- Sneezing attacks
- Excessive mucus
- TOTAL

### HEART

- Skipped heartbeats
- Rapid heartbeats
- Chest pain
- TOTAL

### WEIGHT

- Binge eating/drinking
- Craving certain foods
- Excessive weight gain
- Compulsive eating
- Water retention
- Underweight
- TOTAL

### OTHER

- Frequent illness
- Frequent/urgent urination
- Genital itch, discharge
- TOTAL

**GRAND TOTAL**

**Non club members are welcome to complete this quiz, if you score over 25 it could time to consider an appointment that will surely improve the quality of your life.**