

THE LEADING MAGAZINE FOR COMPLEMENTARY BEAUTY SPORTS THERAPY

INTERNATIONAL therapist

SUMMER 2023

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EDITOR'S LETTER



Summer is a time to slow down and relax, but it can also be a busy season. There are summer holidays and special occasions to enjoy, and we tend to spend more hours outside in the sun and the heat – all of which can take a toll on our physical and mental health. That's why this issue of *International Therapist* is all about looking after your mind and body.

First things first, if you're going to be out enjoying the warm weather, then it's best to know how to do it safely. On page 42, Kathryn Clifford, co-founder of Skcin, talks us through the best practices for staying sun safe and tips for early detection of skin cancer. As therapists, there is an unwritten duty to help your clients the best you can – and being able to spot the warning signs of sun damage is essential.

If you're stuck on how to spend your summer, look no further than page 34, where wellness writer, Katy Lassetter, opens our minds to various summer rituals – exploring nature's aromatherapy and sound therapy (some of which I tried myself in June and can vouch for the relaxation factor!). Speaking of relaxation, flick to page 18 to discover the top six herbal teas to try for rejuvenation and mental clarity by Tea Industry Specialist Nadine El-Hage, just in time for International Self-care Day on 24 July.

If you're seeking new horizons in your therapeutic practice, dive into our features on different therapies and learn the physical benefits of the Feldenkrais method (P38), discover the surprising connection between meditation and beauty (P52) and dispel the common myths and misconceptions of hypnotherapy (P36). Not to mention how you can add all of them onto your list of treatments.

And of course, we couldn't forget our beloved furry companions. In honour of National Holistic Pet Day on 30 August, we delve into the world of animal reiki. Explore the incredible benefits it offers to our four-legged friends, while being inspired by reiki practitioner Karen Glazier's personal story.

Yes, there's all this and so much more in this summer issue of *International Therapist*. But the main takeaway should be about finding moments of calm and clarity to relax and look after you and your clients. Summer may unfold so many exciting possibilities, but we can only fully savour them if we have the mental and physical capacity to do so. So sit back with your pick of herbal tea (I've opted for a nice mug of Oat Straw) and indulge in some well-deserved rest and reading time – who knows, you might be inspired along the way.

Here's to a radiant and rejuvenating summer!



Molly Denton, **Editor**



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INTRODUCING THE BOARD

Spotlighting those at the head of the table here at FHT

Our Board of Directors ('the Board') are in charge of the management of the company's business; they make the strategic and operational decisions of the company and are responsible for ensuring that the FHT meets its statutory obligations. They each are responsible for the councils that they represent, to which our members belong. Each quarter, we will introduce you to a different Board member, highlighting their work in the industry.

INTRODUCING: Judith Hadley
Association of Therapy Lecturers

I never realised how challenging and daunting my school years were at the time; I thought it was just the way things were for everyone. By the age of 14, I had attended six different schools, leaving my grandparents and other family members behind as a result of relocating from the North-East to Leeds. My dad was in the Police Force and so we travelled to various locations around West and South Yorkshire.

Consequently, I had to learn very quickly how to make friends, be personable, good natured and kind. Constantly adapting helped me mature and develop quicker than I would have needed to had life been different. From my early teens I had a variety of part-time jobs, my favourite being a Saturday girl in a busy hair salon.

The main reason for sharing this background with you is that, with hindsight, my young life experiences gave me excellent grounding for what has been a fulfilling, long, industrious and rewarding career.

During the 1980s, I began my studies in combined hair and beauty at my local college, progressing onto higher education at university. It's ironic that I should return to work, many years later, at this same university as a specialist tutor on the Teacher/Trainer Cert-Ed programme, to impart my knowledge and expertise and to inspire and support hair, beauty and complementary therapists who are also pursuing a career in education.

Over the years, my educational experience equipped me with the knowledge and expertise to produce course material for the National Occupational Standard (NOS). This included developing content for Further and Higher Educational programmes, external examination papers, and providing guidance on subject matter for foundation degree courses in complementary/holistic therapy. Additionally, I have had the privilege of supporting and guiding various colleges and universities in the northern region of the UK as an external moderator and adviser.

After a diverse and rewarding teaching career spanning over 30 years in further and higher education, both in

the UK and in Nicosia, Cyprus, and owning a combined hair and beauty salon for nine years specialising in Beauty and Holistic Therapy, my enthusiasm for therapies expanded beyond the traditional practices. Alongside well-known techniques like reflexology, various types of massage and aromatherapy, my journey led me to explore the lesser-known healing energy therapies such as reiki and Bowen therapy, and a range of others, including Feng Shui.

What do you think about the future of the holistic therapy industry in 2023?

"My passion for our industry has always been – and still is – unwavering. However, it is unfortunate that we were just beginning to regenerate business and client confidence post-pandemic, returning to some regularity, before additional challenges have emerged due to the recent cost of living crisis.

I still believe that the future is positive for the therapy industry, particularly with regards to the recent government enquiry into the value of complementary therapies and how they can assist the nation's health and wellbeing in supporting the NHS. The FHT has been instrumental with this enquiry with our 'Complementary Therapy Helped Me' survey, which will be beneficial for our members going forward.

Social prescribing is already available within some GP surgeries and hopefully this will progressively extend to more areas across the UK over the next few years.

Exciting developments are underway with the introduction of new National Occupational Standards. Currently, Level 4 Qualifications are being developed for health and wellbeing, placing a strong emphasis on holistic treatment approaches that address clients' physical, psychological and emotional wellbeing. I feel confident that these advancements will greatly contribute to the growth and progression of the holistic therapy industry and the wellness industry overall, fostering positive changes and opportunities for practitioners and clients alike."



Gerri Moore
IFHB (International Federation of Health and Beauty Therapists)



Herman Fenton
HFST (International Council of Health, Fitness and Sports Therapists)



Maria Mason
ICHT (International Council of Holistic Therapists)



Judith Hadley
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JUDITH HADLEY,
ATL

"The future is positive for the therapy industry, particularly with regards to the recent government enquiry into the value of complementary therapies and how they can assist the nation's health and wellbeing"

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Hot stone Therapy
Indian Head Massage
On-Site Massage
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You can view more industry news online at: fht.org.uk/news

INDUSTRY news

RCCM ANNUAL RESEARCH CONFERENCE 2023

The Research Council for Complementary Medicine (RCCM) is holding its annual RCCM Conference on 4 August 2023. It will be a one-day event held at RLHM in London.

The event will showcase UK research in complementary and integrative healthcare and is suitable for researchers, clinicians and postgraduate students. It is a friendly and collaborative event with plenty of opportunities for networking and exchanging ideas. This unique conference brings together researchers and clinicians across disciplines, to support and build the evidence base for complementary and integrative healthcare.

The day will include a keynote speaker, workshops on specific topics, oral and poster presentations and a panel session with experts in the field. There will be a reduced registration fee for RCCM members and for full time students. The fee includes access to a recording of the event.

The event will cost: £60 (full price), £40 (RCCM members/ full-time students) including refreshments and lunch.

To register, visit rccm.org.uk/conference-2023-registration



READY, STEADY, GLOW! WELEDA LAUNCHES NEW OIL PRODUCT

Weleda has introduced a new product to its iconic line: Skin Food Ultra-Light Dry Oil, for fast-absorbing moisturising care for body and face. Formulated to naturally moisturise, intensively nourish and instantly hydrate, with weightless care and a beautiful glow.

Inspired by Weleda's Skin Food Original, the vegan-friendly ingredients in this certified natural, microbiome-friendly formulation are of 100% natural origin, and include Skin Food's time-honoured botanicals rosemary, wild pansy, calendula and chamomile, together with nourishing oils of organic sunflower and jojoba.

Shop the product, and more from the Skin Food range, at weleda.co.uk/skinfood

TACKLING BARRIERS TO HEALTH INTEGRATION

In a significant development, the House of Lords Integration of Primary and Community Care Committee has initiated a series of evidence sessions throughout the month of June. These sessions aim to address the pressing issue of barriers to health integration and explore potential solutions to enhance the coordination of primary and community care services.

Senior officials from the Department of Health and Social Care (DHSC) have provided insights on addressing barriers to health integration, while the committee is also exploring NHS England's role in facilitating integration within the Health Service and examining international perspectives on health integration. You can watch the meetings, and more, on Parliament TV at fht.org.uk/parliamentlive-dhsc



BIG BEAUTY CELEBRATIONS

Do you run a brand or business and want to feature in one of the UK's biggest beauty celebrations? British Beauty Week is returning for its fifth year on the 26 – 30 October, with the theme 'The Power of Beauty'. The celebration – bringing together brands, consumers, press and policy makers – will focus on three key themes: talent, growth and environmental, social and governance. To find out more about British Beauty Week and to get involved, visit britishbeautyweek.co.uk

NATIONAL REFLEXOLOGY WEEK

From 18-24 September, it's time to honour the wonders of reflexology during National Reflexology Week. This week gives the opportunity to host events, offer discounted sessions and share valuable information about the benefits of reflexology with clients. It's an excellent chance to raise awareness and showcase the transformative effects of this treatment. Look out for assets from the FHT to use in your business in the Members' Area at the end of August.



SKIN CANCER CHARITIES CALL FOR SPF TAX TO BE SCRAPPED

Several UK charities have called for value-added tax (VAT) on sunscreens to be scrapped in a bid to make them more affordable. At present, sunscreen is noted as a 'cosmetic' product and carries a 20% tax, adding around £1.50 to the cost of a bottle. It is only available to a select group of patients on an NHS prescription list suffering from certain conditions when dispensed by a pharmacist.

In a survey conducted by Melanoma Focus, half of 2,003 respondents thought that sunscreen is too expensive and around two-thirds expressed that they would wear more sunscreen if it were 20% cheaper. Shockingly, 10% admitted to not using sunscreen at all due to the cost.

The survey also showed that 87% of people regularly put sunscreen on their children in the summer, but among those who didn't, 12% said that it was because of the high cost.

ASSOCIATIONS CALL ON GOVERNMENT TO PROTECT SMALL BUSINESSES FROM RISING ENERGY COSTS

A group of trade organisations in the sector have sent a joint letter to Angus MacNeil MP, chair of the newly formed cross-party Energy Security and Net Zero Committee. This letter highlights the unprecedented cost pressures arising from non-domestic energy supply and emphasises the urgency of an inquiry into supplier behaviour.

The aim is to protect small businesses across the country from being wiped out by skyrocketing energy prices, as the letter expressed concerns about the immense burden placed on small businesses due to the sharp rise in costs over the past year. The groups have warned about the potential and devastating losses that communities and high streets across the country may face if immediate action is not taken to safeguard businesses from exorbitant costs and poor practices by energy suppliers.

MEMBERS'

news

Welcome to Members' News where we share your success stories

IN-PERSON COURSES RETURN AT JENNIFER YOUNG TRAINING

After moving all training online due to the pandemic, Jennifer Young Training has now brought back in-person training for the first time in three years. Although still continuing online courses, new in-person training will be available at the premises in Staffordshire and Berkshire, allowing students to have the choice.

Jennifer Young says: "Online training is an essential part of modern learning, but the world of wellbeing is about touch and communication. We all learn differently and there is enormous power in having the option to learn together in the same room. I love being in the same space as therapists as they learn, update or enhance their specialist training, gaining the confidence to treat vulnerable clients."

Dates are set for weekends to help fit in around work schedules, and the brand's online learning remains unchanged. All Postgraduate Diplomas in Oncology Touch Therapies and Hormonal Balancing Treatments for Body and Face, with a focus on menopause, can be found and completed via her website. Sessions with tutors and assessments are completed via Zoom and therapists are offered all the support they need.

Find out more at jenniferyoungconsultant.com

LOOKING FOR VOLUNTEER WORK?

Voluntary work is a powerful way to make a positive impact on others and the community. By giving your time and skills selflessly, you can contribute to meaningful causes, create connections, develop new skills and gain a sense of fulfilment. The Macmillan Cancer Support Centre at the Queen Anne Hospital in Portsmouth is searching for volunteer therapists to join its team, providing massage, reflexology, Indian head massage and reiki for as little as half a day a month, depending on your availability.

To find out more, email macmillancentre@porthosp.nhs.uk

A VISIT TO KEIGHLEY COLLEGE STUDENTS

In May, FHT Vice-President, Judith Hadley, took a trip to Keighley College to talk with the Level 2 and 3 Beauty students about the importance of membership and insurance. The visit aimed to inspire and encourage students to pursue their passion for holistic therapy, fostering a new generation of skilled and compassionate practitioners. To find out how to arrange a visit to your college, or if you would like to become an FHT Ambassador, visit fht.org.uk/ambassador today.



£477 RAISED FOR HAMPSHIRE HOSPITALS CHARITY

In May, we put together a charity raffle to raise money for the Clinical Haematology Team at Basingstoke and North Hampshire Hospital through the Hampshire Hospitals Charity. This department has been amazing with supporting a member of FHT staff and their family. We want to thank everyone who bought a ticket, helping us reach an amazing £477 in total.

Congratulations to FHT member Yulia Zeevi on winning the prize, consisting of goodies from FHT, Medovie, Dermalogica and Aura-Soma. We will look to do more fundraising events like this in future, so make sure to sign up to our mailing list to stay up-to-date at fht.org.uk/newsletter



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Are you ready to dive into the world of the latest news in wellness, self-care and professional development? Then sign up to the FHT Blog, where you can discover expert advice, industry trends, inspiring stories and much more. Our blog is your go-to resource for expanding your knowledge and enhancing your holistic practice. Subscribe today at blog.fht.org.uk

MEMBER SPOTLIGHT

A Well-Earned Farewell: Celebrating FHT member Jackie Hamilton in her retirement

In 2005, Jackie Hamilton took a leap of faith and established the Jackie Hamilton School of Therapies, later becoming an award-winning training school of aromatherapy massage, reflexology, sports massage and holistic practice. Through the school, Jackie nurtured and inspired hundreds of students, empowering them to embark on their own journeys within complementary therapies.

She extended this dedication of therapies within the sphere of FHT, serving as a coordinator to Norwich local support group for over four years. It was here that she facilitated networking opportunities and fostered a sense of community among other working therapists, dedicating her time and expertise by organising meetings, fostering collaborations and promoting professional development.

Jackie's journey to Parliament in 2019 to promote the integration of complementary therapies was a testament to her unwavering dedication and belief in the power of holistic healthcare. By engaging with policymakers, educating and informing them about the benefits of complementary therapies and collaborating with like-minded individuals, Jackie played a crucial role in advancing the conversation around integrated healthcare. The same year, she won FHT's Excellence Award for Complementary Therapist of the Year.

This month, Jackie is retiring from her role and will pass the Jackie Hamilton Therapy School over to her daughter Sam, who currently runs The Norwich School of Hair and Beauty. We would like to thank Jackie for her commitment, leadership and passion for holistic therapies. Your contributions have made a lasting impact and will be cherished by many in the community. May this next chapter of your life be filled with more wonderful experiences, good health and an abundance of happiness.



If you, or someone you know, has a story or view that you'd like featured, please email our Editor, Molly, at mdenton@fht.org.uk with the subject line 'Member Spotlight'.

Please note: As we're expecting high demand for this section, spotlights will be taken on a first come, first served basis.

SAVE THE DATES

AUGUST - OCTOBER

AUGUST

MONTH Psoriasis Awareness

15 National Relaxation Day

26 Women's Equality Day

30 National Holistic Pet Day

SEPTEMBER

MONTH National Yoga Awareness

5 International Day of Charity

8 World Physical Therapy Day

8 Stand Up To Cancer Day

18 - 24 World Reflexology Week

21 International Day of Peace

21 National Fitness Day

23 First Day of Autumn

29 World's Biggest Coffee Morning: Find out more at coffee.macmillan.org.uk

OCTOBER

MONTH Black History

MONTH Breast Cancer Awareness

2 - 8 Dyslexia Awareness

10 World Mental Health Day

15 World Sight Day

22 - 28 National Massage Therapy Awareness Week



If you are trained and insured to deliver any of the therapies below...

- Reiki
- Reflexology
- Aromatherapy
- Massage
- Indian Head Massage

...and have the time to volunteer two hours a week

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The Lilac Centre at St. Helens and Knowsley Hospitals are looking for trained **Complementary Therapists** to deliver treatments for our wonderful cancer patients.

For more information, please contact our Volunteers Service at

volunteers@sthk.nhs.uk

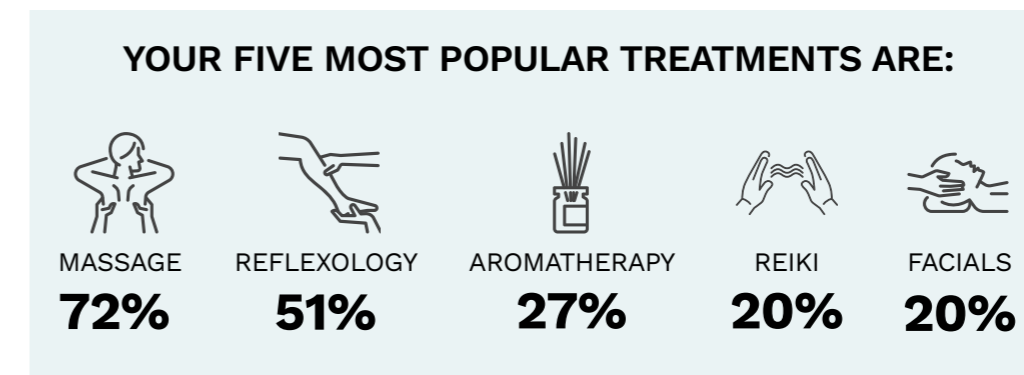
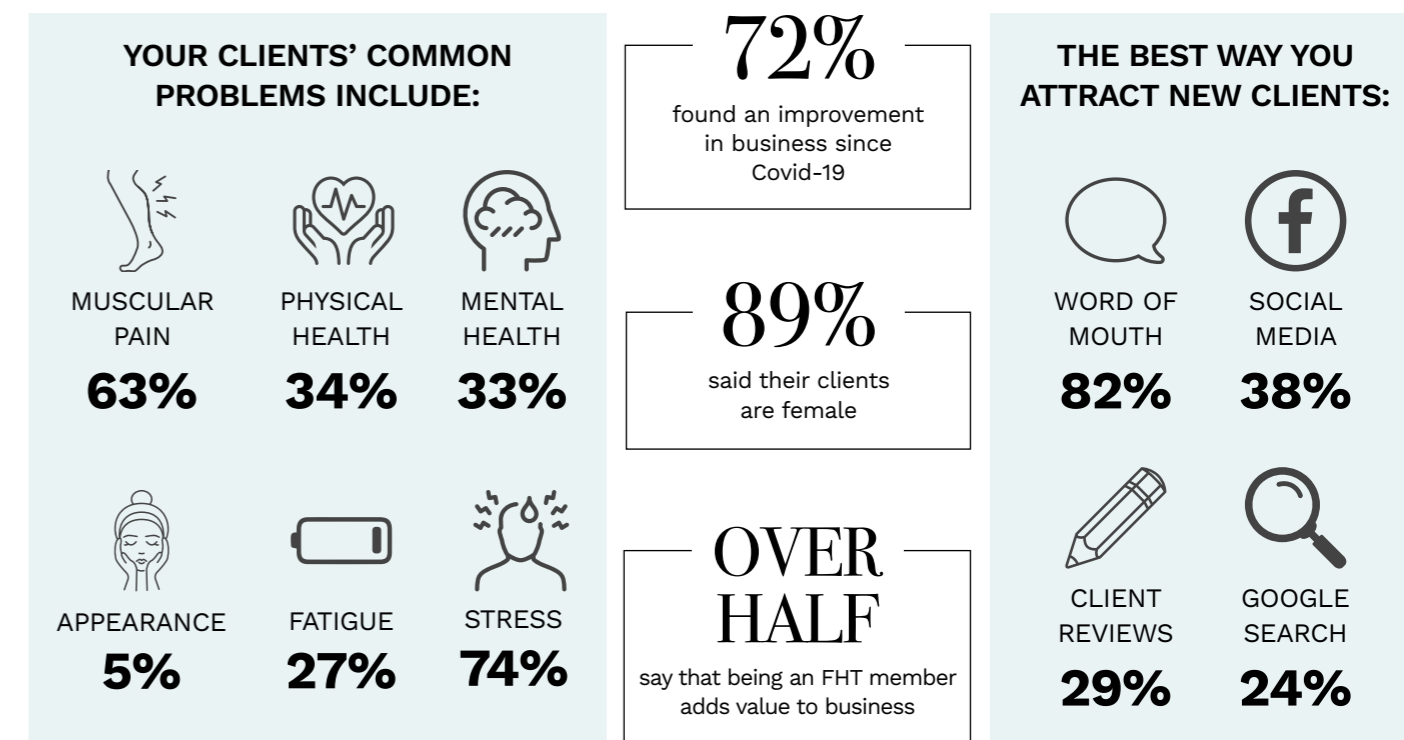


THIS QUARTER, YOU SAID...

Introducing our latest quarterly benchmarking statistics exclusively for FHT members

Last quarter, we ran a survey to learn more about your experiences and achievements as therapists and FHT members. These quarterly stats can help us understand the current state of the industry better and provide you with valuable resources to enhance your business.

CAPTURED FROM **105 RESULTS**



Want to have your say?

Take part in our next quarterly stats survey by visiting the Members' Area on the FHT website (fht.org.uk/members-area)

PLANT PROFILE

CALENDULA

(Calendula officinalis)

WORDS SUE ADLAM, MFHT

The genus calendula contains about 20 different species, the most commonly used by aromatherapists and herbalists is calendula officinalis. Calendula is an annual or biennial herbaceous flowering plant belonging to the Asteraceae (daisy) family and is native to the Mediterranean. The name calendula comes from the Latin word calens, meaning 'first day of each month' as in its native regions they can bloom all year round. The plant ranges from 30-60cm tall with a bushy habit. It is fast growing with medium-green leaves, producing daisy-like flowers in a variety of yellow and orange shades. Calendula are very easy to grow and removing mature blooms will keep them flowering for longer. At the end of the season, the flowers will become seed heads which you can gather for planting the next year once they are brown, or you can allow them to self-seed. Calendula is most commonly used as a

macerated or herbal oil, where the flower heads are placed into a carrier oil like sunflower and left for a period of time so that the compounds of the plant can transfer. Calendula oil is a light amber colour with a mild aroma and is renowned for its use as a skin calmer, working particularly well on damaged skin. It is commonly added as an enhancer to a blend of fixed oils to add beneficial properties or can be mixed with a butter or wax to make an ointment. Calendula has been used since ancient times. The flowers are used in Hindu faith to decorate their temples. The Romans introduced it to other parts of Europe and used them as an inexpensive substitute for saffron and it continued to be used as a food colouring during the Middle Ages. An essential oil and a CO₂ extract is available and the hydrolat (from steam distillation) may also be used by aromatherapists.

For further reading, please visit:
fht.org.uk/magazine-references

**Key therapeutic properties:**

Anti-inflammatory, antiseptic, anti-fungal, astringent, calming, cleansing, cooling, diaphoretic, haemostatic, sudorific and vulnerary (wound healing).

Can be used for:

Reducing bleeding and weeping, the treatment of ulcers and sores, fungal infections and insect bites. Calendula is a fantastic external healing agent and a great skin soother so ideal for breastfeeding mothers with cracked nipples.

Blends with:

As a fixed oil, it is usually used as 25% of a blend used for massage. Calendula herbal oil can be used in many different ways as an addition to creams, lotions, body oils, lip balms, gels and salves.

Safety data:

A gentle and powerful plant ally which is extremely well tolerated. There are no known contraindications when used topically, but when using any new products you should do a patch test to make sure you're not allergic, which can be an issue with the Asteraceae (daisy) family for some people.

NB: Only members who hold an appropriate aromatherapy qualification, accepted by the FHT for membership and insurance purposes, can make, use and supply aromatherapy blends and other products containing essential oils.



PICNIC IN THE PARK: 28 July-6 August marks Love Parks Week – set up to celebrate and support the efforts of volunteers and workers up and down the country to maintain and protect our green spaces. Alongside the abundance of activities taking place across the nation, how about spending time in your favourite local park with a picnic. You could even try our Buddha Bowl recipe on the next page to take with you!

JOURNAL: Journalling shouldn't be dismissed as simply an act of indulgence. In fact, it can be a crucial part of your self-growth journey. It can help release bottled-up emotions, focus goals, preserve memory and spark creativity! Set a regular time in the day (we recommend when you wake up, in your lunch break, or just before bed) and sit down with a pen and paper – or a laptop – to create a habit. If you're stuck on what to write, try finding some prompts online to help you focus, such as 'How am I feeling?', 'How do I want to feel today', 'What brings me joy?' or 'Five goals for the month ahead.'

**PRACTISE SELF-CARE:**

International Self-Care Day is celebrated on 24 July, devised to emphasise the importance of self-care as the cornerstone of wellness. Focus on caring for your whole self, including your physical, emotional, mental and spiritual wellbeing. You could try adding meditation into your daily routine, journal your thoughts, feelings and goals, treat yourself to a massage or bodywork session or engage with your hobbies that little bit more. Whatever you choose to do, make sure the day is well spent looking after you.

OUR SUMMER LIST

“Friends, sun, sand and sea, that sounds like a summer to me”



TRY A NEW OUTDOOR SPORT: Summer is the perfect time to go outside, enjoy some fresh air and get heart healthy. Many national governing bodies of sport work with local clubs to hold starter sessions that enable you to try something new. There are lots of events, often free, throughout the year. Regular physical activity can help you feel more relaxed, give you more energy and a sense of achievement. From running and cycling to canoeing and paddle boarding, try something new this season!

**ATTEND A WELLNESS FESTIVAL:**

Festivals are great, but you're often left feeling bruised and battered from the crowds, tired from the late nights and achy from lying on a creaky camp bed – but it doesn't have to be like that! Why not choose a wellness festival this year. The weekender that combines festival experiences with insightful workshops!

Soul Circus: Located in the Cotswolds, Soul Circus takes place from 17-20 August and boasts an exciting range of workshops and classes suitable for all abilities and talents. www.soulcircus.yoga

Verve Festival: De-stress with this wellness retreat-turned-festival, taking place on 16-17 September. Offering respite from the hustle and bustle of city life, this Wiltshire event gives space to escape the chaos and reconnect with nature. www.feeltheverve.com

Happy Place: Part of Fearnie Cotton's Happy Place brand, the Happy Place festival returns this summer (15-16 July at Chiswick House and 2-3 September at Tatton Park), offering a broad range of classes, food and stalls from health and wellbeing brands as well as inspiring talks, meditation, performers and more. www.happyplaceofficial.co.uk

Vibrant VEGGIES

Add some colour to your diet this summer with Sarah Eisenegger's vibrant Buddha Bowl recipe, packed with a variety of fresh and nutritious ingredients to help you stay energised and refreshed during the warmer months

Vegetables are some of the healthiest foods you can eat, with each providing us with different vital benefits. Vegetables contain different nutrients according to their colour, therefore 'eating the rainbow' is a great way to maximise your nutrient intake. When it comes to plants, the more colours you eat, the more anti-inflammatory, cleansing and restorative compounds you will receive. Vegetables are some of the greatest medicines for your health thanks to their potent phytonutrients and antioxidants.

Colour is the language of the plant kingdom so be sure to incorporate a big variety of colourful plants into your diet. We should aim to eat at least 30-40 different plants a week. This vibrant Buddha Asian Bowl recipe already contains over 17 different plants and that is just in one meal. Pretty efficient, right? The bowl is perfect for warm summer days and can easily be prepared in less than 20 minutes.

Another benefit of Buddha Bowls in general is that they allow you to mix and match veggies according to your own preference and seasonality. Tomatoes, cucumber and carrots are harvested in Europe during summer months which allows you to give your bowl a local and seasonal touch. Not sure which plants are in season? Don't worry, I've got you covered; my e-book contains a month-by-month guide to help you eat the seasonal rainbow throughout the year. Find out more on my website at www.ishiki.store/shopebook. **IT**

RECIPE

Asian Buddha Bowl (serves 2)

INGREDIENTS

- › 1 cup of edamame
- › Pak choi or salad leaves
- › 1 handful spinach
- › 2 handfuls of portobello or white chestnut mushrooms
- › 2 portions (250g) of rice noodles
- › 200g tempeh
- › 2-4 carrots
- › 1 cucumber
- › 2 servings of kimchi
- › Coco aminos sauce
- › 1 clove garlic
- › 1 piece of fresh grated ginger
- › 1 avocado

Toppings:

- › 1 handful of sprouts
- › Sprinkle of nori flakes
- › Sesame seeds
- › Dressing of your choice

METHOD

1. Cut the carrots in half and roast in the oven for 40 minutes at 200°C.
2. Cut the tempeh into

pieces and shake in a box with coco aminos and grated ginger to marinate.

3. Add the tempeh to the carrots and roast for a further 30 minutes.
4. Cook the rice noodles as described on the packet and put them aside to cool down.
5. Cut the garlic, wash and slice the mushrooms. Add them with some coco aminos and water into a pan, sauté for a couple of minutes.
6. If you use pak choi, add it to the pan and sauté for another 5 minutes.
7. Once the carrots and tempeh are roasted, start to create the bowl. Always start with the greens at the bottom.
8. Add the toppings and your dressing of choice (Asian salad dressing works especially well).
9. Serve and enjoy!



Sarah Eisenegger is an integrative health coach and yoga instructor who loves to inspire people around the world to live a healthier lifestyle. Moving her body and eating plant-based whole foods are the building blocks for her physical and mental health. She recently launched her e-book, a guide to delicious and nutritious plant-based food with over 80 pages of knowledge to help you fuel your body with the right nutrients.

Note to readers: If you are a nutritional therapist and would like to have your recipe shown in the next issue, please email editor@fht.org.uk (subject 'IT Recipe') with your ideas.

HERBAL TEAS

for relaxation and mental clarity

WORDS NADINE EL-HAGE



Hippocrates, the ancient Greek herbalist and philosopher also known as the ‘father of modern medicine’, historically said: “Let food be thy medicine and medicine be thy food”. In fact the practice of making remedies from herbs is one that dates back through time to the ancient Sumerians, with herbs such as Chamomile being used to support health.

In the busy, stressful and sometimes intense times of today’s fast-paced world, herbs are important plant allies that can help us stay nourished, calm and grounded. They can be easily integrated as part of a healthy, natural lifestyle and diet and, when we work with them consistently over time, the right botanicals can start to tonify and strengthen our system, supporting relaxation and mental clarity.

Preparing a herbal tea infusion can be an enjoyable self-care practice which supports your wellbeing, creating a small moment of calm to drop out of the hustle and bustle of daily life.

Herbs contain unique combinations of potent flavonoids, antioxidants and volatile oils known for combating the damaging effects of free radicals. There are many herbal remedies available which can be hugely beneficial for helping improve our health and wellbeing.

The following teas are just a few which are known for their calming properties and have the ability to enhance mental clarity and cognition. These herbs can be combined in a blend or brewed individually as infusions to be enjoyed hot for a comforting brew or chilled as a cool, refreshing option in the heat of summer.

1 LEMON BALM (MELISSA OFFICINALIS)

Part of the mint family, Lemon Balm may have a balancing, mildly sedative and calming effect on the nervous system, perfect for supporting anxiety-related conditions, stress and supporting relaxation. Lemon Balm’s antiviral and numerous other properties have also meant that it truly is a desert island herb of our times.

2 LINDEN BLOSSOM (TILIA EUROPEA)

Known to help relax tension of the mind and body, aid sleep and ease anxiety, Linden Blossom is a gentle and favourite calming herb for many. Its relaxing properties can also soothe tension headaches and stress related indigestion.

3 ASHWAGANDHA (WITHANIA SOMNIFERA)

A powerfully restorative herb, classed as an adaptogen, Ashwagandha has the ability to support the body in adapting to mental or physical stress. In traditional ayurvedic practice it has been used for thousands of years to calm and strengthen the central nervous system, increase vitality, mental clarity and reduce inflammation.

4 CHAMOMILE (MATRICARIA CHAMOMILLA)

Part of the daisy family, the volatile oils in Chamomile give off a soothing sweet flower taste and aroma when brewed as a herbal tea infusion. Its mild sedative and nervine qualities calm restlessness and promote feelings of relaxation. Chamomile has been used as an all-round healer in herbal medicine for thousands of years.

5 GINKGO (GINKGO BILOBA)

The double-lobed leaves of the Ginkgo tree are brain shaped, which gives a small clue to one of its uses. In herbalism, this indication is called the ‘doctrine of signatures’. The antioxidants in GinkGo are believed to help enhance brain function and clarity by improving cerebral circulation and transmission of nerve signals. This nootropic herb has been used historically in traditional Chinese medicine (TCM) to support cognitive health with the elderly population as well as younger generations.

6 OATSTRAW (AVENA SATIVA)

The humble oat is incredibly nutritive. In herbal medicine, Oatstraw is used as a gentle go-to remedy for



NB: These herbs are safe for daily use, however if you have any underlying health conditions, allergies, are on prescription medication, pregnant or breastfeeding, please seek individual professional advice from a qualified practitioner.

soothing, tonifying and nourishing the nervous system. They are safe, harmonising and may be used in a tea infusion with most other nervine herbs to support and enhance their restorative effect on a stressed out system.

Calming herbs, like the ones suggested above, have the ability to regulate our nervous system, soothe restlessness and help us feel more calm and centred.

Herbal tea can be made loose in a teapot, a tea infuser or a cafetiere. Always try to purchase organic and sustainably-sourced herbs wherever possible. There is also the option of purchasing good-quality teabags.

To receive full health benefits, steep the herbs for around 5-15 minutes, depending on how strong you would like the infusion. **IT**

Nadine El-Hage is a Tea Industry Specialist & Educator, Tutor with the UK Tea Academy, Herbalist, Certified Holistic Nutritionist and Reiki Practitioner. She has over a decade of working in and around these areas. To learn more about herbs, blending, workshops and other offerings contact Nadine at [@twoforjoy_life](https://www.instagram.com/twoforjoy_life) (Instagram), hello@twoforjoy.co and at www.twoforjoy.co

“Shifting the paradigm from treatment to prevention is imperative – and it starts with us”

4

WELLNESS TRENDS TO EMBRACE THIS SUMMER

Co-founder of The Healing Company, **Anabel Oelmann**, takes us ahead of the curve and shares four predictions to ignite your summer with vitality, balance and wellness

WORDS ANABEL OELMANN

Today we live in a world where 95% of our nation’s healthcare expenditure is on treating sickness, yet over 90% of disease is preventable, attributed to lifestyle factors. Shifting the paradigm from treatment to prevention is imperative – and it starts with us.

I became passionate about raising awareness of alternative medicine early in my career, from founding a mushroom-based supplements brand in Germany to becoming a certified nutritionist through the Institute of Integrative Nutrition in New York and now co-founder of The Healing Company.

My personal mission has always been to help people lead healthier, happier lives and empower everyone to make small changes everyday in support of a lifestyle rooted in wellness. As co-founder of The Healing Company, we have a bold vision: to bring integrated healing to the world, helping people improve their quality of life. We believe that with the right practices, products and education, we can empower every individual to take their health into their own hands.

At the same time, the explosion of wellness offerings in a US\$7 Trillion industry has caused consumer confusion and often a lack of trust. Having tried and tested almost everything out there, I am pleased to share my wellness trends and predictions for summer and autumn 2023 – ones I trust and recommend to everyone in my life.

1 PLANT-BASED SEASONAL EATING

As an individual well-versed in the importance of proper nutrition within the industry, I have observed a notable increase in discourse regarding plant-based diets. The concept entails consuming fresh, unprocessed foods in their natural state and has gained significant momentum due to a convergence of health, environmental and cultural concerns, alongside an expanding range of plant-based options. This shift in dietary preferences is particularly crucial since a staggering 99% of Americans are deficient in key nutrients, leaving them unable to attain optimal health. The food industry’s emphasis on producing processed foods further exacerbates this problem as such foods are typically less nutritious than their whole-food counterparts. Furthermore, soil depletion and genetic modification have contributed to nutrient deficiencies, making it imperative for us to become more mindful of our food choices.

Adopting a whole foods diet can yield numerous health benefits, including increased nutritional value, essential vitamins and minerals, and other vital nutrients necessary for optimal bodily function. In contrast, processed foods are often stripped of these valuable nutrients during manufacturing and may contain detrimental additives. Moreover, consuming whole foods is associated with a reduced risk of chronic diseases, such as heart disease, diabetes and certain cancers. Additionally, a whole foods diet can facilitate weight management, reduce inflammation within the body and support a healthy immune system.

Whole foods align with sustainability as they require minimal processing and packaging. Therefore, opting for whole foods can help reduce waste and diminish our environmental impact. Personally, I hold a particular affinity for whole foods due to their exceptional flavour profiles. By contrast, processed foods are intentionally formulated to be addictive and overstimulate our taste buds, leading to overconsumption. Making the transition to a whole foods diet allows for a more satisfying culinary experience, requiring lesser quantities to achieve satiety, and providing immense gratitude to our bodies for this health-conscious change.

2 ON-THE-GO MINDFULNESS/MEDITATION

According to a report by Sensor Tower in 2021, meditation apps generated more than US\$195 million in revenue worldwide, representing a 29% year-over-year increase. The world is on board, and we should be too.

Mindfulness and meditation offerings have become increasingly popular over the years, with more and more people looking for ways to manage stress and improve their overall mental health. While there are many tools out there, I recommend finding one that you feel best supports you every day. The key is in consistency, so look for options that encourage daily activity (even if just 5 minutes). The Chopra App (chopra.com), founded by wellness icon Dr. Deepak Chopra, has made mindfulness accessible to millions of people and is great for beginners to experts.

3 MUSHROOM STACKING

2023 is the year of the mushroom. With each passing day, people are uncovering novel and innovative uses for these remarkable fungi. Medicinal mushrooms, in particular, have garnered significant

attention in the wellness industry, and rightfully so. They proffer a diverse range of benefits, such as mitigating burnout, increasing cognition and focus, augmenting libido and improving sleep.

Mushrooms can also be an abundant source of protein, fibre and several vitamins and minerals. Certain mushroom varieties, such as shiitake and reishi, possess medicinal properties that have been observed to confer anti-inflammatory and anti-cancer effects.

‘Mushroom stacking’ is a contemporary concept that has surfaced recently, alluding to the practice of integrating medicinal mushrooms with other adaptogens and antioxidants to optimise their efficacy. It is fascinating to witness how these disparate ingredients function cohesively. Researchers are diligently investigating which combinations are most effective and why. The current juncture is indeed an exhilarating time for the realm of wellness.

4 CONTINUOUS GLUCOSE MONITORING

The advent of Continuous Glucose Monitoring (CGM) technology has revolutionised the ability to consistently track our glucose levels. This ground-breaking device facilitates the continuous monitoring of glucose levels throughout the day, which can provide invaluable insights into the impact of diet, exercise and lifestyle choices on blood sugar levels – a leading indicator of inflammation and disease.

A growing number of individuals are embracing CGM devices to enhance their nutrition and overall wellness by identifying foods that trigger spikes or crashes in blood sugar levels. Armed with this information, people can make more informed dietary decisions, optimise their consumption habits and significantly enhance their overall health.

As someone who has recently been diagnosed with irritable bowel syndrome (IBS), I have embarked on this journey myself, recognising the importance of glucose level monitoring. IBS symptoms, such as bloating and abdominal pain, can be induced by high carbohydrate and sugar intake. By tracking my glucose levels, I can identify which foods or meals instigate blood sugar spikes and accordingly refrain from consuming them to manage my symptoms more effectively.

With so many trends and options out there, it’s important to understand your personal needs and areas of improvement. The key is starting small with habits you can really stick to and building a more robust individualised wellness routine from there.

I encourage everyone to be the leader of their wellness journey, trying out new things, staying curious and always returning to a simple question: What makes you feel like the best version of yourself? **IT**

Anabel Oelmann is co-founder and director of The Healing Company. Her passion for making CAM more accessible led her to found NOEO, a direct-to-consumer brand focusing on adaptogenic herbs. Alongside her entrepreneurial endeavours, she is a certified nutritionist through the Institute of Integrative Nutrition (IIN) in New York and has worked as a health coach and an IMG model.

ASK AN EXPERT

Do you have a question you would like answered?
Every issue we find experts to answer your queries
about Complementary, Beauty or Sports therapy

Q HOW CAN I STAY INFORMED ABOUT TRENDS AND DEVELOPMENTS IN THE HOLISTIC THERAPY INDUSTRY, SUCH AS NEW TREATMENTS OR TECHNIQUES THAT ARE EMERGING?

The FHT Marketing and Communications Teams says:

Staying up-to-date about trends and developments is essential for any therapist who wants to provide the best care to their clients. Here are some tips that we use to help you stay well informed:

Attend regular conferences and workshops: Participating in industry events like our Annual Training Conference can offer an educational space to learn about emerging treatments, connect with other professionals and gain valuable insights into new trends in the field.

Keep in touch with our communication channels: To keep you engaged with the industry, we frequently update our blogsite (blog.fht.org.uk) with upcoming events, industry news and interesting bite-size stories. Also, our fortnightly newsletter provides a round-up of need-to-know information for your journey as a therapist.

Subscribe to industry leaders: Following industry leaders on social media can provide you with access to insights and information, allowing you to learn from their experiences, expertise and gain new perspectives on the industry.

Attend a local group meeting or course: Attending meetings or courses with other therapists is one of the most effective ways to expand your knowledge and skill set. By connecting with various therapists and therapies, you can broaden your understanding and proficiency. View our hosted courses and a list of local support groups on the FHT website.

Q HOW CAN I HANDLE DIFFICULT OR COMPLEX CASES IN MY PRACTICE, AND DO YOU OFFER ANY SUPPORT OR RESOURCES TO HELP ME ADDRESS THESE CHALLENGES?

FHT Compliance Manager, Julie McFadden, says:

Handling difficult or complex cases in your practice can be a challenge, but there are steps you can take to manage them effectively. Firstly, it's important to have a clear understanding of your own professional boundaries and limitations, and to refer clients to appropriate specialists or other healthcare professionals as needed.

Additionally, ongoing professional development can help you to build the skills and knowledge necessary to work with a range of clients and conditions. This might include attending workshops or courses on specific topics, seeking mentorship or supervision from a more experienced practitioner, or participating in peer support networks to share experiences and best practices.

At the FHT, we offer a range of resources and support to help you address difficult or complex cases. Our website provides access to a wealth of information on a variety of topics, including professional boundaries, client communication and working with vulnerable clients. We also offer 1-2-1 support where you can speak with our team for guidance on specific cases or situations.



Q HOW CAN I ENSURE THAT I AM PROVIDING CULTURALLY SENSITIVE AND INCLUSIVE CARE TO CLIENTS FROM DIVERSE BACKGROUNDS?

IT Editor and Communications Executive, Molly Denton, says:

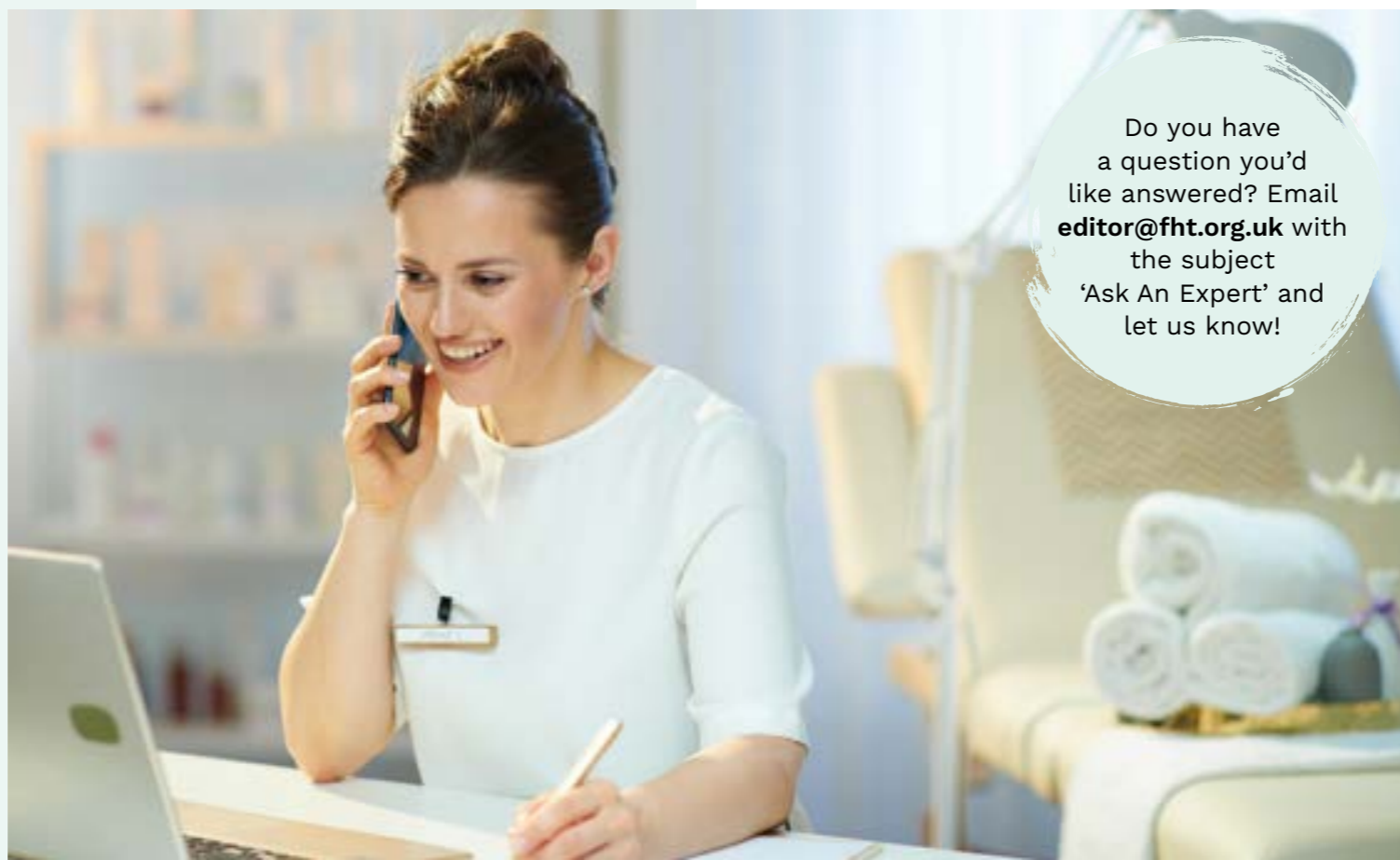
As a professional therapist, you have the power to offer a truly inclusive and welcoming space for your clients. Providing culturally sensitive and inclusive care is vital for all therapists to practise, ensuring that clients feel safe, respected and supported during their treatment.

Start by taking the time to educate yourself on the different cultures and customs of the clients that you treat. This could involve attending cultural events, reading books or talking to members of the community to gain a deeper understanding of their values and beliefs. By doing so, you'll be able to communicate more effectively, using language that's respectful and free from assumptions or generalisations.

It is also important to actively listen to your clients and be open to their perspectives and experience. This will help you better understand their needs and provide more thoughtful, tailored care.

Don't forget to create a space that is accessible to all. Whether that means ensuring wheelchair access or providing lower beds, these small touches can make all the difference to clients who might otherwise feel excluded.

Finally, remember that you are not alone. The FHT offers a range of resources and support to help you navigate complex cases and situations as well as opportunities to connect with other therapists. Together we can create a more inclusive and supportive community for all. **IT**



Do you have a question you'd like answered? Email editor@fht.org.uk with the subject 'Ask An Expert' and let us know!

50 YEARS OF ZERO BALANCING

Harry Theaker, MFHT, talks us through the method of Zero Balancing, an advanced bodywork which specialises in balancing both the human energy field and its anatomical structure

WORDS HARRY THEAKER



PHOTO CREDIT: Zero Balancing Touch Foundation

Having just returned from an advanced Zero Balancing (ZB) training course on verbal fulcrums in the Scottish Borders, taught by renowned Senior Zero Balancer, Jim McCormick, the fulcrum feels like a good place to start. Fulcrums are our primary working tool in ZB, using skilled touch, specific finger pressure and held stretches. The fulcrum provides a point of stillness that allows energy and structure to reorganise and is the visual representation of which forms the ZB Logo. It is through the power and open possibility of the fulcrum that we invite the body and mind to release tension, restore harmony and unlock the innate healing potential within.

WHAT IS ZERO BALANCING

Zero Balancing is a gentle yet powerful hands on bodywork system that affects the whole person by efficiently working with the deepest physical structure of the body, bones, joints, musculoskeletal system and the energy that flows through them. It was established in 1973 by Dr Fritz Smith as an outcome and unique synthesis of his knowledge and expertise as an osteopath, Rolfer and acupuncturist. Considered a leading practice in body-mind therapies, Dr Fritz effectively bridged Western science with Eastern wisdom for a holistic approach to health.

The profound sense of being returned to oneself in a deeply restorative way – through the release of held tensions in our mind, body and spirit – is a defining characteristic of ZB, supporting health, wellbeing and transformation. The name ‘Zero Balancing’ aptly captures the transcendent experience of Dr Fritz Smith’s client who felt ‘restored and balanced’, returning to a state of ‘zero’.

THE POWER OF TOUCH

ZB places great emphasis on the way we touch and establish meaningful connections with others. The specific forms of touch within ZB are clearly defined and hold significant importance. Here are two examples:

- **Interface Touch:** To be at interface with something means to interact. Interface touch in ZB has a characteristic clarity of recognising where the practitioner ends, the client begins and the place they both meet. Being at interface allows each to have their own experience without one overly influencing the other. It is how we establish a healthy boundary and make a meaningful connection.
- **Fulcrums:** Fulcrums are our primary working tool, creating fields of dynamic tension in body structure, held in stillness for a short time and then released. Simply put, fulcrums are a stimulus for change that invite the receiver into their felt sense experience, allowing a repositioning to occur around the still point. The idea of amplifying the impact of a small stimulus is a fundamental principle utilised in ZB. This principle resonates with Archimedes’ famous statement, “Give me a lever long enough and a fulcrum to place at the end of it and I will move the world”. Just as Archimedes found with a fulcrum, we unlock the potential to multiply the results of our actions.

In a ZB session, the harnessing of this principle is gentle, refined and feels great to receive. Assisting in the down regulation of the nervous system, ZB is deeply restorative in nature, supporting our innate ability to rest, digest and return to a sense of ease and equilibrium in the fullest

sense of ourselves. Working with attention and not intention enables the ZB practitioner to be present and free from an agenda to fix, which allows the receiver to have their own experience. Held in safety and unconditional positive regard, shifts in the conscious state naturally occur, amplifying the qualities of a sense of ease, calm and alignment within our core selves.

THE BENEFITS OF ZERO BALANCING

ZB has many benefits, including:

- **Enhanced feelings of vitality and wellbeing:** Through the release of held tensions and the restoration of energetic flow, ZB promotes an overall sense of vitality, leaving clients feeling more vibrant and alive.
- **Improved posture, alignment and physical function:** By addressing structural imbalances and optimising the body’s alignment, ZB helps improve posture and physical function, leading to greater efficiency of movement and reduced strain on the musculoskeletal system.
- **Reduced physical and emotional pain:** The gentle yet powerful touch can alleviate both physical and emotional pain by releasing deep-seated tension patterns and promoting states of relaxation and ease.
- **Strengthened resilience, self-acceptance and self-actualisation:** ZB is a tool for personal growth and self-development, building resilience as we meet life’s challenges through a process of self-acceptance and empowerment.
- **Greater clarity, creativity and cognitive ability:** Through the balancing effects on the body-mind system, ZB can help improve mental clarity, enhance creativity and sharpen cognitive abilities, facilitating clearer thinking and decision making.
- **Deeper relaxation and amplified states of consciousness:** ZB facilitates deeper states of relaxation, allowing shifts in the conscious state to occur. Accessing the deeper layers of the non-analytical mind allows individuals to experience a profound sense of stillness, inner peace and wellbeing.
- **Relief of the symptoms of stress:** In the releasing of held tensions, the physical, mental and emotional symptoms of stress are relieved, leading to a greater sense of calm, ease and equilibrium.

A recent study, published by the Neuro Synchrony Institute, on the effects of receiving ZB confirmed a significant 61% reduction in stress levels, along with the clear correlation between reduced stress, less tension and expanded states of consciousness¹.

DISCOVERING ZERO BALANCING

ZB Life Skills workshops explore the principles harnessed in ZB to support and deepen their relevance and use in everyday life. Recently, under the guidance of Meher Engineer, a ZBUK Teaching Faculty Member, a dedicated group of ZB practitioners have come together with the aim of exploring how the fundamental principles of ZB can be effectively conveyed to others. As a result the ZB Life Skills 1 and 11 workshops have been created. Within these two half-day workshops, a combination of presented material and playful physical tasks, self-reflective process and group work invite participants to consider how the key themes and principles play out in their everyday lives.

Earlier, we explored the concept of interface touch, which is the preferred touch skill employed in ZB, as it fosters a healthy boundary



and clear distinction between the practitioner and client. In contrast, blending, although not utilised in ZB, represents an alternative way of touching and making a connection, characterised by a transpersonal quality where boundaries may become less defined or even dissolve entirely. It is important to remember that blending is not inherently good or bad; rather a matter of understanding how and when to blend appropriately and consciously. Examples of appropriate blending are:

- The deep bond between a mother and child; and
- Lovers merging in an experience of unity and oneness.

In the context of a ZB Life Skills workshop, the concepts of interface touch and blending can be further explored to emphasise the significance and role of healthy boundaries in our lives. These workshops provide an opportunity to move into a deeper self-awareness and exploration of your own edges, acknowledging any patterns of behaviour that may have become your modus operandi (method of operating) and beneath your conscious experience. Some people may find themselves disconnected and aloof, while others may be blending without conscious awareness. When we meet ourselves and others well, at interface, then making a meaningful connection flows naturally, optimally and is where the dance of life happens.

Core ZB 1 and 11 workshops are the starting place for anyone who wishes to explore Zero Balancing. With a focus on experiential hands-on learning, Core ZB workshops offer a chance to learn the touch skills, principles and the protocol used in Zero Balancing. The best part is they are open and accessible with no requirement to become a ZB practitioner. Deepening your understanding of ZB, you can discover how to enhance the quality, clarity and level of engagement with your clients, no matter what your chosen field of practice is.

ZB Certification, should you wish to take your studies further, and become a Zero Balancer, the ZB Certification programme builds on Core ZB to include advanced workshops and theory. The learning is self-paced and you will be assigned a mentor to support you through the process.

I believe that the exploration of ZB extends beyond the level of learning techniques and principles into an awareness of who we are and not simply what we do. It becomes a transformative journey that leads to a deeper understanding of ourselves and our interconnectedness with the natural world. By incorporating the principles of ZB into our daily lives, we develop a heightened awareness of our own physical, mental and emotional wellbeing. We become more attuned to the needs of our body, mind and spirit, and are better equipped to nurture ourselves and others.

Encountering ZB for myself has been life changing and life affirming. It is the gift that keeps on giving. Transformation is supported through a deepening self-awareness and releasing of imprints, whatever no longer serves us in body, mind and spirit. Living life from your core, feeling centred, resourced, authentic and alive. **IT**

Further Reading:

- Dr Fritz Smith, *Inner Bridges*, Humanics Ltd 1986
- John Hamwee, *Touching The Energy Of Bone*, Singing Dragon 2015
- Alan Hext, *Structural Energetics in Zero Balancing Bodywork*, Singing Dragon 2020
- Jim McCormick, *Zero Balancing Conscious Touch and Transformation*, Handspring 2021
- David Lauterstein and Jeff Rockwell, *The Memory Palace of Bones: Exploring Embodiment Through the Skeletal System*, Handspring 2023

Find out more about Zero Balancing at:
Zero Balancing UK zerobalancinguk.org
Zero Balancing Touch Foundation zbtouch.org

Harry Theaker is a practitioner at HT Zero Balancing as well as a holistic massage therapist. Find out more at linktr.ee/htzbalance

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BREATHE, PERFORM

Accredited Wim Hof Method instructor, **Jack Witts**, guides us through the scientific principles and optimal techniques for boosting athletic endurance and focus through the power of breathwork

WORDS JACK WITTS

Breathwork plays a crucial role in enhancing athletic performance. By learning and focusing on intentional breathing techniques, athletes can optimise their oxygen intake and circulation, increase endurance and improve overall focus and performance.

The diaphragm is one of the most underused yet important muscles in the body. It is the main breathing muscle and, by learning deep diaphragmatic breathing, we can use it to regulate the stress response. The breath is the first responder for your nervous system, helping to promote mental clarity and a state of calm during intense physical activity. Additionally, breathwork can assist with reducing fatigue,

managing energy levels and facilitating faster recovery.

It is not genetics, exercise or diet that is the most significant indicator of life span, it's lung capacity. If we consider pulmonary functions as a long-term predictor of mortality in the general population, the role of breathing exercises could currently be underestimated.

An abundance of credible research (some of which you can see at [fht.org.uk/magazine-references](https://www.fht.org.uk/magazine-references)) suggests that breathwork is an essential pillar to health and athletic performance. Much like exercise and healthy eating, it is not a one-time solution. You would not eat a superfood salad once a week and expect to see improvements; the benefits are available when good breathing and breathwork techniques become habitual.

THE SCIENCE BEHIND STAYING CALM

The science behind breathwork and athletic performance lies in its impact on the body's physiological and psychological processes. Deep diaphragmatic breathing (focusing on extending the exhale) activates the parasympathetic nervous system, triggering a relaxation response that counteracts the body's stress response. This helps regulate heart rate, blood pressure and cortisol levels, inducing a state of calmness and reducing performance anxiety.

By contrast, focusing on the inhale and increasing the pace of the breath activates the sympathetic nervous system, therefore increasing the heart rate and triggering the 'fight or flight' stress response. This state is generally stimulated with increased activity. Using the breath, it is possible to dance between a sympathetic (alert) state and parasympathetic (calm) state whenever necessary.

ENDURANCE IN TRAINING

When it comes to oxygen uptake, breathwork practices can optimise the efficiency of breathing. The use of effective breathing patterns can ensure a greater exchange of carbon dioxide in the lungs, enhancing oxygenation in the blood and improving overall endurance. The increased oxygen availability delays the onset of fatigue and improves stamina during prolonged training sessions or any physical exertion.

Breath control techniques, such as rhythmic breathing, synchronise breathing patterns with movement, improving coordination and performance. By maintaining a steady and controlled breath, athletes can increase their energy expenditure and optimise the flow of oxygen to the working muscles. Not only that, but breathwork has a significant impact on mental focus and improving concentration. By directing focus on the breath, athletes can avoid loss of attention and increase mindfulness, allowing them to stay in the present moment, reducing distraction, enhancing performance and avoiding injury.

STRESS IN PHYSICAL ACTIVITY

Exercise-induced oxidative stress refers to a state when there is an excess of free radicals in the body and not enough antioxidants to remove them. It is known that cortisol (a hormone released during intense physical activity) can hinder the activity of crucial enzymes responsible for antioxidant protection within cells. Melatonin (a strong antioxidant) can help counteract the excessive production of free radicals during physical activity, supporting cellular health and minimising the detrimental effects of oxidative stress on the body.

In 2011, a study monitored 16 athletes after an exhaustive training session. Split into two groups of eight, the controlled group were asked to relax in a quiet place while the studied group spent one-hour focusing on deep diaphragmatic breathing. The results showed that the relaxation induced by the breathwork reduced cortisol levels and increased melatonin, suggesting that diaphragmatic breathing could protect athletes from long-term negative effects of oxidative stress.

BREATHING TECHNIQUES TO TRY

Wim Hof is a Dutch extreme athlete who has used breathing techniques to perform unimaginable feats with multiple world records. He has climbed Mount Everest (reaching beyond the death zone with no additional oxygen); spent two hours in an ice bath; and ran a half marathon barefoot in the snow, along with other staggering challenges.

Certain breathing techniques, such as the Wim Hof Method, can increase energy and vitality. The influx of oxygen increases energy reserves and releases adrenaline and endurance. More blood is able to reach our muscles, taking us into a state of alertness and focus due to the release of adrenaline.

The best thing about breathwork is that it's available to anyone, at any time. Below are some simple breathing techniques you can try.

Diaphragmatic Breathing:

Also known as belly breathing, this technique helps you engage the diaphragm fully, allowing for an optimised gas exchange and increased uptake in oxygen.

- Find a comfortable position, either lying or seated.
- Place one hand on the abdomen and the other on the chest.
- Breathe in deeply through the nose, directing the breath towards the pelvis.
- Feel the belly rise and the lower rib cage expand, while keeping the chest relatively still.
- Breathe out slowly through the nose or for a more controlled exhale, through the mouth (imagine you are breathing out through a straw).
- Repeat for several minutes, focusing on smooth and controlled breaths.

(Note: This may feel unnatural to begin with but with repeated practise you will improve.)

Box Breathing:

This technique helps you regulate the breath, calm the nervous system and improve focus.

- Breathe in slowly and deeply through the nose for the count of four, making sure you engage the diaphragm.
- Hold your breath for the count of four, relax with no force.
- Exhale slowly through the mouth for the count of four.
- Relax and hold for a count of four after the exhale.

(Note: You can extend the count length as you become more comfortable.)

This article is a brief introduction into the benefits of breathwork for athletic performance. I encourage you to research this further. By incorporating breathing techniques into their training regimes, athletes can unlock their true potential to achieve peak performance levels. **IT**

Jack Witts is an accredited Wim Hof Method instructor. His mission is to help people enhance the quality of their life using breathwork and learned resilience. He encourages people to step outside of their comfort zones and into purpose, value and authenticity. Find out more at www.jackwitts.com

THE SECRET TO SMOOTH SKIN



An easy add-on and the perfect tool for achieving smooth skin this summer, FHT Accredited Course Provider, **Cedars Training Academy**, demonstrates the benefits of body brushing

WORDS CEDARS TRAINING ACADEMY

The health benefits of body brushing have long since been documented as an ancient ayurvedic ritual. Brushing your skin daily, even for a few minutes each morning, enlivens the body and wakes up the organ systems. It is essential for our health as well as making our skin feel beautifully soft and toned.

The skin is the largest organ of the body, on average weighing around 8lbs. Daily stresses, the fabrics and clothes that we wear, dry skin conditions and being dehydrated are all factors that allow dead and dry skin cells to choke the skin and slow down its natural ability to repair and renew itself.

DRY BODY BRUSHING BENEFITS

Dry body brushing up towards the heart is said to eliminate a pound of impurities from the skin each day. At Cedars Training Academy we incorporate skin brushing into our holistic treatment courses, such as our Thai foot rituals, hot Thai compress massages and Oriental fusion facials. This practice serves as a preparatory ritual for the skin before receiving further treatment while also encouraging clients to incorporate brushing into their home routine.

At Cedars, we strongly believe that optimal relaxation cannot be achieved unless the skin is in a healthy state. The skin is a crucial organ of elimination, and dry body brushing is a technique that can aid in this process. By brushing the skin, we can effectively remove impurities and support its overall health.

Body brushing is influenced by several key factors, including:

- Our skin's need to breathe and function properly in order to maintain good health
- The impact of healthy, functional skin on our physical and mental wellbeing
- The skin's ability to protect us from harmful bacteria through the natural barrier, provided by our acid mantle
- The potential for daily body brushing to enhance our lymphatic system and boost our immune systems, which can help to strengthen our natural defences
- The potential to reduce the appearance of cellulite and promote smoother skin
- The ability to stimulate circulation in areas of the body that feel cold to the touch.

HELPING LYMPHATIC HEALTH

We know that our lymphatic system is our body's natural filter and can help cleanse the body. Unlike our circulatory system, whereby our heart pumps our blood, our lymph is pushed and squeezed via gravitational pull and muscular pressure.

Our lymphatic network runs just below the surface of the skin. Natural brushing gently stretches the anchoring filaments attached to the skin, opening up the initial lymphatics. It's important to avoid brushing too deeply as this can cause damage to the delicate lymphatic network and impede its function.

YOUR HOW-TO GUIDE

The best news is that we can all incorporate body brushing into our daily routines and start feeling the benefits. Our recommendation would be to use a natural bamboo bristle brush as these bristles are softer than other materials, making them gentle on the skin and less likely to cause irritation or damage. Also, importantly, bamboo is a sustainable and eco-friendly material and typically more durable than synthetic brushes, making them a long-lasting investment. We believe dry brushing your skin in the morning before your bath or shower can harness the best results.

Legs: Start at the feet. Use light, long strokes up to the knee, reaching around the back of the calf and lightly into the back of the knee. This will help stimulate the nodes here. Then, continue to dry brush the thigh area, elongating your strokes and brush over the hips and buttocks while paying particular attention to areas of concern. Repeat on the other leg.

Abdomen: Take the brush lightly over the abdomen clockwise to aid digestive health and stimulate elimination.

Arms and chest: Brush from the fingertips to the palm to the back of the hand. Then follow up to the elbow, then to the shoulder. Your last strokes should drain the whole arm. Then, take the brush lightly over the chest and direct into the under arm.

Back: Attach the longer handle and dry brush the back in long sweeping motions. Target towards the sides of the body or nearest nodes. Take your last sweep up the sides of the body and direct to the nodes in the under arm.

Looking after your brush:
After use, spray your brush with a natural tea tree cleanser and leave to air dry with the bristles pointed downwards on a clean surface. Wash your brush twice a month.

Face and neck: Our face and neck have a rich network of nodes. We recommend a facial brush for this but you can also use your bamboo brush lightly. Once finished with the face, brush down the sides of the neck to direct lymph into the area under the collar bone.

This should take no more than a few minutes. Your skin should feel tingling and revived. Mild redness on the skin is normal as you are bringing fresh blood and oxygen up to the surface of the skin.

After you have dry brushed, you are ready for your shower. To boost the benefits of body brushing, complete your shower with a cold blast to stimulate areas of poor circulation and pat dry. Always remember to moisturise with your favourite body lotion to keep the skin hydrated.

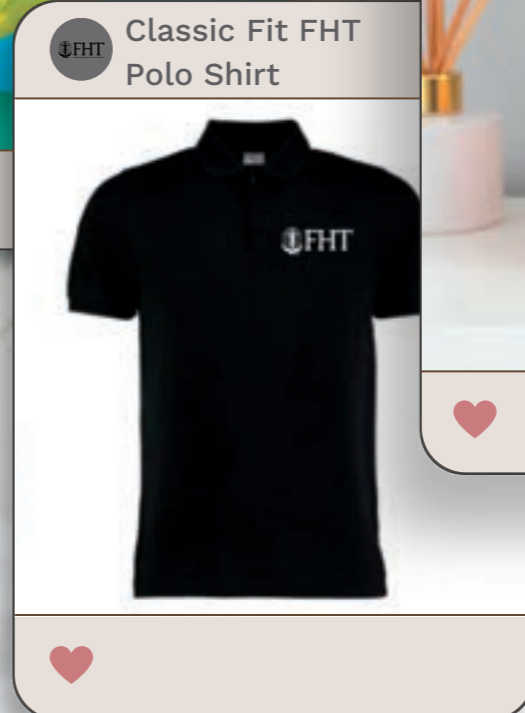
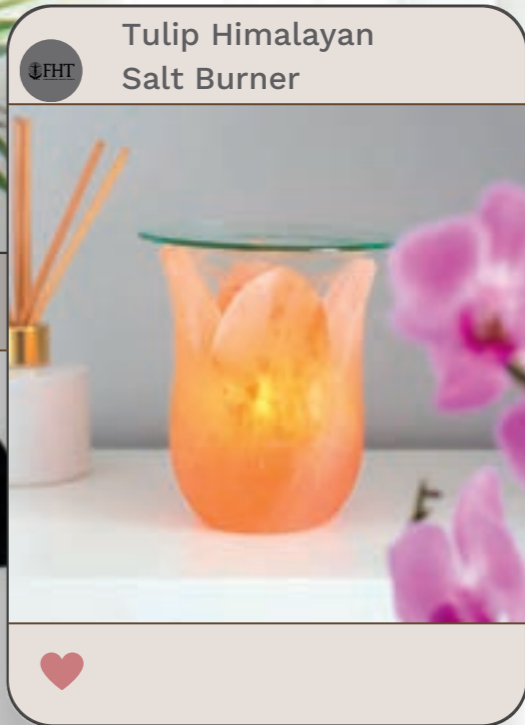
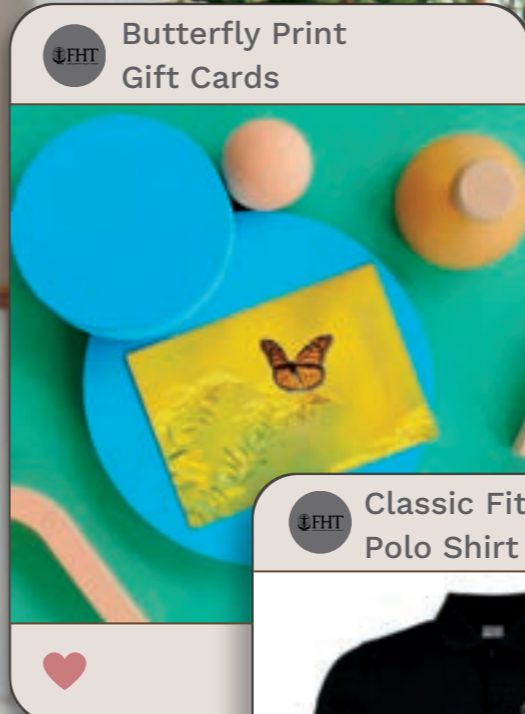
SHARE THIS METHOD

Why not share this beautiful treatment with your clients; our Body Glow CPD day-course runs regularly at the academy. For your business, you might like to retail the body brushes and the tea tree essential oil along with a body exfoliator for the knee and elbows. Natural bristle, good quality brushes (like the ones we use in our treatments) cost around £8 and they also come with a handle for ease of use and hard to reach areas.

So, get your brushes out for you and your clients and let's kick start our bodies ready for smoother looking skin this summer. **IT**

Combining 21 years' experience in delivering health and beauty training, Cedars Training Academy Ltd aims to help you start your journey to a more satisfying and authentic life. Body Glow courses are available on request – please contact our team at hello@cedarstrainingacademy.co.uk.

For more specific enquiries, please contact Donna Bird (Melbourne Derby) at donna.bird@cedarstrainingacademy.co.uk or Nikki Winearls (Gloucester) at nikkiwinearls@cedarstrainingacademy.co.uk



SUMMER RITUALS

FOR A MINDFUL AND MEANINGFUL SEASON

As she looks forward to soaking up the joy of summer, wellbeing writer, **Katy Lassetter**, delves into ways we can create therapeutic, holistic rituals to promote physical and mental health

WORDS KATY LASSETTER

With the arrival of summer, the anticipation of basking in the sheer delight of vibrant flower fields fills the air. As we immerse ourselves in the beauty of nature, there is a unique opportunity to cultivate mindful and meaningful rituals that promote both physical and mental wellbeing. By incorporating intentional practices into our daily lives, we can unlock a profound sense of joy and tranquillity that resonates within us long after the summer sun sets. Join me on this journey of self-discovery and uncover the transformative potential of mindful rituals this summer...

THE BENEFITS OF TIME IN NATURE

July and August are glorious times to get out in nature and make the most of the UK's multi-sensory floral displays. Let the fresh, herbal chamomile scent bathe you in serenity, the vibrant beauty of sunflower fields warm you and enjoy the double dose of relaxation from lavender with its tranquil aroma and pleasing purple haze.

Lavender has many benefits. It's been lauded to promote skin health and better sleep, all while relieving chronic pain and menopausal hot

flushes. The winning blend of lavender and chamomile has also been linked to boosting mood and memory.

So, this summer, perhaps try meandering through fields of these calming crops (or any wildflowers) and let the benefits of engaging with the natural world manifest. The comforting hum of buzzing bees soothes the soul, and brilliant birdsong is a proven tonic to boost happy hormones. In fact, a 2020 study published by The Natural History Museum, found that some bird sounds offered relief from mental fatigue and stress, with one participant associating the nostalgic sound of wood pigeons with long, hot childhood summers.

Consider taking your treatments outside this season or providing your clients with some ideas of where they can visit and immerse in nature. Take a deep breath, drink it all in and let nature heal.

MINDFUL BREATHING AND MEDITATION

I spoke with FHT member and accredited training provider Anna Gatland of Freedom Therapies Training (www.freedomtherapies.co.uk) about mindfulness and meditation. We agreed that summer is the ideal time to start or refine your practice to boost wellbeing – for both you and your clients.

“With the longer days, everything is awake and alive with bright colours. It's a great opportunity to find a quiet space and soak up the warmth. Tune into birdsong or the sound of water by the beach or a river,” she advised.

“Mindful breathing involves inhaling fresh oxygen and nourishing your body, breathing out stress while focused and present. What better place is there to do this than out in nature?”

“Meditation is about having one specific focus – like a rose growing

in your garden – and counting your breaths or listening to a guided visualisation. With practice you may achieve more calm and improved concentration so you can filter out mind chatter. This isn't easy, so it's important to make meditation and mindfulness part of your daily routine.

“Regular mindful breathing and meditation brings our bodies back to a natural balance, encouraging relaxation and allows healing – physical and emotional. The aftercare advice we give our clients should include these disciplines. And we should remember to practise them ourselves. If we're balanced, this will reflect in the quality of our lives and treatments.”

One of my summer rituals is to sit in a field of chamomile surrounded by the uplifting melody of skylarks, breathing in the sweet scent and focusing on the birdsong. Aromatherapy meets meditation! Why not try this in your local green space?

A TASTE OF SUMMER WELLBEING

Seasonal summer foods work wonders to support a healthy diet and promote wellbeing. Some of my favourite forages along the coast include sea beet (or wild spinach) and samphire.

Common, year-round sea beet is the wild ancestor of beetroot with more pep than spinach. It can be used in salads, pesto or a summer stew with tomatoes and fresh herbs.

Available June to August, marsh samphire is found on salt marshes and tidal mud flats. It tastes great with fish and it's an antioxidant packed with vitamins, reducing inflammation and boosting the immune system.

My summer flower field experiences have also inspired some tasty treats. Why not make chamomile ice cream or lavender and lemon biscuits to savour with a classic tea blend?

SELF-CARE IN THE SUMMER

Self-care is key to support your wellbeing, and outdoors is the ideal place to embrace some 'you time', re-energise and reflect. As Ralph Waldo Emerson said: “Adopt the pace of nature: her secret is patience.”

When talking to FHT member Amy Taylor of Purple Turtle Therapy (www.purpleturtletherapy.com) about her go-to summer self-care routine, her V Lift Mini Facial piqued my interest. It's a five-minute facial that can be done anywhere at any time, not only helping you feel invigorated but also relieving facial tension. Perfect if you're suffering from sinusitis caused by hay fever or you get a tension headache just thinking about jetting off on holiday. Here's how to do it:

First, if you're doing the facial outdoors, Amy advises applying an SPF moisturiser at least 20 minutes before sun exposure. Then, sit or lay down in a comfortable position, take a few deep breaths and relax your shoulders. Cue the calm.

Facial Effleurage – Using the palm of your hand, sweep in a v-shape upwards and outwards from the neck and face to the scalp. Repeat three times.

Forehead Sweep – Place your fingertips vertically in the centre of your forehead and sweep outwards horizontally. When you get to your temporal dips, do small rotations with your fingertips. Repeat three times.

Eye Brightener – Place your thumbs under the top lip of the orbicularis oculi (a muscle located in the eyelids), lift and hold for three seconds. Work along your eyebrow line, from the centre out. Repeat for the other eye. Using your index fingers, sweep gently under your eyes on the lower orbicularis oculi from the centre out.

Cheeks Releaser – With your thumb and index finger, pinch and lift your cheeks working from the centre out.

Jowl Lifter – With your thumb and index finger, pinch and roll your jowls up and over the mandible working from the centre out.

Facial Effleurage – Using the palm of your hand, sweep in a v-shape, upwards and outwards from the neck and face to the scalp. Repeat three times.

As summer unfolds and we find ourselves surrounded by the beauty of nature, it is the perfect time to establish mindful and meaningful rituals that promote physical and mental wellbeing. Try out these summer rituals, or create your own, and embrace their transformative potential. **IT**

Katy Lassetter is a writer based in West Sussex. With a keen interest in holistic therapies, she has worked with everyone from aromatherapists and Indian head massage therapists to osteopaths and subliminal hypnotherapists. Living with ME and an autoimmune disease for over 10 years has provided Katy with experience of using alternative therapies to manage her own health as well as the empathy required to write for and about others receiving treatments. To contact Katy email katy@chichestercopywriter.co.uk or visit chichestercopywriter.co.uk

HYPNOTHERAPY

WHAT IT IS AND WHAT IT'S NOT



Join hypnotherapist **Gavin Blackman** and discover the transformative power of hypnotherapy, all while dispelling its common myths and misconceptions

WORDS GAVIN BLACKMAN

Hypnotherapy is not a new alternative therapy; in fact, its roots can be found in the sleep temples of ancient Egypt from around 3000 BC where people's dreams were interpreted. Over recent years, hypnotherapy has steadily become recognised as an authentic alternative therapy, assisting when other everyday support services cannot help.

Hypnotherapy is a versatile treatment and can help with a broad spectrum of issues, including general wellbeing, anxiety, phobias, low self-esteem, sleep hygiene, performance (sports, exams), weight management and more. The list is endless! There are some more unusual applications of hypnotherapy, for example being used in the birthing process or in a dental procedure; I even incorporate hypnotherapy in team building exercises for organisations and to support their wellbeing initiatives.

WHAT IS HYPNOSIS?

To understand hypnotherapy, we first need to understand what hypnosis is – and what it isn't. The popularity of various TV hypnotists has led to misconceptions about hypnotherapy so let me dispel some common myths:

“You are asleep when you are hypnotised” – The client is conscious and is actually in a focused state of attention or meditation. They are aware of what is going on around them.

“A hypnotist can get you to do anything they want to” – In hypnosis, the client is in control and only does the things they want to do. It's important to remember that the hypnotherapist is merely a facilitator.

“You cannot move when you are hypnotised” – The client can move and in fact is encouraged to do so to make themselves more comfortable during the session.

“Hypnosis will cause you to reveal your secrets and/or private details” – If that were true, I would be on a Caribbean island living off ill-gotten client monies after they had told me their account passwords and pin numbers! You don't lose control over your behaviour. Hypnosis makes it easier to experience suggestions, but doesn't force you to have certain experiences.

All hypnotic experiences are subjective, so people experience hypnosis at different levels, such as from a light state all the way through to a deep state. People will naturally find the right level that suits them. Here's an example: I'm sure you've experienced going on a train journey and suddenly you realise you are a couple of stops further along the route than you thought you were. That is a form of hypnosis. Hypnosis is something people naturally go in and out of every day, without even realising it.

HYPNOTHERAPY EXPLAINED

So now we have a clearer idea of what hypnosis is (and what it is not), let's turn our attention to hypnotherapy. Hypnotherapy derives from a variety of psychologies including behavioural, cognitive and analytical, and focuses on neuroplasticity (the ability of the brain to form new neural connections throughout life). This is coupled with the consensus that our conscious mind makes up 5% of our mind processing, and our subconscious mind makes up the other 95%. Think of the conscious mind as what you see on a computer screen and the subconscious mind as everything else... the processes, the storage and the programmes.

HOW DOES HYPNOTHERAPY WORK?

The way hypnotherapy works in practice is that in a counselling environment (either face-to-face or online), the hypnotherapist would first discuss what the client is wanting to achieve, such as the outcome they want. Once the outcome is agreed, the hypnotherapist will perform some suggestibility exercises with them to ascertain how susceptible they are to hypnosis as that will inform the hypnotherapist what method they will use to put them into a hypnotic state. The exercises also inform the hypnotherapist if there is any resistance because if there is, it is unlikely that the client will enter a true hypnotic state. In such circumstances, the hypnotherapist will ask the client if they want to work on their resistance first or may refer the client to another complementary therapist.

Hypnotherapy uses the power of suggestion, via hypnosis, to access a client's subconscious mind to encourage positive change. A hypnotherapist will use relaxation techniques to first induce the client into hypnosis (inductions) and then techniques to deepen the hypnotic state (deepeners). This is to help the client reach a state where the conscious part of their mind is relaxed, and the subconscious part is more open to suggestion. Once the client is in the hypnotic state, the hypnotherapist gives them suggestions ('talking' directly to their subconscious) around how they might feel and/or act to enable them to achieve, or start to achieve, the outcome they agreed at the start of the session.

At the end of the session, the hypnotherapist will use a re-alerting technique to bring the client out of the hypnotic state and ensure they are 100% fully refreshed and alert. Some people may need just one or two sessions to have dealt with their issue; for others it may take a few more sessions. Again, the hypnotherapist will collaborate and work at the pace that suits the client.

Hypnotherapy is a good skill to have as a holistic therapist as it works well on its own, can be incorporated into other wellbeing techniques and can also be part of an overall treatment plan, working with and alongside other therapies. **IT**

Gavin Blackman (MFHT) is a hypnotherapist based in Winchester, Hampshire. In addition to Gavin's private client work, he provides team building and wellbeing services to organisations using hypnotherapy. Gavin provides free hypnotherapy presentations to the NFP and education sectors, and is a volunteer hypnotherapist at the Macmillan Cancer Support Centre at Southampton General Hospital. www.gavinbhypno.com

IN FULL SWING

Kate Sweetapple (MFHT) explains how the Feldenkrais Method® can help us move, perform and live life better, with a specific focus on the benefits for tennis players

WORDS KATE SWEETAPPLE



The Feldenkrais Method® is based on a unique combination of biomechanics, neuroscience and motor development. It is designed to interact with the brain's neuroplasticity to bring lasting changes which will benefit the body. This somatic practice combines mindful attention and gentle movement to increase our ability to sense and feel how we move and deepen our self-awareness. Unlike exercise, where repetitive movement adds to muscle memory and strength, this approach helps students discover new, and often more efficient ways, to enjoy their sports.

By interacting with the brain's neuroplasticity, Feldenkrais lessons not only 'reboot' under-used (or forgotten) neuromuscular pathways, but they also develop new ones, creating possibilities for musculoskeletal re-organisation and improved weight-bearing movement.

Developed by Dr Moshe Feldenkrais, this method is beneficial to everyone – improving their physical comfort, posture, flexibility, balance, co-ordination and ease of movement. It is very helpful to those who experience restricted movement, injury, chronic pain or neurological and developmental problems. It is also highly beneficial for developing the specific physical skills required of athletes.

Moshe Feldenkrais was a scientist and engineer whose career spanned many disciplines and countries. He was athletic, receiving his Judo black belt in 1936. He combined his lifetime of research in physics, body mechanics, psychology and human development with his experience of martial arts in the development of this method. This journey began when he was faced with potential life-long disability after seriously injuring his knees playing football.

WHAT DO FELDENKRAIS STUDENTS EXPERIENCE?

The Feldenkrais Method® is delivered in two ways, both called 'lessons' because your brain is learning throughout and communicating new information to your body via the central nervous system:

1. Awareness Through Movement – Typically taught on the floor, these are group classes where the teacher verbally guides students through a series of exploratory movements designed to help them feel skeletal connections and discover how they can do less to move more by using their whole self. Verbal directions are processed by the motor cortex which means that neuromuscular pathways are opened or 'rewired' resulting in permanent change. This is very different to learning visually where the visual cortex is used to mimic the movement. This type can also be taught in a sitting/standing position.

2. Functional Integration – For a more individual hands-on lesson, this way involves a practitioner gently guiding the client/student through a range of safe, easy movement explorations to help them understand their current habits and patterns, encouraging them to discover new possibilities. This approach is

well-suited to exploring recurring pain or injury patterns and specific movement patterns, such as sporting activity and musical performing.

THE BENEFITS OF THE FELDENKRAIS METHOD® FOR ATHLETES

For athletes the benefits are far-reaching, including:

- Helping to develop a deeper sense of self results in a grounded, calm and focused individual.
- Bring more balanced and efficient musculoskeletal organisation, not only improving performance but helping to avoid injury and aid recovery too.
- Recognising unhelpful habits or patterns, and helping to discover and choose new ones that lead them towards higher quality weight-bearing movement and improved performance.

Dr Feldenkrais developed hundreds of Awareness Through Movement lessons, each involving the whole self due to the belief that everything is connected and for the common goal of discovering how to move with ease and elegance, relevant to every type of athlete.

However, there are specific themes that may have more relevance to particular sports, such as opening up the chest, breathing, freedom of the shoulder girdle, hips and pelvis, hand-eye coordination, proprioception, peripheral vision and many more. To teach Awareness Through Movement with a specific group of athletes, a Feldenkrais practitioner would select appropriate lessons to create a series particular to their sport.

Victoria Worsley is a Feldenkrais practitioner with a special interest in sport performance. She summarises this point:

"We all bring very individual patterns, skills and limitations in our fundamental ways of thinking, feeling and moving to our sport. If we can become curious about how we function at a deeper level, we can start to uncover and improve how we do everything.

"In Feldenkrais lessons we start to feel how we use our left foot or hip joint differently to our right, our idiosyncratic way of using the pelvis, what we are doing with the ribs or how we breathe when we find something tricky.

"From there, we might start to understand that we don't just use our legs to run, but also our back, our arms and even our head and eyes. Or perhaps we learn that kicking involves not just the hip joints but our ribs, shoulder blades or the other foot. In short, we start to feel the ways we use our whole selves to do anything. Then we may find it isn't all about strength or flexibility, but also about the quality of and how we think about our movement."

FELDENKRAIS AND TENNIS

There are many examples of professional athletes using the Feldenkrais Method®, especially in the tennis world. As Roger Federer said in an interview: "Tennis is increasingly a game of movement."

UK-based Melinda Glenister has worked extensively with Pat Cash and Greg Rusedski. In an article for *Elite Tennis Magazine*

(June 2014) she wrote:

“You cannot change one part without adjusting all the other parts, and if you make a change, the change has to be integrated with the whole system or it will not be used. Every change will affect all the other parts – and this is something very important for coaches to realise.

“If it is the hip that is the issue, I look at the way the weight is distributed on the foot during movement, the effect this has on the knee then into the pelvis, and what is happening with the ribs and the spine. Even how the shoulders or the head participate in the movements can have an effect and pull the hip into an imbalance. If you work solely on the hip, but don’t address the fact that the ribs become stiff and the breathing stops when they stand on the leg, the problem will continue.”

In the US, Martina Navratilova was helped to recover from an ankle injury by Pauline Sugine, a Feldenkrais practitioner in Los Angeles in the ‘90s. In this excerpt from an article about the Feldenkrais Method* by Liz Brody for the *LA Times* (1998), Sugine describes how she worked with Martina Navratilova:

“I showed her that as the result of an injury to the right ankle, when she moved her head to the right, even just her eyes, she stopped breathing,” says Sugine. “In tennis, if you look in one direction and a part of your body freezes, even subconsciously, then you lose the connection. It’s sort of like driving with a flat tyre. Not only is your tyre flat, but if you keep driving, more things go wrong.

“Through Functional Integration, Sugine kinaesthetically reminded Navratilova how to look right and breathe at the same time, getting her whole body, including the ankle, in top form again.”

The beauty of Feldenkrais is you don’t have to understand it intellectually. “Whether you get it on a conscious level or not, your nervous system is picking it up,” says Sugine. “It’s like we’re smuggling the information in.”

BENEFITS OF THE FELDENKRAIS METHOD® FOR THERAPISTS

From my own experience of working as a massage therapist for over 15 years, I know that practising Feldenkrais has made me a better therapist. Developing my self-awareness and using my body more efficiently has reduced the physical effort I need to put into my bodywork. Feeling connected within myself facilitates a stronger connection with my client. Feeling calm and grounded helps me remain positive and energised. Many of my clients who have noticed the change in me and the way I work now regularly go to classes or opt for a Functional Integration lesson instead of a massage treatment.

Feldenkrais is for everyone, not just those who compete or perform. Students find that not only does it bring lasting beneficial changes to physical posture and movement, but also brings an ease to everyday life. Challenges, feelings, emotions and stress become easier to deal with and a new sense of vitality brings energy and joy. **IT**

“Movement is life. Life is a process. Improve the quality of the process and you improve the quality of life itself”
– Moshe Feldenkrais



Kate Sweetapple is an FHT member, Feldenkrais practitioner and clinical massage therapist based in Eastbourne. Find out more at www.sweetapplebodywork.uk

STAYING SUN SAFE

Kathryn Clifford, co-founder of skin cancer charity **Skein**, talks us through the best practices to staying safe in the sun to help prevent the UK's most common cancer, and offer various tips to spot early detection in your clients

WORDS KATHRYN CLIFFORD

Solar UV radiation (UVR) emitted by the sun's energy is a known carcinogen responsible for around 90% of all skin cancers. Skin cancer is the most commonly diagnosed cancer in the UK with recent statistics revealing that 1 in 4 men and 1 in 5 women will be diagnosed with a form of the disease in their lifetime.

There are two types of UVR that reach the earth's surface and penetrate our skin. These are called UVA and UVB. Cumulative and/or intense exposure to both UVA and UVB causes cell damage which can lead to skin cancer.

UVA radiation is responsible for tanning the skin. It penetrates the skin at deeper levels than UVB, reaching the middle layer of the skin called the dermis. UVA is commonly referred to as our 'ageing' rays because, in addition to tanning and causing sun damage (which contributes to the development of skin cancer), they are also responsible for around 80% of the visible signs of ageing.

UVB rays reach the epidermis, the outermost layer of our skin. They are commonly referred to as our 'burning' rays because they are responsible for causing sunburn, which is strongly linked to the development of the most serious, life-threatening form of skin cancer.

In small amounts, exposure to UVB helps the body to produce vitamin D3, but the risks of overexposure far outweigh the benefits. For most, even just minor amounts of UVB exposure of around 10 minutes a day (without reddening of the skin) produces all the vitamin D your body can muster - after that, your body will dispose of it to avoid overload.

INDIVIDUAL RISKS

While we are all at risk of developing skin cancer, there are several factors that increase a person's individual level of risk, including:

Skin type

It's true that people with pale, fairer skin tones, fair hair and blue or green eyes are at greatest risk of developing skin cancer. This is because these skin types typically lack melanin - the natural pigment that colours our hair, skin and eyes and provides a certain amount of protection against the sun's harmful rays. These skin types are less likely to tan and are more likely to burn, therefore more susceptible to sun damage and skin cancer. These skin types are also more likely to have a lot of moles or freckles which is another factor that increases an individual's level of risk.

That said, it is a common misconception that people with darker skin tones are immune; all skin types can be damaged by UVR and should always take a mindful approach to sun exposure.

History of UV exposure

Sunburn: People who have ever experienced sunburn are at greater risk of developing melanoma - the most dangerous, life-threatening form of skin cancer. Sunburn is bad news at any age and the dangers go way beyond the short-term swelling, pain and redness. Damage from UVR is cumulative and irreparable, therefore the more often we burn, the greater our risk becomes. The risk is further increased if sunburn was experienced in childhood or adolescence when our delicate skin is highly susceptible to sun damage.

Tan seekers: No matter how your skin responds to the sun (even if you tan easily), tan seekers are at increased risk of developing skin cancer. Every time our skin changes colour due to UV exposure it is a sign of sun damage - it is a warning sign that our skin is working hard to defend itself from UV radiation. The more often we tan, the greater our risk.

Sunbed use: The use of artificial tanning devices at any age significantly increases a person's risk of developing skin cancer. The risks are even greater when exposure takes place at a younger age. First exposure to sun beds before the age of 35 increases the risk of melanoma by an alarming 75%. Sunbeds emit the same UV radiation as the sun, but at much greater intensities and are classified as a Group 1 Carcinogen.

Cumulative sun exposure: People who work outdoors and those who enjoy extended periods of time outdoors for sport or leisure naturally experience greater levels of cumulative sun exposure and are therefore at greater risk.

Family history of skin cancer

A family history of skin cancer does not mean that all other family members will develop the disease, however, it does place them at greater risk. The risk varies based on the degree of relation between the family member, but around 10% of patients with melanoma are reported to have some family history.

Medical conditions

Those who have a lowered immunity, have received radiotherapy or repeated and long-term light therapy for conditions such as psoriasis are at higher risk of developing skin cancer.

Sun protection habits

Those with a history of unprotected sun exposure will naturally have received greater levels of UV radiation, placing them at greater risk. We know that 90% of skin cancers are caused by over-exposure to UVR, therefore practising good sun protection habits can dramatically reduce our risk - and if practised from an early age, can prevent skin cancer entirely.

HOW TO SPOT THE SIGNS OF OVEREXPOSURE TO SUNLIGHT

Health professionals that have regular observation of their clients' skin through the course of their work are uniquely placed to identify potential abnormalities that could indicate the early signs and symptoms of skin cancer and provide trusted advice and signposting for professional clinical assessment. Early detection, diagnosis and treatment can avoid disfigurement due to surgery, improve patient outcomes and, most importantly, help save lives.

Basal cell and squamous cell carcinoma, collectively known as non-melanoma skin cancer, is by far the most common form, usually arising on areas of skin frequently exposed to UV radiation. Signs and symptoms include:

- A non-healing sore or rough patch of reddish, irritated skin
- A pearly, pinkish or skin coloured bump or nodule (can also appear tan, brown or black in dark-haired people)
- A pink growth with a rolled, elevated border and/or crusted centre
- A white, yellow or waxy scar-like area
- A wart-like growth or hard, white or skin coloured lumps.

Melanoma, the most dangerous, life-threatening form of skin cancer can arise anywhere on the skin. Around 70% will appear as a new mole and 30% in an existing mole or freckle that changes in appearance. The ABCDE of melanoma is a common tool used to identify around 70% of cases:

Asymmetry – when one half of the mole looks different to the other

Border – when the borders are irregular or have undefined edges

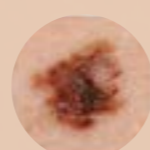
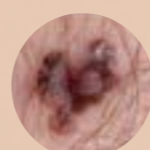
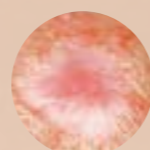
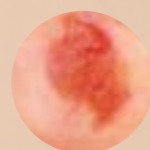
Colour – when the colour varies within the mole

Diameter – when the largest diameter is greater than 6mm

Evolution – changes to the moles size, shape, colour, surface or sensation.

But, be warned! There are many other types of skin cancer with very varied appearance. Therefore it's important to learn more about the various types and how they present, and why specialist skin cancer charity Skcin developed the MASCED (Melanoma and Skin Cancer Early Detection) training programme.

Kathryn Clifford is co-founder of SKCIN – The Karen Clifford Skin Cancer Charity – who is passionate about raising awareness of skin cancer through education, promoting prevention and early detection after losing her mum to melanoma in 2005.



HOW DOES SKIN CANCER DEVELOP?

Skin cancer develops when unrepaired damage to the skin cells triggers mutations that cause the cells to reproduce abnormally, grow out of control and form tumours. As the cells grow and divide without stopping, they can detach, spread to other sites and organs in the body through the lymphatic system, and become life-threatening. There are two main types of skin cancer. Non-melanoma skin cancer (the most common form) and melanoma – the more serious, life threatening form of the disease.

THE IMPORTANCE OF MINDFUL SUN EXPOSURE

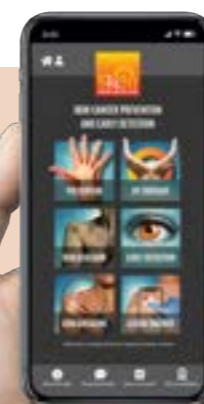
While to varying degrees we are all at risk of developing skin cancer, the good news is that around 90% of cases are preventable and there are simple sun protection measures that we can adopt to reduce our risk. Let's start by understanding the UV Index:

The UV Index is an international standard measurement of the strength of sunburn-producing UV radiation at the earth's surface. It tells us how strong the UV is at a particular place and time.

The level of risk of burning is categorised by five number and colour coded values. The higher the number, the stronger the UV and the less time it takes for sun damage to occur. A UV Index of one or two is generally considered safe, but when levels reach three and above, Skcin's Five S approach to mindful sun protection should be used in combination to reduce your risk:

SLIP on clothing: Clothing is one of the most effective barriers between our skin and the sun and should always be the first line of defence against UV radiation, covering as much skin as possible.

SLOP on sunscreen: Apply an SPF 30+ sunscreen with UVA protection (ideally 4 or 5 stars) liberally and evenly to clean, dry, exposed skin 20 minutes before heading outdoors and reapply at least every two hours. Store in a cool, dry, accessible place and remember to check expiry dates or the open jar symbol that indicates the number of months the product can be safely used after opening.



THE SKCIN APP

A powerful tool for professionals and the public alike, the Skcin app is an educational and self-management tool that provides users with everything they need to take charge of their skin health and surveillance. From educational content to accessing the UV Index and tracking changes to lesions using close up photography, it is the perfect resource to aid MASCED accredited professionals and signpost clients too.

To install the SKCIN app go to app.skcin.org and follow the instructions.

For additional, sharable educational content, follow Skcin on Instagram and Facebook @SkcinCharity

SLAP on a hat: Whenever possible, wearing a hat will protect the scalp from UV damage. The wider the brim, the better. This will help shade the face, neck, ears, cheeks and eyes – all common places for skin cancer to develop.


SLIDE on sunglasses: Our eyes are up to 10 times more sensitive to UV damage than our skin. Failing to protect your eyes from UV will put your vision and eye health at risk. If you are unsure what level of protection your sunglasses provide, most opticians can run a simple test to determine this for you. If you are purchasing new sunglasses look for the UV400|CE rating.

SHADE from the sun: Seek shade from the sun whenever possible, particularly during peak UV hours (between 11am and 3pm in the UK) when UV rays are strongest.

When used correctly, consistently and in combination, the five S approach to sun safety will ensure you are protected and will reduce your risk of the UK's most common cancer.

HOW CAN I LEARN MORE AND UPDATE MY PROFESSIONAL SKILLS?

Skcin's MASCED (Melanoma and Skin Cancer Early Detection) training programme has been developed by Skcin to harness the power of the professional in their unique capacity to promote skin cancer prevention and aid in the early diagnosis of cancerous lesions.

There are two training courses available: MASCED for hair, health and beauty professionals and MASCED PRO for advanced professionals, AHPs and those wishing to extend their knowledge further. The online course is backed up by printed resources and is rated five stars by their growing army of over 10,000 accredited professionals nationwide. To train your eyes to save lives, register to take part today at mascad.uk. Registration costs £20 and FHT members can get 10% off with the code FHT2023. 



ANIMAL REIKI

“Offering reiki to animals is a far different proposition from offering the same energy to humans”

Reiki Master, **Karen Glazier**, recounts her experience of offering reiki to animals, highlighting the unique difference in their receptiveness as demonstrated through her first equine client, Bailey

WORDS KAREN GLAZIER

As an introduction to this piece it was suggested that I might like to start by outlining what reiki is – so, perhaps, I’d best start there. Reiki is, quite simply, Universal Energy channelled by an individual for the purposes of healing. It is non-religious and, irrespective of age, gender, colour of skin, creed or faith, anyone can channel this energy. Grounded in love, light, truth and peace, it can only be used for good, not harm.

It does require an individual to study, practise, practise a bit more and then practise again. You have to apply yourself to the subject and be prepared to work with your highest self for the highest good of all. It is not an overnight thing and you never stop learning, both about the subject and about yourself.

As holistic therapists, you will have probably come across reiki already. For those of you who have not, there’s a raft of books out there which will tell you far more about the subject than I can. There’s also a mine of information on the internet. That said, beware! For the seriously minded, becoming a Reiki Master cannot be achieved in a weekend.

BECOMING AN ANIMAL REIKI PRACTITIONER

Let me introduce myself, my name is Karen Glazier. I’m a Reiki Master practitioner and teacher; for humans and equines (anything that lives and breathes on this planet).

I always wanted to work with animals but in order to become a practitioner dealing with the animal kingdom, first I had to learn to be a human reiki practitioner. My journey to that point is another story altogether but, for now, we’re concentrating on the animals.

Offering reiki to animals is a far different proposition from offering the same energy to humans. For one thing nobody has ever told any animal that if you can’t see it, smell it, feel it with your hands/hooves/paws, then it doesn’t exist. By large, animals are very happy to receive reiki; I’ve also had several owners offer themselves for some reiki healing after attending to their animals!

Having qualified as a human Reiki Master practitioner, I was then able to study working with animals. My love of horses came to the fore and I contacted an equine reiki teacher and she happily accepted me onto her course.

MY JOURNEY INTO EQUINE REIKI

Prior to my first course, my new tutor contacted me to ask if there was anything I particularly wanted to achieve during my initial time with her. As it happened – there was! “I understand

you have stallions, I’d like to meet one of them please.” I’m sure that was the sort of request she was aiming for; potentially she would have liked something a tad more spiritual, however, that was the request she got and, bless her, she ran with it.

Following our mid-morning tea break the first day, students were taken to meet our very first equine client. I met Bailey, so called because of his very dark brown coat (think plain chocolate) with a pale, creamy-coloured mane and tail, reminiscent of that rather splendid beverage of the same name.

The group had already been taught that you could treat a horse in his field, tied up in his stable or, depending on the temperament of the animal in question, over the stable door. This rather glorious creature stood proudly in his stable, fully in command of his own space. Slightly worryingly, he did not appear to be about to share that space with some strange woman, however well-intentioned she was. Nevertheless, I entered his domain.

Bailey held his head high, staring at me. While still maintaining eye contact, he lowered his head and stomped his front hoof, scraping the ground in front of him. At that point, I decided to perform the treatment from a safe distance over the stable door. Perhaps you can call me a bit of a coward but I much prefer to consider I have a strong, deep-seated sense of self-preservation within me!

It felt like forever for me to connect with Bailey but, in reality, it didn’t take that long; I was probably trying too hard at first. After a while, I managed to succeed and Bailey’s entire demeanour changed as he became a more docile soul. His body dropped down, he started to masticate, his tummy rumbled and he passed wind. All signs which convey to an animal reiki practitioner that you’ve ‘connected’ and something good is happening!

Feeling encouraged by the positive shift, I felt confident enough to quietly re-enter the stable. Starting at his head I continued to offer reiki. With my hands, I worked my way down his body coming to rest at the base of his spine/top of his tail. With my strongest hand in position and my other hand gently resting atop, I directed the flow of reiki energy towards Bailey, who gratefully embraced its healing presence.

I don’t have sufficient words to describe the emotions that passed through me during this phase. We stood together for some considerable time; Bailey quietly accepting everything I could channel, me letting the energy flow. The immense feelings of love that passed between us were unbelievable. >




The beautiful Bailey post treatment

Tears flowed quietly down my face. I felt so humbled, honoured and grateful to be allowed to share this most personal experience.

A CONNECTION LIKE NO OTHER

Following our first healing session, we gathered in the classroom for a debrief and reflection time. I made my way back to the stable to find Bailey asleep on his bed. (This is usual for any being having received reiki.) As I peered over the stable door he awoke. He rolled onto his chest to better survey me. With straw clinging to his mane, he vaguely resembled Rod Stewart having a bad hair day. Peace and contentment pervaded his stable and I thanked my guides again for allowing me this phenomenal experience.

Even now, when I think back to that day, the tears flow. It was one of the most beautiful moments of my life. I believe Bailey sent me as much universal love and energy as I sent to him. These days, on those rare occasions when I get to see Bailey, I go to the farm and wherever he is in his field he will, without fail, gallop down to greet me and we have a few minutes together. It's always humbling and I continue to be grateful and feel blessed.

Since that first experience of offering reiki to an animal, I've offered reiki to dogs, cats, horses, rabbits... you name it. I even once, inadvertently, offered reiki to a snake which was hung round my neck at the time - his owner thought I had killed him but that's another story! 

Karen Glazier is a qualified Reiki Master, equine and small animal reiki practitioner, feng shui practitioner and tarot card reader. She has been interested in all things spiritual ever since she can remember. For more information, or to contact Karen, please visit www.karenglaziertarot.co.uk


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TIDES OF TRANSFORMATION

With her coaching model 'Surfing the Sea of Life', Jenni Van Wijk (MFHT) offers a refreshing perspective on how to navigate life's challenges while embracing holistic principles

WORDS JENNI VAN WIJK

As a curious, open-minded explorer of the human condition and the nature of reality, I have always been keen to learn. I'm equally fascinated by nature, cutting-edge science, ancient practices, epigenetics, quantum physics and neuroscience, along with the extraordinary practitioners who specialise in holistic health that I'm blessed to know. We have so much to learn from each other, so that we can work together to eradicate unnecessary suffering, enhance overall health and wellbeing, boost self-esteem and cultivate love, tolerance, peace, joy and abundance in the world.

Synchronicities and my intuition have taken me on quite the adventure in life, leading me to where I am now. I'm on a mission to make waves that plant seeds of hope, curiosity and inspiration, empowering people to recover from, and thrive after, life's wipe-outs. I look to motivate them to gain the skills to help them ride the waves of life while maintaining a natural state of flow for longer periods of time. We can't stop all of the waves, but we can learn to ride them!

Through personal experience, I have come to understand that we can stumble, rise again, find moments of laughter, gain valuable lessons and have fun. This longing to contribute towards a more harmonious world has guided the creation of my life's work and purpose.

As part of my journey, I earned a degree in International Business and French, subsequently getting a job in event management, working on globally renowned events. Along the way, during my ventures in South East Asia and Australia, I found myself drawn to the practice of reiki, reaching reiki 1, 2 and then Master level. Embracing the practice, I incorporated it into my daily routine, deep-diving into the depths of my being and getting to know myself as life events encouraged (read: forced) me to peel back my layers and heal. I also studied spiritual healing, underwent mediumship training, got a diploma in personal performance coaching and underwent small business coaching training. All of this helped me see life through a holistic lens while learning from others.

SURFING THE SEA OF LIFE

In 2013, I started to compile an understanding of everything I'd learnt that had shaped my view of the world to date; my knowledge, experiences, tools and skills and those of other people from all around the world. A year later, my method 'Surfing the Sea of Life' was born. I continue to work with it and use it as part of my daily practice, evolving it continuously while helping others.

The culture, principles and landscape of 'surfing' are the foundations for how I see everything fit together (like a quantum jigsaw puzzle) to create this holistic approach for optimal living. It is a coaching model that I use to help myself and others navigate and live their best life, but it is also a way that helps me view the potential within the world - as a balanced and thriving ecosystem that is connected, harmonious and flourishing. It allows me to believe that everything is possible... we just need to explore the options available to us, take in from those who have had more experience, learn the skills and get stuck in.

Surfing the Sea of Life is about making the unconscious forces in life

more conscious. It's like watching a wave travel over water: some of the wave you'll see, some of it you won't. Nikola Tesla, celebrated Serbian-American inventor, once said: "If you want to find the secrets of the universe, think in terms of energy, frequency and vibration." We are bombarded by so many different waves... brain waves, emotional waves, sound and light waves. Some of which come from us, and some from outside sources.

The more conscious we become, the more choice we have when responding to the waves by asking simple questions like "Where are they taking you?", "Are they taking you to where you want to be?" or "Are you hitting the rocks?" It's down to us to learn to jump over the waves we don't want to experience, or to use them to get ourselves into position to catch the ones we do want, all while learning the skills to ride them. It often takes a few wipe-outs but we get there in the end; luckily there are many practitioners out there who can assist us on the journey.

A HOLISTIC APPROACH

Over the last 10 years, I have been doing 1-2-1 reiki sessions, in person and distant, at Bestival and Camp Bestival. I have been coaching individuals and have curated a 13-week Surfing the Sea of Life group and a 1-2-1 course to introduce the fundamentals of the model. I have delivered bespoke talks and workshops on a variety of subjects and topics for private groups at Hampton Court Flower Show, the Unearthed Festival and Sunrise Celebration. I also volunteer with Southsea Green Community Garden, helping the volunteers and team adopt a conscious, connected and holistic approach as the principles of permaculture (a sustainable design system that mimics the patterns and principles found in nature to create productive and resilient human ecosystems) weave their way into its foundations.

We can do it, and we will do it! We are already making a positive impact in the lives of our clients through our different therapies, practices and the unique ways we each live our lives. Now, more than ever, it's so important that we work together to make our lives easier as we strive to make this world a better place. **IT**



Photograph: Adaption of Jenni in famous the 'We Can Do It' Poster
Credit: Kendal James

Jenni Van Wijk (MFHT) is a holistic therapist, coach and mentor based in Southsea. She is open for FHT members to get in touch to find out how you can work together and have fun at the same time. You can contact Jenni by email at jen@surfingtheseaoflife.co.uk, through social media at [/surfingtheseaoflife](#) (Facebook), [@surfing_the_sea_of_life](#) (Instagram) or on her website at www.surfingtheseaoflife.co.uk

UNLOCKING THE BEAUTY BENEFITS OF MEDITATION

Self-care is crucial to maintaining our overall health and wellbeing, but have you ever considered how meditation can enhance your physical appearance? **Sunita Passi**, FHT Accredited Course Provider, explores the surprising connection

WORDS SUNITA PASSI

In today's fast paced world, a meaningful relationship with our own mind is essential. Training our mind to perform optimally yields a multitude of health benefits for both the body and soul. As part of our wellbeing programme at Tri-Dosha, we seek a deeper experience that will help disconnect and recharge our minds in addition to our bodies.

While different forms of meditation are practised worldwide, the roots are most closely associated with temples, caves and monasteries of the East and Middle East. These techniques were refined by Asian monks and yogis, which were then shared with laypeople.

Although the goals, purposes and styles may differ, meditation involves a shift from 'thinking and doing' to simply 'being'. Our ancestors had the advantage of simpler lives, more rudimentary thinking and stronger connections to nature and the sacred.

UNDERSTANDING MEDITATION

"Meditation is a natural state, as is walking, dreaming and deep sleep. The mind will naturally go into meditation, given the proper conditions," says Swami Saradananda, internationally renowned meditation teacher.

Meditation is a mental and physical process that enables a person to separate themselves from their thoughts and feelings in order to become fully aware of their emotional and physical surroundings. The practice helps us see the patterns of our minds more clearly, and teaches us to stay in the present moment without dwelling on the past or worrying about the future.

Meditation seeks to open what is closed in us, balance what is reactive and explore what is hidden. Often our senses and bodies are closed; time spent lost in thought, judgement and daydreams mean we might not always pay careful attention to the direct experience of sight, sound, smell, taste and touch.

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When our attention is scattered, our perceptions can become clouded. As meditation strengthens awareness and concentration, it allows us to spend less time lost in thought and gain greater sensitivity and refinement. As we go deeper into ourselves through meditation, our bodies begin to open and energy flow improves. By directing our awareness inward, we experience any accumulated emotional tensions, knots and holdings clearly and intimately.

REDUCING STRESS AND ITS EFFECTS

In addition to the benefits of meditation on the mind and soul, the most important benefit of meditation lies in its potential to reduce stress, helping both mental state and physical appearance.

Stress can lead to a host of other problems that impact our health, such as anxiety and depression, headaches, insomnia, digestive problems, cardiovascular disease, chronic pain and much more. Each condition can exhibit symptoms of poor sleeping patterns, irritability, moodiness, poor or excessive appetite or an inability to concentrate.

Meditation helps train the mind to disconnect and evokes the relaxation response, a physiological state of deep rest that counteracts the body's stress response, shifting attention back to the present moment. Individuals who suffer from conditions such as anxiety are unable to distinguish the difference between a nagging worry (unnecessary thought) and a problem solving process. In other words, their worrying thoughts have an extremely dominating influence over their minds and behaviour.

A highly charged emotional state or prolonged stress leads to the secretion of adrenaline, offering the 'fight or flight' response. This adrenaline causes our breathing to speed up and blood to rush around the body, generating a rise in our heart rate and blood pressure. It is the same reaction that helped survival as cavemen, keeping us alert if an animal were to attack. "Today all the tigers are in our heads," says Dr Richard Stein, Professor of Medicine and Cardiology at the New York University School of Medicine¹, as a metaphor for the many mental challenges we face today, such as fears, anxiety or worry.

TRANSFORMING THE MIND AND BODY

Meditation helps us confront false self-perceptions and releases us from false beliefs. By incorporating it into our self-care routine and within our clients' treatments, we can not only reduce stress levels and improve our overall health and wellbeing, but we can enhance our physical appearance too.

If our mind and body remains in the 'fight or flight' mode, it can lead to tension in muscles, aching shoulders and back, and frequent headaches, which can affect our activity, posture, balance and mood. It also results in the release of the hormone cortisol responsible for increasing heart rate, breathing and adrenaline flow.

When the body is in a state of stress, cortisol regulates the immune system, instructing it to reduce its activity level so that energy and nutritional resources are directed towards more

important bodily functions. Unfortunately, modern-day stressors tend to be persistent and keep cortisol levels spiked for months and years on end, leading to weak and ineffective immune systems.

PROMOTING HEALTHIER SKIN

Regular meditation has been shown to regulate cortisol levels in the body, which promotes a state of calm and relaxation. This, in turn, can lead to an improved immune system response. Additionally, reducing stress levels through meditation can have a positive impact on the health of your skin.

In a research article published in *Psychology Research and Behaviour Management*, it showed that, in conjunction with other appropriate treatments for skin conditions, reducing stress and emotional responses can enhance response to treatments². By incorporating daily meditation into your routine, you may notice a decrease in skin issues such as acne, eczema and rosacea, promoting healthier and clearer skin.

SLOWING DOWN THE AGEING PROCESS

The benefits of meditation for the skin are far-reaching, including the ability to help slow down the natural ageing process. It's known that regular meditation can reduce inflammation, improve circulation and promote collagen production which are all important for maintaining healthy skin. Inflammation is a major cause of skin ageing, and stress is a common cause of inflammation.

Furthermore, high levels of stress lead to hormonal imbalances that result in acne breakouts and other skin eruptions. The constant secretion of cortisol diverts nutrients like oxygen away from the skin, resulting in a dry, flaky and acne-prone surface. Regular meditation can help improve skin health by reducing stress and increasing the rate of elimination of toxins, which in turn helps achieve a natural glow.

IMPROVING SLEEPING PATTERNS

During deep sleep, the body repairs and regenerates cells, including those in the skin. This has a considerable impact on our appearance. When we feel good and healthy, our skin, hair and nails tend to look better too. By reducing stress, we can have improved sleep which will better regulate our hormones. This can contribute to a more radiant and youthful appearance.

INCREASING MORE SELF CONTROL

Over time, as we become more mindful, meditation can also promote weight loss by addressing underlying mental and emotional causes. Mindful meditation can help people make conscious, positive choices when it comes to eating and can help address underlying causes such as poor body image and negative self-image that lead to cravings and binge eating patterns. By training individuals to focus on their breathing or to focus on an object, meditation can help control emotional food cravings and promote healthier eating. **IT**



Sunita Passi is an author, ayurvedic practitioner and founder of Tri-Dosha. Her vision is to anchor a deeper connection to our inner selves and the world around us. At the heart of everything she does is Tri-Dosha, a foundation that combines massage training with meditation and breathwork. FHT accredited courses are offered onsite and online. For more information on Tri-Dosha Guided Meditation Treatment training, please visit www.fht.org.uk/tri-dosha-meditation

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WAYS TO INCORPORATE MEDITATION INTO YOUR PRACTICE

Start small, and you'll soon start to see the benefits of this simple yet powerful practice. As a tool, it offers numerous beauty benefits for both physical appearance and overall wellbeing, from reducing stress and inflammation to promoting collagen production and improving circulation.

For therapists, incorporating meditation into treatments and self-care routines can have a significant impact on client satisfaction and retention. By offering meditation as part of a holistic approach to beauty, therapists can achieve a much deeper level of relaxation and rejuvenation, resulting not only in physical benefits but also mental and emotional benefits too.

- **Pre-treatment**
Add either 15 minutes of breathing or visualisation to a facial or massage pre-treatment. All emotional and mental stress is held in our body and this is expressed outwardly in our skin, body and tissues. Starting a treatment in this way is fundamental to switch the client's mind off, transporting them to a place of complete and deep relaxation. This technique immediately rebalances and harmonises the whole body and skin, enabling it to appear more youthful and stress-free.
- **Client Homework**
Offer some at-home meditation tips for the client to practise by themselves. Here, your client can experience the benefits of meditation from their own home, observing a new silence that refreshes the spirit during the day and allows for enjoyment of the evening.

So why not give it a try and see the positive impact it can have on your own life as well as that of your clients.

For references, please visit: fht.org.uk/magazine-references

DISCOVERING PAINLESS SPINAL TOUCH

Explore the power of spinal touch therapy, a gentle yet effective technique for treating backache and musculoskeletal issues, with personal insights from FHT Accredited Course Provider, **Susanna Terry**

WORDS SUSANNA TERRY

Spinal Touch is a dynamic yet gentle technique for treating backache and musculoskeletal problems. It is unique in that, in aiming to realign posture to the force of gravity, it works on both energy and body structure.

As a non-force treatment spinal touch resolves distortion by means of 'light touch' muscle relaxation. At the same time it guides the body to correction using laws of leverage. This approach to treatment can increase the level of wellbeing and overall health. It involves no 'bone-cracking' or twisting and can therefore be of value to everyone regardless of age. As there are no contraindications for this form of treatment, it can also be of benefit to children, pregnant women and the elderly.

Massage therapists, as well as those practising other disciplines, are increasingly incorporating this technique in their work not just because of its impressive results but because, as a light-touch approach, it puts the practitioner under significantly less stress than many other forms of bodywork. Many therapists find the technique energising to use as well as therapeutically empowering.

THE ORIGINS OF SPINAL TOUCH

In the 1920s an enterprising engineer John Hurley, noticing the effects of gravity on buildings, had the vision to apply his extensive knowledge of mechanical structures to the human body. He then studied as a chiropractor and, with his wife Helen Sanders, developed a technique incorporating engineering principles, laws of leverage and physiology. They became pioneers of light touch therapy, publishing their book *Aquarian-Age Healing* in 1932.

Their light touch technique contacted the energy systems of the body promoting a free flow of energy through the spine, muscles, bones and joints. In his research Hurley found that the lighter the touch the more powerful the results. This therapy consistently showed the ability to help physical conditions which had not responded to previous treatment. Hurley and Sanders went on to use their approach

on patients with impressive results.

After going under the radar for quite some time, the treatment was rediscovered in 1957 by another chiropractor, Dr La Mar Rosquist. A session does not take more than 15 to 20 minutes to complete, so he found that he could treat many people every day; as the technique only requires a relatively very light touch, it enabled him to give many treatments without becoming tired. He wrote the *Encyclopaedia of Spinal Touch* in 1975.

POSTURAL ASSESSMENT DETERMINES THE TREATMENT

When assessing a client at the plumb line, the spinal touch practitioner is looking at the person's relationship to the force of gravity. If the plumb line falls along the spine then the person's body is properly aligned. If the plumb line falls to the right or to the left of the spine then the body is out of alignment and needs appropriate remedial guidance. Other factors to be considered include: the presence of any pelvic rotation; the way the lumbo-sacral area is tilted; whether there is deep curvature or, conversely, whether there is no curve at all. Also, the body must be assessed from the side in order to identify tilted; and whether the plumb line bisects it into two equal halves (ideally) or not, and whether it tends to fall forward from vertically.

These highly individualised indications precisely guide the therapist in customising the treatment to the particular needs of the client. Throughout, it is the impact of gravity which advises the therapist as to which contact point to use during the treatment and it is gravity which empowers the session.

THE TREATMENT TECHNIQUE

Any stress, whether it is physical, nutritional, mental or emotional, can result in an imbalance at the body's centre of gravity. This point lies on a plane located at the junction of the 5th lumbar vertebra and the base of the sacrum. Any trauma or stress in the body will cause muscles to go into contraction and this will indirectly influence and

change the orientation or attitude of this plane. Under conditions of misalignment, with the force of gravity continuing to pull the body downwards, the postural distortion will render its impact inherently painful. Furthermore, such distortion will have knock-on effects on normal physiological function and on the body's ability to heal and repair itself.

During a spinal touch treatment, the application of a very precise sequence of light pressure contacts to more than a hundred points and meridians helps the body into deep relaxation. This in turn facilitates the release of acids and crystalline residues from muscle tissue and organs. Such relaxation of the muscles will allow the body to return to both structural and energetic realignment.

A spinal touch treatment – with its particular 'rub-out' technique – has a directly relaxing impact on the affected muscles. The spinal touch technique uses a leverage contact point to actually bring about the correction of misalignment at the centre of gravity. This is the main difference from other therapeutic techniques.

THE TREATMENT OF HERNIATED DISCS

A lady came for treatment because she was in extreme pain. She is a keen horseback rider and had an accident in which she 'slipped' (herniated) a lumbar disc and strained her neck. When she stood at the plumb line, her body showed a marked drift to the right.

During treatment she complained of many sore spots up and down her back. The gentle rub-out technique of the treatment relaxed her sore spots and by the end of the treatment her pain was alleviated.

A week later she returned for further treatment. She explained that following her initial visit she felt a little stiff for about 48 hours, with a warm bath helping. She now feels that the disc involved has started to correct, and she feels more energetic and positive. She returned for two further treatments before sending me a card reading: "My back is very good. It feels strong. I'm out riding again. I am very pleased".

Every time a client is treated with the highly individualised spinal touch technique, the low shoulder will rise, the head will lose its tilt and the hips will become level. The rotation of the pelvis will correct.

Most important of all, the client will feel relaxed, lighter and typically pain-free. **IT**

Susanna Terry LCCH, Dip PST, Dip BSR has been practising and teaching spinal touch therapy since 1998. She has trained as a qualified Spinal Touch Instructor by Dr Rosquist. She has been training holistic practitioners in this therapy for over 25 years. Her Painless Spinal Touch Training course is accredited by the FHT and is worth 15 CPD points. You can contact Susanna on **01837 840718** or by email at susanna.terry1@gmail.com. For more information, visit lighttouch.co.uk



SLEEP WELL THIS SUMMER

Uncover the importance of sleep, how our circadian rhythms work and some of the natural ways to battle the season's sleep stealing habits...

WORDS MOLLY DENTON

As the warmth of the summertime envelops us and the days stretch longer, our sleep-wake cycle can be challenged. With the season prime for holidays, outdoor activities and late-night events, it's easy to fall out of sync with our circadian rhythms. Add travel into the mix, particularly journeys that crossover time zones, and it can be hard to recover.

In a recent study, it was found that in summer bedtimes averaged at around 11 minutes later than at other seasons¹ and though this may seem minor, the cumulative effects can be far-reaching. Following the recommended seven to nine hours of sleep per night for adults, even a few minutes lost can disrupt the production of crucial sleep-regulating hormones like melatonin². By understanding how our sleeping patterns can be affected throughout the year, and taking the measures to overcome these specific challenges, we can look to achieve optimum sleep health perennially.

THE IMPORTANCE OF SLEEP

While it's true that the odd patch of insomnia does little to no harm, if it becomes a regular occurrence it can be detrimental to our wellbeing. Today's fast-paced and interconnected world – with pressures of work, family and social commitments – has normalised little time for proper rest and rejuvenation. According to the 2019 Philips Global Sleep Survey, as many as 62% of adults worldwide experience sleep disturbances on a nightly basis, with 44% reporting that their quality of sleep has gotten worse over the past five years³.

Apart from the obvious result of making you feel tired, lack of sleep can leave you feeling groggy and irritable, weaken your immune

system, impair your cognitive functions and increase the risk of chronic conditions. It can also affect how well you think, react, work, learn and get along with others.

CIRCADIAN RHYTHM

From the time of the cavemen through to the beginning of the 19th century, our sleeping patterns were governed by the seasons. Sleep was adhered to by cold and dark, and wakefulness by the sun and demands of hunting, gathering or harvesting food. This is the 'circadian rhythm', the body's internal clock that regulates our sleep-wake cycle and other physiological processes over a 24-hour period.

With changes brought by modern lifestyles, such as growth in population, technology advancements for heating and lighting, excess noise pollution and shift work, we no longer go to bed with the moon and rise for the sun. In fact, a 2019 review article, published by the National Library of Medicine, suggested that as many as 75% of adults aged 65 and older have symptoms of insomnia each year⁴.

SUMMERTIME CONCERNS

This is especially true in summer months, where daylight savings can affect how long we sleep. Increased light exposure during longer days can trick our brains, shifting our circadian rhythms back and pushing us to go to bed and wake up later. This can affect our body in a myriad of ways, such as decreased hormone regulation, metabolism and brain function.

Research indicates that the levels of several hormones including growth hormone, cortisol, leptin, ghrelin and melatonin, follow the natural circadian rhythm⁵. Often referred to as one of the most crucial hormones in regulating sleep, melatonin is a central part of the body's

sleep-wake cycle. Produced in the brain's pineal gland, it is released in response to darkness and is the reason for the body's 'sleepy' feeling. During summertime, its production can be affected due to increased light exposure delaying its release.

In line with the trends of worsened summer sleep, SleepScore Labs found that average sleep efficiency dipped from a high of around 80% in November to a low of 77% in July⁶. The warmer temperatures of the season can lead to restlessness, difficulty falling asleep and frequent disturbances, such as excess noise from open windows or overheating.

HOLISTIC TIPS TO SAVE YOUR SUMMER SLUMBER

It's essential to prioritise good sleep hygiene to get enough restorative shut-eye all year round, and thankfully there are many holistic approaches you can consider to help. Below, we've explored four ways that can contribute to a more conducive sleep environment and promote overall sleep health:

Dietary changes: The food you eat does more than simply sustain you. Much of what we know about sleep and diet comes from large epidemiological studies that have found that people who suffer from consistent sleep disruptions tend to have poorer quality diets, with less protein and fewer fruits and vegetables⁷. Certain foods and drinks can help regulate sleep by assisting with the production of sleep-inducing chemicals, while other foods can exacerbate sleeplessness by hindering their production.

"Nutritional gaps in your diet can not only affect your sleep, but leave you tired in the daytime too," says Claire Saunders, nutritionist and FHT Accredited Course Provider (www.clairenutrition.co.uk). "By not eating a balanced diet, you can disrupt your hunger hormones leptin and ghrelin, making you more susceptible to craving sweets or 'junk' food." Instead, she suggests opting for anti-inflammatory, omega 3-rich foods, such as nuts, seeds, leafy greens and oily fish, as they help the body produce serotonin, which is later converted into melatonin.

Calcium is another mineral that assists melatonin production, preventing sleepless nights. Dark leafy greens such as spinach are a good source of calcium, not to mention magnesium, a powerful mineral that acts as a natural relaxant and aids deep sleep. "Magnesium is extremely easy to get into your diet without the use of supplements as it is found in many foods such as bananas, nuts and seeds, fish, avocados, milk and sunflower seeds," adds Claire.

Small changes in your diet can not only help combat sleep disruptions but will also encourage you to eat more mindfully, contributing to better overall mental and physical wellbeing.

Mindfulness and Meditation: Stress plays a large role in disrupted sleep; triggering anxiety around bedtime. In our quarterly FHT survey (see page 13), 74% of members said that the most common problem for clients is stress. Mindfulness and meditation practices are good ways to relieve and relax the body and are becoming popular techniques for preparing for sleep.

Julie Hayes, MFHT and Accredited Mindfulness and Meditation Teacher (www.juliehayesholisticwellness.co.uk), says that she has noticed more clients coming to her to help ease their sleep problems. "One of the main benefits of mindfulness is that it helps people understand the mind-body

connection, helping them reconnect and quiet the chatter of the mind." For clients who are struggling, she recommends a short meditation practice that softens the approach to sleep, explaining it as a "slow road to relaxation," relieving worries, ruminating thoughts and burdens. "Using meditation to support sleep is like receiving a warm hug from a familiar friend who makes you feel safe enough to rest a little deeper," she adds.

By incorporating mindfulness and meditation into a bedtime routine, you can create a peaceful and conducive environment for restful sleep, leading to improved overall sleep patterns.

Aromatherapy: When it comes to sleep, certain essential oils can be used to create a soothing and calming atmosphere, typically leading to better sleep quality. When speaking with Lee McKinlay, MFHT and qualified therapist (fht.org.uk/lee-mckinlay), she mentioned that her clients reported better sleep and less anxiety after receiving an aromatherapy treatment.


For one client, a 90-minute aromatherapy massage in the evening proved to be the best treatment choice. The selected essential oils, including bergamot, lavender, and ylang ylang, are known for their calming properties. The carrier oil, a blend of avocado and grapeseed oil, was chosen for its sleep and hormone-regulating benefits.

"The day after the first treatment, she messaged to say she had already slept better with no disturbances, but the effects did wear off," says Lee. "Nevertheless, as we continued with treatments over the course of five weeks, she was sleeping better most nights, which in turn reduced her anxiety."

The combined effects of the aromatherapy and massage work synergistically to create an ideal setting for restful sleep, although it's important to note that individual responses may vary.

Gentle Release Therapy: Bringing together the wisdom of traditional Chinese medicine, energy work and cranial release, gentle release therapy helps the body let go of tension and stress – all of which can promote better sleep. The treatments, which can be carried out in person or online, help to get the body flowing back into balance, and can be used as a regular self-care technique for all ages.

"When it comes to sleep problems, there are often multiple factors at play, such as cranial imbalance, neck restrictions, hormone irregularities and parts of the body being out of sync," says Helen Robinson, a gentle release therapist and MFHT. "Gentle release therapy focuses on these areas, starting with a gentle still touch on the abdominal regions and then addressing key areas in the cranial system, including the sphenoid, the sphenobasilar synchondrosis and the neck."

 Gentle release therapy can support sleep by inducing a state of deep relaxation, reducing stress and easing muscle tension, all of which contribute to improved sleep. Scan the QR code for a guided video by Helen to support your sleep journey.

Although the summertime can present unique challenges to our sleep schedules, by understanding the impact that the seasons can have on our sleep and taking proactive measures to overcome them, optimal sleep health can be achieved throughout the year for both you and your clients. **IT**



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Travelling is incredible, but it can take quite a toll on our bodies. Just because we are away from our everyday lives, it doesn't mean that our bodies should receive different treatment. Take a look at a selection of products we've put together to help you on your journey...



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FHT LOVES

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4

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5

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BOOK RECOMMENDATIONS

ON OUR SHELF

It's time to exercise – your brain! That's right, as any avid book reader already knows immersing yourself in a book can make your brain come alive.

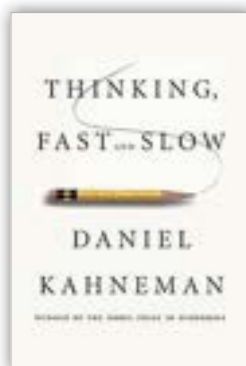
When we read, we aren't only improving our memory and empathy, but research shows that it makes us feel better and more positive too¹, along with a range of health benefits such as helping with depression, cutting out stress and preparing you for a good night's rest – all benefits that can last a lifetime.

Reading involves a complex network of circuits and signals in the brain. As your reading ability matures, those networks also get stronger and more sophisticated². In a 2013 study, brain scans

showed that throughout reading, and for days afterward, brain connectivity increased, especially in the somatosensory cortex (the part of the brain that responds to physical sensations like movement and pain)³.

So, next time you cosy up with a book this summer, whether it be with a cup of tea in the garden or while lounging at the beach, remember that it's benefitting you in many ways – making you sharper, stronger and happier.

What are you waiting for? Take a look at our five mind and body suggestions below to start you on your reading journey for better health this summer.



THINKING, FAST AND SLOW
DANIEL KAHNEMAN

In *Thinking, Fast and Slow*, Kahneman takes us on a ground-breaking tour of the mind and explains the two systems that drive the way we think. System one is fast, intuitive and emotional; System two is slower, more deliberative and logical. Noted as a 'lifetime worth of wisdom', he analyses how humans use (and sometimes fail to use) both systems, and the resulting implications on topics ranging from how we perceive happiness to behavioural economics.



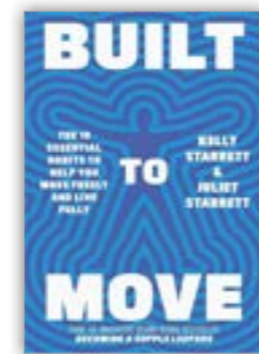
I DO EVERYTHING I AM TOLD
MEGAN FERNANDES

Restless, contradictory and witty, Megan Fernandes' *I Do Everything I'm Told* explores disobedience and worship, longing and possessiveness, and nights of wandering cities. Its poems span thousands of miles and reads like a geographical time capsule as she starts in Shanghai, then moves through Brooklyn, Los Angeles, Lisbon, Palermo, Paris and Philadelphia.

CREATIVE CONFIDENCE
DAVID & TOM KELLEY

EDITOR'S
CHOICE

Powerful and inspiring, *Creative Confidence: Unleashing the Creative Potential within Us All* unleashes creativity that lies within each and every one of us. Too often, companies and individuals assume that creativity and innovation are the domain of the 'creative types', but David and Tom Kelley debunk that perception within this book. Drawing on countless stories from their work at IDEO (the award-winning design firm), and with many of the world's top design firms, they showcase that companies and individuals can be innovative no matter their creativity levels, showing key principles and strategies that allow you to tap into your creative potential and to think outside the box in terms of how we approach and solve problems.



BUILT TO MOVE
KELLY & JULIET STARRETT

Built to Move: The Ten Essential Habits to Help You Move Freely and Live Fully explores how today's sedentary lifestyles can have a devastating physiological impact as we age. Mobility experts, Kelly and Juliet Starrett, have worked with professional athletes for decades, developing a deep understanding of the human body's durability, longevity and overall wellbeing through movement. From this experience, they have developed an easily-digestible guide aimed to help anyone with any body type continue to do the things they love as they age, pain-free.



REAL SELF-CARE
POOJA LAKSHMIN

In *Real Self-Care*, author Pooja Lakshmin argues that the commodified version of 'self-care' dominating popular culture has little to do with actual self-care. In this book, she brings a long-overdue reckoning with the contradictions of the wellness industry and offers hands-on strategies for practising real and lasting self-care, encompassing an internal process that involves hard work and making difficult decisions rather than buying a new product.

COMPETITION

GET FRESH SKIN WITH RINGANA

For our summer competition, skincare brand Ringana has kindly gifted us one of their FRESH skin sets for normal and combination skin worth £123.71

They are fresh, vegan and sustainable and use active plant-based ingredients. You won't find Ringana products on the supermarket shelves as they are manufactured to order using live ingredients, posted directly to the customer. Due to their freshness, the products have a short shelf-life and ideally need to be used within 10 weeks of opening.

The fresh skin care set consists of a FRESH cleanser (125 ml), FRESH tonic pure (125 ml), FRESH hydro serum (30 ml), FRESH cream medium (50 ml) and an organic cotton hand towel.

It's the perfect fresh gift for yourself and for others. To find out more, visit www.ringana.com

To enter, simply email your name, address, membership number and answer to editor@fht.org.uk typing 'IT Summer Competition' in the subject box. Alternatively, send your details and a postcard to the usual FHT address. The closing date is **Monday 28 August 2023**.

Please note: Submissions without a membership number will not be counted. Standard competition terms and conditions apply (visit fht.org.uk/competitions before you enter).

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BOOK EXCERPT



KIND TO YOU, KIND TO ALL

This quarter's excerpt looks into FHT member **Ashlene Rosanne's** self-published book *Truth, Who Am I?*, which gives an honest view on how to navigate our mental health through a different train of thought. With International Self-care Day on 24 July, we thought it would be fitting to share a small excerpt from the book, offering a thought-provoking piece on how to reframe and view your emotions

AN EXCERPT FROM *TRUTH, WHO AM I?* BY ASHLENE ROSANNE

The natural human makeup is made up physically, mentally and spiritually. We are unique, with individual strengths and weaknesses. We are aware, now more than ever, that despite the hierarchical systems set up within the world in years gone by to suppress and abuse, we are all equal and no human was or is deserving of such treatment. With this knowledge embedded now

in equality legislation, there is an overwhelming sense of anger within the world as to why it ever happened.

Anger is a real emotion but, if not released in a safe and nurturing space, it can cause more destruction in your life.

Responsibility

Given that we have access to so much information is fantastic, we know so much

about the potential impact of certain life experiences, of certain diseases, of labels and of suppressive systems.

Information helps us to make sense of why we feel the way we do, reflect on, learn and grow from the good and the bad life experiences. Life experiences will change our emotions, in any given moment.

The feeling when you are going through dark times in life can feel like forever, it's hard to

feel where to turn or what to do. Sometimes we turn to others for support. Sometimes we blame others for not helping enough.

What are you doing to help yourself? Take responsibility for how you feel. Taking responsibility for your life is the starting point of life. We can do this at any age when we decide to create our own story. To not hold others or a man-made label responsible for our lives. We are privileged in this part of the world with free healthcare; physical, mental and spiritual services.

But with this privilege, comes a feeling of entitlement. Yes we are entitled to a system we ultimately fund. That is the man-made law around the system.

We want to be 'fixed' spiritually, mentally, and physically when we are needing it. If we do not get it, then there's uproar.

The human body is made up with physical and spiritual energy. Nurturing both energies will bring about balance to the mind, body and spirit. Your energy system vibrates out into the universe – like a 'soul' language. Your physical and spiritual practice will write the soul language. Feed your energy well and it will talk well 'intuition'. Your thinking will become less clouded, your purpose that brings you joy will be clearer.

The physically strong builder cannot build all the houses, nor does the house owners want the same builder. The same works with spiritually strong people.

The people that need you will come to you. Bear in mind the builder gets paid for their services (there is an energy exchange as a sign of respect for their work). What are you being paid? Be mindful of energy exchange.

Spiritually strong people are lightworkers and physically strong people are lightworkers. Anyone creating a life they love that makes their heart swell is a lightworker in this world. They are standing in their truth.

This is the information, and without you taking action on a soul level, you might as well be dreaming. The reality is that you have to take action.

Human relationships come and go, we learn and grow. In the current world of technology, family, friendship/work relationships are almost constant, there is no space. We are constantly aware of what's going on in so many other people's lives.

How much is this adding to yours? How much of this is ensuring that you are following and listening to the direction of your heart? How much of this is ensuring that you are spending time with the people you love and the people who love you?

The Physical Body

What are you eating and drinking? What physical exercise are you doing with your body? This will have a knock-on effect on your health.

Spiritual Body

Spirituality is a practice of gratitude to the source. What gratitude are you practising to the source? This will have a knock-on effect on your health. Source to many has different names. Practising gratitude to the source is somewhere where you should feel free from external influence, to just be you.

Regardless of if you have a name for source or not, spirit is inbuilt within us.

How you practise your physical and spiritual health is for you alone to decide. By attending or being part of a spirituality practice does not mean you are practising spirituality.

In the same way it can't be assumed that being a member of a local doctor's surgery you are taking care of your physical health. Likewise how you won't get physically fit by eating healthy once in a while; spiritual health works exactly the same. It's a practice of a lifetime.

To benefit from both physical and spiritual wellbeing, you must practise both on a soul level. No one can practise this for you.

Mental Health

Life will happen to us all, the good and the bad are inevitable in creation.

In the fast pace of the world we live in, no one wants the crap feelings because they get in the way, so to speak. So we mask these feelings, only to create more difficulties.

Crap feelings need to be listened to and processed by you. The more layers of unprocessed emotions, the more inner energetic weight we carry. Which can result in poor coping mechanisms like addiction, control issues and abuse. The more you resist emotions, the more strain you place on the body creating stress. Stress is normal but it is when it becomes chronic that stress will impact the body, mind and spirit. Thankfully we have a world full of amazing people that can support you with releasing difficult emotions, until you are able to make it through the dark back home into your light, your truth.

When you suffer from poor mental health and are stuck in an emotion, you are stuck with direction. The direction back to your light, to your truth. Traumatic, difficult life experiences can change the direction you want to take in life.


The word 'stability' has a lot to answer for. We want x, y & z, and then we acquire all we want for that 'stable life' and we are not happy...why not?

Because life is life. Just like the bills keep coming in life so do our emotions, the whole range from good to bad. No matter what you acquire in life, there is no free pass to just having the good feelings. **IT**

Ashlene Rosanne lives in the Sperrin Mountains, Northern Ireland, with her family. She has always had a passion for healing since she was a child, supporting others to feel better about themselves. Yet, this would typically leave her feeling burned out, angry and annoyed, preventing her from providing the best support she could give. She knew that she had to care and love herself first in order to go offer the best support for others. That desire is how this book was born; creating a simple prose but powerful read because everyone deserves to heal from the pain in their mind and give the world their light. She also practises as a reflexologist, reiki healer, sound therapist and provides meditation training to businesses and anyone wishing to incorporate it into their lives.




Available in paperback, audiobook and e-book, you can purchase your own copy of *Truth, Who Am I?* at fht.org.uk/ashlene-truth-book



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To keep you updated with our education sector, this regular highlights our plans for the season, discusses hot topics within therapy training and promotes your success stories.



EDUCATION MATTERS

ANNUAL TRAINING CONFERENCE 2023 ROUND-UP

The recent FHT Training Conference was an incredible experience that brought together our vibrant community of holistic therapists. From the comfort of your homes, you connected, learnt and grew together, reaffirming your commitment to providing exceptional care to your clients. Let's take a moment to celebrate the highlights from this memorable event...

Throughout the conference, attendees had the privilege of learning from some of the most esteemed experts in the field. From insightful workshops on aromatherapy and reflexology to thought-provoking sessions on mindfulness and energy healing, the conference offered a diverse range of topics tailored to unique interests and specialisations. Each speaker shared their wisdom and practical techniques, empowering therapeutic practices and furthering professional growth.

The virtual format of the conference allowed access to the sessions at your convenience. Whether you joined live or caught up later, there was flexibility to engage with the content in a way that best suited your schedule.

Yet, the conference was not just about

learning; it was also a platform for connection and collaboration. During the fortnight, you had the opportunity to network with fellow therapists from different fields, fostering new relationships and exchanging ideas.

As we reflect, we want to express our gratitude to each and every one of you. Your participation, enthusiasm and commitment to personal and professional development contribute to the outstanding and supportive community that FHT represents. We are proud to have such dedicated members who continuously strive for excellence in their holistic therapy practices.

Stay tuned for more exciting opportunities, resources and events from FHT as we continue to support your growth. **IT**

91% are likely to attend next year

81% enjoyed their overall experience

100% of speakers were extremely satisfied with the pre-event organisation

“The FHT does a great job. It’s easy to use and navigate around. I can’t see how this can be made any better, thank you FHT”
 – Martin Thirwell, MFHT

CPD QUESTIONS

HERE TO HELP YOU CONTINUE YOUR PROFESSIONAL DEVELOPMENT



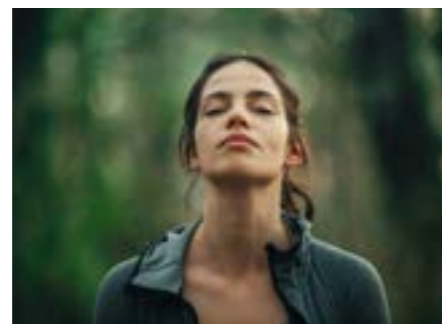
SURFING THE SEA OF LIFE (P50)
In her article on page 50, Jenni Van Wijk offers her perspective on how to navigate life's challenges while embracing a holistic lifestyle that helps her and her clients ride the 'wave of life'. Reflect on some holistic practices that you can bring into your life to keep you mindful and present.

SUMMERTIME RITUALS (P34)
On page 34, Katy Lassetter tells us about her favourite summertime rituals, such as going for walks through lavender fields and listening to birdsong. Can you find any more summertime hobbies that promote a holistic and healthy lifestyle? To increase your wordcount, try explaining how they can work for specific client needs.

BUSINESS ADVICE (P74)
Within this issue's Business Hub (page 74), the FHT team offers steps on how to run your holistic therapy practice with purpose. Reflect on how you can add these – or other steps you can think of – into your practice to support your clients in more ways than one.

EDUCATION MATTERS (P67)
On page 67, our Training and Education Officer, Gemma Craggs, reflected on this year's Annual Training Conference. If you attended the event, write about something you have learnt and explain how it can benefit your practice and clients.

THE ROLE OF BREATHWORK (P28)
On page 28, Jack Witts looks into how athletes can boost their endurance and focus through the power of breathwork. What else can breathwork help with? Research and write down the benefits of different methods that can help in all aspects of life.



Below, you'll find questions relating to key articles in this issue of *International Therapist*. To gain 3 CPD points (unless otherwise stated) answer one or more questions, using a minimum of 300 words in total. Feel free to construct your own questions if none below suit for any of the articles in this issue.

TOP 5 REASONS FOR BEING AN FHT MEMBER

1. Professional status and recognition
2. Campaigning, promoting and protecting your interests as a professional therapist
3. Tailor-made comprehensive therapist, salon and clinic insurance policies
4. Discounted continued professional learning
5. Free listing and personal profile on the FHT's Therapist Register

Remember: if you introduce a friend to the FHT, not only will you help to grow our voice as the leading professional association for therapists, you'll both get £10 off a year's membership

For more information about CPD points, visit our education hub at fht.org.uk/training/cpd

2023 ANNUAL MEMBERSHIP FEES:

- FHT MEMBER £85.00
- STUDENT MEMBER £50.00*
- FRIEND OF FHT £55.00
- FHT FELLOW £105.00

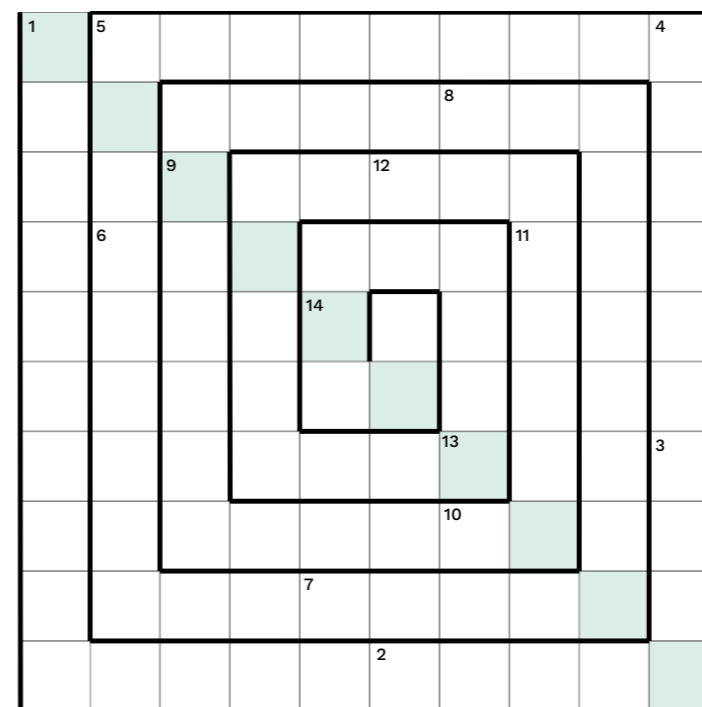
For membership and insurance information or an application pack, visit fht.org.uk or call 023 8062 4350. FHT is authorised and regulated by the Financial Conduct Authority, Ref: No. 502095 *includes case study insurance cover. T&Cs apply.

CPD SPIRAL



TEST YOUR A&P KNOWLEDGE AND WIN A £20 NATIONAL BOOK TOKEN VOUCHER

The winner will also receive copies of Jane Sheehan's *The Guru's Guide to Reflexology (Book 1 & 2)*, RRP 29.99 each ([footreading.com](https://www.footreading.com))



Write your answers in the spiral from the start, working in an anticlockwise direction, towards the centre of the grid. The shaded diagonal line will spell out a type of species. Simply email the word that appears in the diagonal shaded boxes to Molly at editor@fht.org.uk (writing 'IT Summer Spiral' in the subject box) or send your answer on a postcard to the usual FHT address. Please include your name, address and membership number. Standard competition terms and conditions apply (visit fht.org.uk/competitions before you enter). Entries to be received no later than midnight on **31 August 2023**.

SPIRAL NOTES:

CLUES

1. A condition that occurs when the thyroid gland makes more thyroid hormones than the body needs (15)
2. A form of skin cancer that develops when skin cells mutate and begin to grow out of control (8)
3. Loss or impairment of the sense of smell (7)
4. The movement of a limb or other part away from the midline of the body, or from another part (9)
5. Contains the nostrils and is used for breathing and smelling (4)
6. The outer layer of the two main layers of the skin (9)
7. Connected to the skeleton to form part of the mechanical system which moves the limbs and other parts of the body (8, 6)
8. Personal regard and confidence; self-____ (6)
9. _____ conducting cells – specialised cells that transmit electrical impulses throughout the heart and trigger contraction (9)
10. _____ frenulum – midline mucous membrane fold that attaches the inner surface of the lips to the gums (6)
11. An arm or leg of a person (4)
12. Classification of individuals based on specific characteristics of their blood (5, 5)
13. The opening between the stomach and the small intestine (7)
14. A mark left on the skin or within body tissue where a wound, burn or sore has not healed completely and fibrous connective tissue has developed (4)

WHERE'S THE SOLUTION TO LAST ISSUE'S SPIRAL?

We do not publish spiral solutions as completing the spirals from the magazine can count towards your CPD points (1 CPD point per spiral quiz, a maximum of 4 CPD points per year). Thank you for all your entries for the Spring 2023 spiral. Remember, we love to hear your feedback and welcome any comments alongside your entry. Good luck!

RESEARCH

ESSENTIAL OILS AND COVID-19 SMELL DYSFUNCTION

Ref: doi.org/10.1016/j.eujim.2023.102253

In a recent case study, published by Elsevier's *European Journal of Integrative Medicine*, it was observed that patients with long-lasting Covid-19 related smell dysfunction improved after a 30-day olfactory training protocol with plant-derived essential oils. Viral infections, especially Covid-19, can cause anosmia through different pathomechanisms, and different strategies have been proposed for effectively managing post Covid-19 olfactory dysfunction in clinical practice.

The study analysed both female (5) and male (3) adult patients who had long-lasting (3+ months) post-viral smell dysfunction. At baseline and at the end of the treatment, the patients were administered the Assessment of Self-reported Olfactory Functioning (ASOF) questionnaire, an inventory used to measure olfactory dysfunction and health-related quality of life.

Using 10 plant-derived essential oils (peppermint; lavender; lemon; red spruce; frankincense; hyssop CT; cinnamon; cloves; savory and eucalyptus), patients reported a significant improvement. Beneficial effects were described in terms of subjective olfactory capability, self-reported capability of perceiving specific odours and olfactory-related quality of life.

This study opens up doors to future clinical studies, possibly including a placebo control group and a large study population, that would be useful to better investigate and test the role of olfactory training in patients with post-viral smell dysfunction.



FOOT REFLEXOLOGY IMPROVING SLEEP IN PALLIATIVE CARE

Ref: doi.org/10.1186/s12906-023-03873-5

In palliative care, the relief of discomfort is sought by an overall approach, combining prescribed medication and additional therapies, such as foot reflexology (FR). A recent study, published by PubMed in February, assessed the feasibility of FR in palliative care unit (PCU) patients.

The patients were in either a palliative care phase of cancer, motor neurone disease or terminal organ failure. The precariousness of the patients led only to the option to perform a feasibility study and not a cohort study from the outset. Its secondary objective was to assess the impact of an FR session on some symptoms of discomfort, such as anxiety, pain, troubled sleep and psychological distress. The patients were split into two randomised control groups, testing either FR or massage therapy (MT).

Results showed that FR was feasible for 14 patients out of the 15 (93%) and, in relation to the symptoms of discomfort, sleep quality was improved. For other discomfort symptoms such as anxiety, pain and distress, there would need to be further studies of a larger cohort. However, the FR session did not lead to any increase in the intensity of these symptoms; in most cases it reduced them.

No significant difference was found compared with MT except for the symptom of distress. MT reduced distress more significantly. This result can be explained by the quality of the touch massage, which was provided in a care relationship dealing with distress and care oriented toward wellbeing.

ACUPUNCTURE FOR CHEMOTHERAPY-INDUCED PERIPHERAL NEUROPATHY

Ref: doi.org/10.1016/j.eujim.2023.102258

Therapies such as acupuncture are being increasingly used as an integrative treatment for chemotherapy-induced peripheral neuropathy (CIPN). A recent study, published in May, explored the experience of patients participating in a clinical study of acupuncture.

This qualitative study was nested within a trial with participants randomised to 10 sessions of acupuncture or the control group wait list for acupuncture post-trial. They were then interviewed on their experience.

The study concluded that participants in the treatment arm were largely delighted and many experienced benefits, including effects on other symptoms such as pain and numbness, quality of life and the ability to perform daily activities.

ACUPUNCTURE FOR LOW BACK AND/OR PELVIC PAIN DURING PREGNANCY

Ref: doi.org/10.1136/bmjopen-2021-056878

Lower back and/or pelvic pain (LBPP) is common during pregnancy, reported to affect daily functioning. Activities that involve weight bearing and the endurance capacity for standing, walking and sitting is diminished, affecting quality of life. In a recent open-access meta-analysis study, published by the *British Medical Journal* (BMJ), it showed that acupuncture treatments significantly

relieved pain during pregnancy and relieved functional status and quality of life in a total of 1040 women.

More large-scale studies and well-designed randomised controlled-trials are needed to fully explore and confirm these results, but it is a positive step into looking at the benefits of acupuncture. Moreover, the treatment had no observable severe adverse influences on the new-borns.

BOWEN THERAPY IN THE TREATMENT OF MYOFASCIAL NECK PAIN

Ref: doi.org/10.2822/ijtmb.v16i2.801

Myofascial pain syndrome (MPS) is the most common diagnosis in patients presenting with chronic non-specific neck pain, affecting people's work performance, productivity and quality of life. Last month a study, published by the National Library of Medicine, investigated the effectiveness of Bowen therapy in managing MPS in those who had symptoms lasting more than six weeks.

In the prospective, single-blinded randomised controlled trial (RCT), a total of 90 myofascial neck pain patients were observed when either receiving eight sessions of Bowen therapy over a 12-week period or continuing their conventional treatment.

When compared with the control group, the pressure pain threshold significantly increased after receiving Bowen therapy at 12 and 24 weeks. Cervical range of motion and rotation were greatly improved at 12 weeks after Bowen therapy and maintained at 24 weeks.

in brief

For references, visit fht.org.uk/magazine-references or alternatively, type the individual references into your search bar online

In conclusion, this study shows that Bowen therapy is an effective treatment for chronic myofascial neck pain as it alleviates pain, improves functional outcomes and enhances quality of life.

ONLINE MINDFULNESS-BASED INTERVENTIONS AND STRESS MANAGEMENT

Ref: doi.org/10.1038/s41598-023-35483-z

With pressures and responsibilities of medical school, strains are put on medical students' personal wellbeing – leading to high rates of anxiety, emotional discomfort and stress. In a study, published by the National Library of Medicine in May, the effectiveness of a comprehensive Mindfulness-based Intervention (MBI) was evaluated in reducing symptoms.

Comprising 10 twice-a-week Integral Meditation classes, dietary advice for healthy nutrition, sleep and stress-relief and brief yoga sessions, they performed a randomised trial on a total of 362 students administered entirely via Zoom.

The intervention was effective in reducing perceived stress, improving mental wellbeing, emotional regulation and resilience, reducing the tendency to wander with the mind and enhancing the ability to maintain attention.

A B C D E F G H I **J** K L M N O P Q R S T U V W X Y Z

MEDICAL A-Z

JOINT PAIN

JOINT PAIN is a common complaint that can affect people of all ages, typically associated with conditions such as arthritis, injury or overuse. It can vary in intensity and may be accompanied by swelling, stiffness, redness or limited range of motion.

According to the NHS website, common types of pain include knee, shoulder, hip, foot (including ankles and toes), hand (including wrists and fingers), elbow and neck. Pain might be felt in one joint, or more than one joint at the same time, such as knees and hips (NHS, 2022).

CAUSES

There are various possible causes of joint pain. It could be brought on by an injury or a longer lasting problem or condition. Symptoms typically show what could be causing the pain, but it is recommended to see a doctor if pain is frequent or persists.

In short, causes of joint pain could be:

- Arthritis
- Injury
- Overuse
- Infection
- Bursitis
- Gout
- Autoimmune diseases
- Tendonitis
- Fatigue
- Fibromyalgia

SYMPTOMS

Symptoms of joint pain can vary depending on the underlying cause, but common signs and symptoms include:

- Pain, swelling or bruising after intense or repetitive exercise
- Over the age of 45, pain worsens when walking or there is stiffness after movement
- Hot, swollen joints that are more painful when you move or press on them
- Pain and stiffness felt in both sides of your body that is worse after no movement (such as after you wake up or sit down for long amounts of time)
- Noisy joints, or clicking, grinding or snapping sounds when moving the joint
- Difficulty bending or straightening the joint
- Loss or impaired motion
- A red, hot and swollen joint (this should be evaluated quickly as it could be an infection)

ORTHODOX TREATMENT

Treatment for joint pain depends on the underlying cause. Sometimes pain can go away without treatment. In ongoing cases, a GP might prescribe stronger painkillers, antibiotics (if suspected infection), refer the patient for physiotherapy or refer to a hospital for specialist treatments or scans (such as steroid injections or surgery) (NHS, 2022).

COMPLEMENTARY THERAPY

There are many complementary therapies that can help alleviate symptoms of joint pain. Below, we have shared some of the most common.

PHYSICAL THERAPY

Physical therapy is a highly recommended approach by healthcare professionals for managing joint pain and is typically the go-to treatment for GPs (NHS, 2022). This is due to its ability to target specific muscles to improve strength and stability and offer hands-on techniques for enhanced function and flexibility. With its comprehensive approach, physical therapy can effectively address the underlying causes of joint pain and improve overall quality of life.

MASSAGE THERAPY

Similar to physical therapy, massage can help the surrounding anatomy around joints to function properly¹, helping them experience less stress, an increased range of motion and reduce pain. However, it is important to assess the client before treatment; if they have a new acute injury like a broken bone, a sprain or a fracture for example, massage may exacerbate instead of alleviate pain.

MYOFASCIAL RELEASE

Myofascial release can be an effective way to stimulate the movement of lymph in people with systemic joint conditions. Where people tend to change how they move to avoid pain, the fascia adapts to the new, limited movements and it cannot expand and contract the way it is supposed to, reducing flexibility and range of motion. Myofascial release may help restore muscle function by elongating the fascia.

YOGA AND TAI CHI

Incorporating gentle movements, stretches and relaxation techniques, such as Yoga and Tai Chi, can help improve flexibility, balance and joint function while reducing pain and stiffness. A study published by Restorative Neurology and Neuroscience backed this up and found that eight weeks of intensive yoga significantly improved the physical and mental health of people with rheumatoid arthritis². There is some further evidence that suggests that Tai Chi can improve mobility in the ankles, hips and knees in people with the same condition, but it is unclear whether it can reduce pain.

MINDFULNESS

In some cases, chronic pain (including joint pain) can be associated with stress, anxiety and depression. Mindfulness practices, such as meditation and deep breathing exercises, can activate the body's relaxation response, reduce stress levels and promote calmness, indirectly alleviating joint pain. It can also encourage individuals to cultivate a heightened awareness of their body and bodily sensations which can help identify and modify movements or postures that may exacerbate any pain.

AROMATHERAPY

According to a study published by Wiley in 2012, multiple randomised controlled trials demonstrated the efficacy and safety of comfrey preparations for the topical treatment of pain, inflammation and swelling of muscles and joints in degenerative arthritis, acute myalgia in the back, sprains, contusions and strains after sports injuries³. Other essential oils, such as arnica, lavender or eucalyptus to name a few, may also provide relief by reducing inflammation, promoting relaxation and offering analgesic effects.

THE BUSINESS HUB

Welcome to FHT's Business Hub! Designed with you in mind, our Business Hub is a focal point of specially curated content, intended to help you build and manage your business successfully.

6 STEPS

to running a holistic therapy practice with purpose

WORDS FHT TEAM

Have you ever felt that running your holistic business is more of a burden than a fulfilling endeavour? Do you sometimes struggle to connect with your clients, or find yourself overwhelmed with the stresses of managing a practice? The truth is running a successful and sustainable holistic business requires more than just technical skills and a passion for helping others. It also requires a mindful and positive mindset. By embracing both mindfulness and positivity, you can cultivate a deeper connection with your clients, navigate challenges with resilience and create a supporting and nurturing environment for yourself and your clients.

Here, we explore six key steps to running your business more mindfully and positively, allowing you to build a practice that aligns with your key values and supports your wellbeing.

STEP ONE: IDENTIFY AND SET YOUR INTENTIONS

Goal setting is a powerful practice that can motivate and guide us in business. It helps trigger new, helpful behaviours and guides focus, but only if you set them for the right reasons. A common misconception is that goals and intentions are the same thing, but this is not true. A goal is something to achieve, and is typically specific, narrow and outcome-oriented, whereas an intention is 'why' you want to do something, a

commitment to yourself and can be embraced immediately.

In business, being aware of your 'why' brings clarity and focus to your goals, fostering a more authentic and meaningful environment for your clients. It represents your purpose and the deeper meaning behind your work. To set an intention, reflect on your purpose, identify your focus areas and set a clear intention statement that aligns with your personal values and desired impact.

STEP TWO: PRACTISE MINDFULNESS DAILY

By now, most of us already know what mindfulness is; the ancient practice of being completely aware of the present – all that's going on inside and all that is happening around us. It can help transform your relationship with yourself, with other people, with the pressures of the modern world and it can also help your holistic practice. Even on the best days, stress can prevent us from being fully focused, but mindfulness can keep us more attuned to the task at hand, lowering our chances of feeling overwhelmed. By practising mindfulness every day you can:

- **Increase your self-awareness**, allowing you to understand your emotions, thoughts and reactions which enables you to respond skilfully to the needs of your clients.
- **Enhance your empathy**, by developing a more aware and compassionate mindset, helping you better understand and connect with your clients, creating a safe and supportive environment for them to heal and grow.
- **Manage your stress**, cultivating a better sense of calm and inner piece that can help you stay organised and provide better care.
- **Strengthen your intuition and insight**, becoming more attuned to your own experiences which can guide your therapy practice and lead to more profound connections with your clients.
- **Help maintain your work/life balance**, which is vital when running your own business as it can help you establish boundaries, set aside time for self-care and prevent business responsibilities from overwhelming your personal life.

But remember, incorporating mindfulness into your daily routine takes time and effort. Consistency and perseverance are key. Consider starting with short mindfulness exercises, such as mindful breathing, and gradually expand your practice as you see fit.

STEP THREE: EMBRACE POSITIVITY

Embracing positivity can be extremely beneficial in managing your practice and its outcomes. By creating a happy environment, you establish a safe and supportive space to build trust and rapport with your clients. Not only that, but a positive mindset can have a transformative impact on the overall wellbeing and success of your therapeutic work; as your clients adopt a more positive outlook, they are more likely to navigate life's challenges with optimism and a belief in the potential for growth, creating a more fulfilling and impactful therapeutic experience.

STEP FOUR: CREATE A SUPPORTIVE CULTURE

Similar to step three, creating a supportive culture is instrumental in running your therapy practice with purpose. By doing this, you

can foster a sense of belonging and collaboration among yourself and your clients. This supportive culture not only enhances your practice's success, but it can also help with your own personal development as a therapist.

Local group meetings, supported by the FHT, provide the perfect opportunity for you to network, exchange ideas and learn from one another about best practices, industry trends and different therapeutic approaches. By attending local support group meetings (take a look at page 76 for more information), you can expand your professional network and build relationships that may lead to referrals and partnerships, enabling you to offer a wider range of expertise and value to your business.

STEP FIVE: PRIORITISE YOUR SELF-CARE

As Sarah Kuipers said in our Autumn issue, you cannot give from an empty cup. When working in a caring job, it's equally important to look after yourself, helping you to avoid burnout or compassion fatigue. As a therapist, your personal wellbeing directly influences the quality of care that you provide to clients. When you prioritise this, you can maintain optimal physical, emotional and mental health, ensuring you can show up as your best self for your clients.

Taking time to care for yourself through activities like exercise, meditation and relaxation helps you recharge and avoid conditions like burnout. As with step three, this can set a positive example to your clients. Promoting the importance of personal self-care can increase your clients' trust and value in your service, and demonstrates your authenticity as a holistic therapist. This can lead to stronger relationships and a greater likelihood of them returning for more frequent visits.

STEP SIX: KEEP LEARNING

The common phrase "You learn something new everyday" holds true and can benefit your business in numerous ways. To keep learning means to expand your expertise, explore new modalities and incorporate innovative approaches into your practice. It not only increases the value you provide to your clients, but also positions you as a knowledgeable and reputable professional.

Beyond that, ongoing education fosters personal growth, builds confidence and inspires creativity; all of which can positively impact the success of your business. In a rapidly evolving field like holistic therapy, staying curious, open-minded and continuously expanding your knowledge will contribute to the longevity and success of your business.

Incorporating these six key steps into your practice can help you develop a sense of purpose, fulfilment and wellbeing in both work and home life. By taking care of yourself and your business in a mindful and positive way, you can create a thriving practice that not only supports your livelihood, but also helps to transform the lives of your clients better.

Remember, as much as the word 'business' can often be associated with commercial or financial transactions, it can vary depending on the context, audience and purpose. Your business should align with your personal values and promote your wellbeing, and by following these six steps, you can achieve just that. **IT**

COMING together

The Local Groups, supported by the FHT, have been busy. Take a look to see what they've been up to over the past few months...

FOREST FORAGING WITH WORTHING

The Worthing group had a wonderful morning with nine members when they met up to go on a foraging adventure in their local forest. They were led by Margaret of Nadarra Herbal Health who was a fountain of knowledge on all things herbal during the two-hour walk.

The group found out about the properties of daisies, plantain, yarrow, stinging nettles, dead nettle, old Robert, elderflower, dock leaves and bramble leaves. Margaret also shared the history of Lancing Ring (the forest they explored) and information on certain trees in the area.

The views were described as outstanding as they sat and had a break to try out homemade plantain and yarrow balm and taste elderflower honey, which was noted as delicious and a new favourite to add to morning porridge or smoothies.

The group networked, chatted and walked together. A great way to learn and support one another. It was calming, restful, mindful and the perfect activity for taking in the moment.

To find out more about Worthing local group, please visit fht.org.uk/lsg-worthing



Taking a break and testing goodies



Views over the Downs
Photographs: Worthing LSG



EXPLORING THE HEALING POWER OF TOUCH AT BELFAST & DISTRICT

In May, the Belfast & District local group invited Rosie Beasley to speak on the 'Healing Power of Touch', where she shared personal stories of how touch can be beneficial to many people's lives.

Rosie shared research, conducted by the Tiffany Field University of Miami, on touch that was completed during lockdown 2020. The study focused on lack of touch and noted it as a neurological phenomenon called 'skin hunger'. Another study, using a PET scan, found that even the simplest touch (such as holding someone's hand) quiets the brain dramatically.

The meeting concluded by the group learning about different essential oils, followed by a small workshop of taking in turns to offer and receive gentle arm and hand massages - leaving everyone feeling relaxed before travelling home.

The next meeting for this group is on Friday 29 September where nutritionist Morna Nelson will be returning for an insightful talk - definitely not one to miss! Then on 24 November, the group will be preparing for Christmas with a soap making class for family and friends. Following that, on January 26 2024, the group will be joined by Ruth Johnson who will talk through treating those with cancer and end of life care.

To find out more about Belfast & District local group, please visit fht.org.uk/lsg-belfast-district

Belfast & District members receiving essential oil arm and hand massages

Photograph: Belfast and District LSG



Nottingham's first meeting
Photograph: Nottingham LSG

MEET, GREET AND MEDITATION FOR THE LAUNCH OF NOTTINGHAM LSG

To commemorate the launch of the Nottingham local support group, on 18 April they held a meet, greet and meditation session to welcome members. The new local coordinator, Scarlett Moonchild, led the group on a relaxing meditation session.

To find out more about Nottingham local group, please visit fht.org.uk/lsg-nottingham



ALI'S AWARD

Welcome to the summer months. Some groups take a break this time of year and some run social events. Make sure to keep an eye out for what your group is up to this summer at fht.org.uk/local-groups or through their individual Facebook pages.

For this quarter's Ali Award, I would like to congratulate and award Victoria Bradford Snell of the Bournemouth Local Support Group.

Victoria launched her group in January 2023 and has run three successful meetings already! They have all had wonderful attendance, interesting speakers, great support and lovely feedback from the members. It is a great addition to the local groups community, as it was certainly needed in the area!

Well done Victoria on a wonderful start to your coordinator role. We look forward to seeing what more you have in store.



CELEBRATING 10 YEARS AT LISNASKEA

Over the last quarter, the Lisnaskea local support group celebrated their 10 year anniversary! To commemorate, they held a small gathering with the local group members, enjoying tea, cake and great chatter. Well done to joint coordinators Marie Kelly and Gillian Johnston for this wonderful achievement!

To find out more about Lisnaskea local group, please visit fht.org.uk/lsg-lisnaskea



Lisnaskea celebrating 10 years



Lisnaskea joint coordinators, Marie and Gillian, celebrating 10 years of the group
Photographs: Lisnaskea LSG

UPCOMING MEETINGS

AYRSHIRE
● 27 August Meditation and Mindfulness

CALDERDALE & KIRKLEES
● 20 September Chakra Balancing
● 8 December Mind-Calm & Mind-Detox with Catherine O'Dea-Hughes

MANCHESTER NORTH
● 28 August Basic Reiki with Martin Thirlwell MFHT MCHP
● 30 October Past Life Regression with Martin Thirlwell MFHT MCHP

WATERLOOVILLE
● 20 September Acupuncture and Meridians with Chrissy
● 8 November FHT Vice President Herman Fenton's stretch class

To find yours and find out more about local groups, visit fht.org.uk/local-groups

LEARNING ABOUT CHIROPRACTIC PRACTICES AT WATERLOOVILLE

Great fun was had at Waterlooville's meeting in May with Roger Marino speaking on McTimony Chiropractic work. Following a sailing incident while racing on the Solent, Roger underwent a course of McTimoney chiropractic care. After a quick and successful recovery as a result of this care, Roger became a passionate advocate of this highly regarded form of health care and became a practitioner himself in January 2018.

To find out more about Waterlooville local group, please visit fht.org.uk/lsg-waterlooville

Members at Waterlooville meeting in May
Photograph: Waterlooville LSG



Colchester enjoying an evening making homemade facemasks
Photographs: Colchester LSG

A MIXTURE OF FUN AT COLCHESTER IN SPRING

Mid-April, Colchester local support group enjoyed two meetings. The first, on 17 April, was a fun and messy evening making home-made face masks with 100% natural ingredients. The second, on 24 April, the group learnt all about hormones with a continuation of the 2022 talk with guest speaker Gill Bauer. Gill touched on the 'Seven Stages of Life' in her previous group talk, and went into more detail about these stages, explaining to the group how they can impact us and what positivity can be taken from them.

In May, the group got crafty again and made tea with guest speaker Julia Crane. Julia studied tea making using herbs and shared her knowledge with the group, helping them blend and enjoy a refreshing cup of natural tea.

To find out more about Colchester local group, please visit fht.org.uk/lsg-colchester

Did you know?

Attending a local group meeting – in person or online – can gain you 2 CPD points if the subject relates to professional development. Find out what subjects are covered as CPD at fht.org.uk/training/cpd

Can't find a group in your area?

Why not become a local group coordinator? It's a very rewarding role, and there is a range of additional FHT benefits available exclusively to you. Contact Ali at abrown@fht.org.uk to find out more.

Promote your meetings

If you're a local group coordinator and would like to promote your meetings, please email our editor mdenton@fht.org.uk with information and the subject line '[Name] Local Group Meeting'. See more information on what to include at fht.org.uk/coordinator-resources. Submissions for the next issue will need to be submitted by **Friday 18 September 2023**.

PENDULUM DOWSING IN MANCHESTER NORTH

On 24 April, Manchester North enjoyed an evening of 'Beginners Pendulum Dowsing' led by their coordinator Martin Thirlwell MFHT MCHP. Martin demonstrated the technique, giving the group a great opportunity to learn the basics of this fascinating ancient art. The evening incorporated member participation, and covered the history of Dowsing and the tools used.

To find out more about Manchester North local group, please visit fht.org.uk/lsg-manchester-north

Manchester North meeting
Photograph: Manchester North





FHT

ACCREDITED COURSE PROVIDERS



SC SHORT COURSE - FHT Accredited short course is a training course that on its own does not follow the National Occupational Standards (NOS) and Core Curriculum for a therapy and one which may not qualify the student to Practitioner Level. Short courses expand on an existing therapy that follows the NOS or FHT standards as best practice, i.e. Pregnancy Massage or CPD courses.

Q QUALIFICATION COURSE - FHT Accredited qualification is a training course that follows the National Occupational Standards (NOS) and Core Curriculum - where available - for the therapy and one that qualifies the student to Practitioner Level. This is for learners who are starting from the beginning with no knowledge in the therapy.

IRELAND

- Q SC** Deirdre Murray Holistic Sligo
deirdremurrayholistic.ie
- SC** Golden Egg Holistic
goldeneggholistic.com
- Q** International College of Orthopaedic Therapy (INCOT)
incot.ie
- Q** Kerry School of Reflexology
kerryreflexology.com
- Q SC** National School for Remedial Therapy (NSRT)
nsrt.ie
- Q** Pyramid Holistic Centre
pyramidholisticcentre.ie
- Q** Tara School of Reflexology & Therapies
taraschoolofreflexology.ie
- Q SC** The European College of Reflexology and Massage
ecrm.ie

SCOTLAND

- SC** Cancer Support Scotland Training Academy
cancersupportscotland.learnworlds.com
- Q** Hailey Dallas Brows Ltd
haileydallasbrows.com
- SC** Holistic Ecosse
makima@hotmail.co.uk
- SC** Horizon Geothermal Training Academy
jacquelineochertyhotstonmassage.co.uk

- SC** Jennifer Macaskill Massage Therapies
facebook.com/jennifer-macaskill-massage-therapies-111417958878900
- Q** Mind Detox Academy
minddetoxacademy.com
- Q SC** Shiatsu and Thai Massage Training Scotland
stmts.co.uk
- Q** Soundaffects
soundaffects.uk.com
- SC** Start with Touch Ltd
startwithtouch.com
- Q SC** The Glasgow School of Massage
theglasgowsschoolofmassage.com
- Q** Therapia School of Reflexology
therapiaschool.co.uk

NORTHERN IRELAND

- Q** Angel Haven
angelhaven.co.uk
- Q SC** Body and Sole School of Complementary Therapies
bodyandsoleschool.co.uk
- SC** Dorothy Kelly Academy of Reflexology
dorothykellyacademyofreflexology.com
- Q SC** Elaine Curry Wellness Academy with Calm Confident Kids
calmconfidentkids.co.uk & elainecurry.com

- Q** New Beginnings School of Natural Therapies
angelsanctuary.co.uk
- Q SC** Sheila Nugent School of Reflexology & Holistic Therapies
sheilanutgentschoolofreflexology.co.uk

NORTH WEST

- SC** Acupuncture Training Providers Ltd
acupuncturetrainingproviders.co.uk
- SC** Angela Pollard Therapies
angelapollardtherapies.co.uk
- SC** BCT Workshops
bctworkshops.co.uk
- Q** Breathworks
breathworks-mindfulness.co.uk
- Q SC** British Academy of Crystal Healing
britishacademyofcrystalhealing.co.uk
- SC** Dorn Method Academy UK (Jacqui)
dornmethod.org
- Q** Gaia School of Natural Health
gaiaschool.org.uk
- SC** Health Med Training Solutions
acupuncturetrainingproviders.co.uk
- SC** Hero Lifestyle
herolifestyle.co.uk
- Q SC** KORE Academy Ltd
koretherapy.com
- Q** Natural Touch Training
naturaltouchtraining.co.uk
- Q** Oletessa Reiki & Holistic Therapies
olettessatherapies.co.uk
- Q** Reiki Tradition
reikitradition.me.uk
- SC** Sigma Woman
sigmawoman.co.uk/cpd-training
- SC** The Master Academy/Urban Body Balance
urbanbalance.co.uk
- SC** Warrington & Vale Royal College
wvr.ac.uk

NORTH EAST

- Q SC** Breeze Academy
breeze.academy
- Q** The No1 Pain Relief Clinic
theno1painreliefclinic.co.uk

YORKSHIRE AND THE HUMBER

- Q** Chi Medics™
chi-medics.com
- Q** Cosmo Kemp School of Thai Yoga Massage
cosmothaiyoga.com
- Q SC** Eve's Garden (Alison Valerie Peart)
eves-garden.co.uk
- Q SC** Pain Care Clinic Ltd
paincareclinic.co.uk
- Q** The Sound Therapy Company
thesoundtherapycompany.co.uk
- SC** Total Therapies Training
totaltherapies.co.uk

EAST MIDLANDS

- Q SC** Cedars Training Academy Ltd
cedarstrainingacademy.co.uk

- NEW SC** Essential Solutions School of Complementary Therapies
essential-solutions.co.uk
- SC** Gentle Release Therapy Ltd
gentlereleasetherapy.com
- SC** Holistic Tai Chi Qigong Training Academy UK
hqtau.com
- Q** Penny Price Aromatherapy Ltd
aromatherapy-courses.co.uk
- SC** Pressure Point
pressurepoint.me
- Q** Shirley Price International College of Aromatherapy
shirleyprice.co.uk
- SC** Skcin National Skin Cancer Charity
masced.uk
- SC** The Active School of Complementary Therapy
ukmassagecourses.com
- Q** Tri-Dosha
tri-dosha.co.uk

WEST MIDLANDS

- SC** Bespoke Beauty and Holistic Training
bespokebeauty0@gmail.com
- Q SC** Central School of Massage
centralschoolmassage.com
- SC** Chakrascension™ Centre
chakrascension.org.uk
- Q** Joanne Woodward Holistic Health Clinic
joannewoodwardholistichealth.com
- SC** Just Be (Butterfly Experience with Jacqui Mexson)
jaqui.mexson@virginmedia.com
- Q** Lorraine Davis Holistic Healthcare and Education Centre
lorrainedavistraining.com
- SC** Lymphoedema Training Academy Ltd
lymph.org.uk
- Q** Midlands School of Massage & Bodywork
massageandmovement.uk
- SC** OM Massage School
ommessageschool.com
- SC** The Ishta Centre
coreposturalalignment.com

WALES

- SC** Angela Green Complementary Therapies
angelagreen99@yahoo.co.uk
- SC** Dynamic Massage
dynamicmassage.co.uk & handsfreemassage.com
- Q** Glyndwr University
glyndwr.ac.uk
- SC** HB Training Wales Ltd
hbtraining.org
- Q SC** Physiotherapy and Complementary Therapies Ltd
nwcom.co.uk
- SC** Sally Kay
reflexologylymphdrainage.co.uk
- Q SC** TEACH Therapy
teachtherapy.co.uk

SOUTH WEST

- SC** Amethyst Trust
amethysttrust.co.uk

- SC** Booth VRT Ltd
boothvrt.com
- SC** Cheltenham School of Complementary Therapy & Beauty
thetherapyschool.co.uk
- Q SC** Core Elements
coreelements.uk.com
- SC** Cotswold Academy - Complementary Health & Sport
cotswoldacademy.co.uk
- SC** East Devon Sports Therapy: Rehabilitation & Performance Centre
eastdevonsportstherapy.co.uk
- Q SC** Holistic Approach Academy
holisticapproachacademy.com
- SC** JemmaCo Limited
jemma.co.uk/training
- SC** Light Touch Therapy Training
lighttouch.co.uk
- SC** Massage for Dementia
massagefordementia.co.uk
- SC** Physical Solutions UK
physicalsolutions-uk.com
- SC** Seren Natural Fertility
serennaturalfertility.co.uk
- SC** The Children's Reflexology Programme
kidsreflex.co.uk
- SC** Therapy Health and Beauty Clinic
therapyclinic.co/
- SC** Touchline Training Ltd
touchlinetraining.co.uk
- SC** Tranquillity Zone Training
tranquillityzonetraining.co.uk
- Q** University of St Mark & St John
marjon.ac.uk
- SC** Weston Hospicecare
westonhospicecare.org.uk

SOUTH EAST

- SC** Aromalyne
aromalyne.com
- Q SC** Brighton Holistics
brightonholistics.co.uk
- Q SC** Brighton Holistics Online
brightonholisticsonline.co.uk
- Q SC** Brighton School of Massage
brightonschoolofmassage.co.uk
- Q** Calming Influences Ltd
calminginfluences.com
- Q** Centre for Nutrition Education and Lifestyle Management
cnelm.co.uk
- Q** Cherubs Training Academy - Hampshire
cherubsbabyhealth.com
- SC** College of Classical Massage Ltd
collegeofclassicalmassage.com
- SC** CS Nutrition
clairnutrition.co.uk
- Q SC** Elaine Caswell Therapy Training
whitebeam.training
- Q SC** Elemi Training
elemitraining.co.uk
- SC** Freedom Therapies Training
freedomtherapies.co.uk
- SC** From the Seed
fromtheseed.co.uk
- SC** Hawaiian Massage UK Training Centre
huna-massage.com

SC Innamincka Training Services
itsperou@depinaperou.plus.com

SC Jane Sheehan
footreading.com

Q SC Lucis College
lucisgroup.com

Q Mary Atkinson Holistic
Therapy Courses
maryatkinson.com

Q Natasha de Grunwald
natashadegrunwald.co.uk

SC Purple Turtle Academy
purpleturtlettherapy.com

SC Reflexmaster
reflexmaster.co.uk

SC R J Buckle Associates
rjbuckle.com

SC Shakra Centre
shakracentre.com

SC Shared Beauty Secrets
sharedbeautysecrets.com

Q SC The Academy of Systematic
Kinesiology

kinesiology.co.uk

SC The Advanced Attraction Company Ltd
carolynebennett101@gmail.com

Q SC The College of Functional Wellness
functional-wellness.co.uk

SC The Ixchel System
ixcheltherapies.co.uk

SC Time for a Change
timeforachange.uk.com

SC Total Release Experience (TRE UK®)
treuk.com

SC Training4Healthcare
training4healthcare.co.uk

EAST OF ENGLAND

SC Academy of Advanced Beauty
academyofadvancedbeauty.com

SC AuroraStar Holistic Therapies & Training
aurorastar.co.uk

Q SC Cameron Reid Training
www.cameronreid.com

Q Culinary Medicine College
culinarymedicinecollege.com

SC Functional Reflex Therapy
functionalreflextherapy.co.uk

SC Gladwell School of Massage
gladwellmassage.com

SC Helen Mary Perkins
helenperkins.com

SC Ingrid Perrin
roseonthegreen.co.uk

SC One Mind Academy
onemindacademy.com

SC On the Spot Training Centre
sallymorriss.co.uk

SC SKN-RG Academy
skn-rg.com

LONDON

Q SC Ayurveda Pura Academy
ayurvedapura.com

Q Bodyology
bodyologymassagecourses.co.uk

SC CPD Health Courses
cpdhealthcourses.co.uk

SC Craniosacral Therapy Educational Trust
cranio.co.uk

NEW SC Elemental Massage School of Beauty and
Holistic Therapies

elemental-massage.co.uk

SC Eva Nagy Massages
evanagymassages.co.uk

Q HypnoTC: The Hypnotherapy Training Company
hypnotc.com

SC International Massage Education
internationalmassageeducation.co.uk

Q SC Jivita Ayurveda Ltd
jivitaayurveda.com

Q London Institute of Thai Yoga Massage
learntomassage.co.uk

Q Magni Academy
magniskin.co.uk

SC Neal's Yard Remedies School of Natural
Medicine

nealsyardremedies.com

SC School of Natural Therapies
schoolofnaturaltherapies.co.uk

Q Shen Mantra
shenmantra.com

SC SpaNu Wellness
spanuwellness.com

SC St Mary's University
smuc.ac.uk/shortcourses

SC The Skintellectual Group
skintellectualgroup.com

SC UnitedMind Ltd
unitedmind.co.uk

SC Ziggie Bergman
zonefacelift.com

SC Ziggie Bergman with the London
School of Reflexology

zonefacelift.com

NATIONAL

Q SC Anatomy and Physiology Online
anatomy-and-physiology-online

-courses.co.uk

Q SC Essential Training Solutions Ltd
essential-training.co.uk

Q SC Gateway Workshops
gatewayworkshops.co.uk

SC Hypnosis Courses Ltd
hypnosis-courses.com

SC Jennifer Young and Beauty Despite Cancer
beautydespitecancer.co.uk

SC Jennifer Young Ltd
jenniferyoungtraining.com

Q SC London School of Massage
london-school-of-massage.co.uk

Q The College of Bowen Studies
thebowentechnique.com

Q SC The Chrysalis Effect
thechrysaliseffect.com

SC Vitali-Chi Headquarters
v-chi.com

SC Wavestone Therapies Ltd
thewavestone.co.uk

SC Womb & Fertility Massage
fertilitymassage.co.uk

INTERNATIONAL

SC Alchemy of Breath Academy
alchemyofbreath.com

Q American Fitness Professionals
& Associates (AFPA)

afpafitness.com

Q Blossom & Berry Baby Massage & Yoga Training
blossomandberry.com

NEW SC Breath of Gold
breathofgold.com

SC Butterfly Touch Therapies Training Limited
butterflytouchtherapiestraining.com

Q Health Coach Institute, LLC
healthcoachinstitute.com

Q Institute of Transformational Nutrition (ITN)
transformationaln nutrition.com

Q SC Jari Jari Spa
jarijari.com.my

SC Little Kidz Foundation
liddlekidz.org

SC MSTR® International
mcloughlin-scar-release.com

Q SC New Mind Academy (New Mind Sdn. Bhd.)
brainhealthspecialist.com

Q SC New Vision Therapy
newvisiontherapy.co.uk

SC PureAroma Healing Academy
purearoma.com.tw

SC Rapid NeuroFascial Reset
rapidnfr.com

Q Rinalda Therapeutic Kneads
rinaldatherapeutickneads.com

SC Shiny Forest Ltd
shinyforest.com

SC Singapore SPA Institute
spainstitute.com.sg

Q SC The Institute of Aromatherapy
aromashoppe.com

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courses, scan the QR code below:



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