

# Newsletter

A regular update from BodyMatters - NW3's beauty, mind and body treatment centre that caters for your whole body.

June 2010

## B O D Y M A T T E R S



HEALTH AND BEAUTY CLINIC

*Summer is here.....* Shake off the winter frost and get ready for the holidays here at BodyMatters! Whether you are looking for an energy boost, a facial to get that summer glow, nutritional advice to help shed the pounds to get you into that bikini, or flip-flop ready feet, our dedicated therapists are on hand.

Now is the time to stretch and relax those tense muscles, and sooth those winter aches and pains, and with special offers and discounts on selected treatments, read on to see how BodyMatters is the perfect place to achieve your summer goals!

### Need an Energy Booster - Try Reflexology

Are you feeling run down, living with aches and pains and in need of more energy? Then Reflexology may be the treatment to help you. It is estimated that up to 75% of all illness is stress-related (British Medical Association). Prolonged stress can lead to tiredness and irritability, a weakening of the immune system and the development of physical illness. Anything that one can do to reduce their stress levels has therefore got to have a positive impact on their overall long-term health. Research has found that Reflexology treatments can significantly reduce a person's level of stress, and increase their ability to cope with it.

Reflexology can also be beneficial as a preventative measure for good health, in particular by strengthening the immune system; if our immune system is working efficiently then we are able to fight infection and disease more effectively with the result that we become ill less frequently. It also works on and improves the circulatory, nervous, respiratory, digestive and eliminatory systems. Regular treatments help the body reach and maintain its natural equilibrium, thus aiding body systems to work more efficiently together. Once you have experienced a treatment you will know how very relaxing it is, bringing with it an overall sense of well-being.

*Jane Long MAR practises reflexology at BodyMatters on Fridays, Saturdays and Sundays. For more information visit [www.calmtherapy.co.uk](http://www.calmtherapy.co.uk).*



### Improving Male Fertility with Traditional Chinese Medicine

Many couples find it difficult to conceive, and whilst traditionally emphasis has been on treating the female, it is now estimated that as many as 35% to 40% of infertility cases are due to problems with male fertility.

Male sub fertility issues include low sperm count, poor motility, poor sperm formation, anti sperm antibodies and obstruction of the ducts through which sperm pass. These conditions can result from injury, ill health, or external factors (for example infection or exposure to toxicity).

The good news is that Traditional Chinese Medicine treatment combined with lifestyle changes can be very effective in improving male fertility. Various studies have shown that both acupuncture and herbs can increase circulation in the genital region, and improve sperm quality and quantity.

I have had good success in improving male fertility through herbal treatment alone or a combination of herbs and acupuncture. Lifestyle and dietary factors can also play a huge part in male sub-fertility, and I offer advice tailored to the individual to make a real difference.

*Amanda Cox (MBAc LicAc MRCHM PGDip Lic OHM) has been treating couples for fertility issues for over 8 years.*

*For more information visit [www.amandajcox.com](http://www.amandajcox.com).*



## Acupuncture for Hay Fever

Hay fever occurs because your immune system is sensitive to pollen. Typical symptoms are itching of the eyes, nose and back of the throat, blocked or runny nose, sneezing, coughing and wheezing. If these symptoms sound familiar to you, why not consider trying acupuncture?

### How can acupuncture treat hay fever?

The modern scientific explanation is that acupuncture stimulates the nervous system to release chemicals in the body that influence the body's own healing abilities. It can help to strengthen the body's resistance and can regulate its antigen-antibody's reactions. This is important in helping to relieve hay fever and other allergic reactions such as asthma. Research has shown that acupuncture offers an effective treatment for hay fever by reducing its symptoms.

### When is the best time to treat?

If you have suffered from hay fever in the past years, treatment four to six weeks prior to the hay fever season can prevent symptoms from developing. However if you are already suffering from symptoms, it can also be treated effectively during the season.

### How many treatments will be needed?

This will vary depending on the individual, since Chinese Medicine regards each patient as a unique being. The effect can sometimes be immediate. Nasal congestion, discharge, and itching are frequently relieved during the first acupuncture treatment. As a general rule, six treatments may be needed to give lasting relief.

If you start a course of 5 treatments before the end of July, you will receive the 6th treatment free.

*Eun-Hwa Ko (Lic Ac, MBAC, BSc Hons) started her career working as a nurse and is now practicing acupuncture at BodyMatters.*



## BodyTalk at BodyMatters

Britt Jorgensen started working at BodyMatters in January 2010 offering BodyTalk (in addition to her colleague BodyTalk practitioner Mari Nishimura). Some of the conditions that she has been able to help her clients with during the last few months are depression, stress, anxiety, IBS, fatigue, hormonal imbalances, allergies, insomnia, skin issues, painful and stiff backs/knees/shoulders/elbows and recovery from cancer treatment.

BodyTalk is a new health care system that works by restoring the body's own ability to heal itself. This is a very gentle approach which is perfectly safe and suitable even for pregnancy, babies and children. The system was developed in the 1990s by Australian acupuncturist and chiropractor Dr John Veltheim, and brings together principles from many different healing systems. The effectiveness of BodyTalk makes it one of the fastest growing healthcare systems in the world today. In just a decade, BodyTalk has spread to over 40 countries and is taught in nine languages.

During a BodyTalk session Britt communicates with the client's body using neuro-muscular feedback, and through a series of yes and no questions the body helps to locate the imbalances that are a priority for the person. Then, through a number of techniques involving holding and light tapping, the body restores communication within itself. This process has profound and long-lasting positive effects.

### Britt Jorgensen

*(Certified BodyTalk Practitioner, MA).*

*You can read more about Britt and BodyTalk in this recent article in the Telegraph <http://tiny.cc/61ivo> or on*

*[www.thetaptapcompany.co.uk](http://www.thetaptapcompany.co.uk)*



## Facial Rejuvenation

Natural Face Lift massage is a safe, non-invasive treatment that relaxes your face and neck muscles, helping your skin to regain its elasticity while encouraging wrinkles and lines to diminish.

The massage helps to free long-standing constriction in the skin and facial muscles, improving the mobility and tone of the underlying connective tissue. This leads to a reduced appearance of under-eye bags and wrinkles, leaving your skin with a more youthful glow.

For many of us, a busy life in front of a computer screen can lead to tired eyes and stress-related symptoms such as headaches, eyes-strain and insomnia. Tension can build up within our facial muscles from the pressures of everyday life. Emotional stress can be 'held' in our facial muscles, causing them to contract. This can accelerate ageing, the formation of wrinkles, and a loss of skin elasticity causing it to sag. Through the Natural Face Lift massage techniques it is possible to combat these effects and thereby give the facial muscles a lift and new lease of life.

*Zeli Rocha is practising Natural Face Lift Therapy at BodyMatters on Saturdays.*



## Neck Pain, Limited Neck Range of Motion and Headaches

Headache and loss of neck movement appear quite commonly together among patients presented to the chiropractor at BodyMatters. These symptoms often affect desk/computer workers, whose duties require them to hold static shoulder and head positions whilst performing fine motor movements such as computer mouse functions.

Deep muscles in the neck called the Scalenes are often found to be extremely tight and painful to touch in patients with headache (migraine, tension or other). The vertebral arteries supply blood to the back of the brain and travel through the bones of the neck. Symptoms of tinnitus, dizziness and nausea have been attributed to a restriction of the vertebral arteries, however proper scientific studies are still lacking in this area.

Chiropractic treatment in this instance involves deep tissue work on the scalene muscles as well as specific stretches and gentle manipulation of the vertebrae where indicated. For a free assessment of your spine and musculoskeletal system, call BodyMatters reception. Once we have carried out a thorough examination (history, orthopaedic and neurological) we can ascertain whether chiropractic or another mode of treatment is applicable for your complaint.

*Michael H Smith B.Sc. M.Chiro (Chiropractor GCC Reg # 02907) is available at BodyMatters throughout the week. For more information visit [www.belsizechiropractic.co.uk](http://www.belsizechiropractic.co.uk).*



## The Cambridge Weight Plan

Established, proven and successful in the UK since 1984, The Cambridge Weight Plan is the basis of a flexible range of weight management programmes aimed at both men and women.



*Carla, a Cambridge client, before & after losing five dress sizes on the Cambridge Weight Plan.*

Cambridge Weight Plan products can be used as the sole source of nutrition for fast, predictable weight loss with nutritional assurance; with conventional food for more gradual weight loss or weight maintenance and nutritional supplementation.

I am there to offer advice on the weight management programmes available to you and to encourage you to maintain your new weight. I have used the Cambridge Weight Plan myself so my experience can help you too - to lose and maintain your weight and most importantly, greatly improve your health and wellbeing.

The Cambridge Weight Plan varies in cost, depending on which of the 6 weight management programmes you choose. Based on Step 1, the Plan will cost you from £35.70 per week and all consultations are free.



*Sonja Reilly is an accredited Independent Weight Plan Consultant. For more information please contact reception or visit [www.cambridgeweightplan.com](http://www.cambridgeweightplan.com).*

**Cambridge**  
Weight Plan  
Independent Cambridge Consultant

## Is Stress Affecting Your Well Being?

Focusing on stress and its impact on health, means focusing on two small glands called the adrenals. Situated above the kidneys



these tiny glands are vital for everyday stress management. Their primary function is the production of stress hormones, adrenaline and cortisol, which facilitate our handling of all stress encountered. This could mean encountering financial worry, family issues, pressure at work, poor diet,

lack of sleep, repeated infections and smoking or alcohol indulgence. Small stressors can be relentless, not allowing the adrenals an opportunity to rest and recover from the endless demand placed on their activity.

Increased adrenal demand can result in poor sleep patterns, fatigue, irritability, poor stress tolerance, impaired concentration, reduced productivity, blood sugar imbalances, vulnerability to infection, decreased libido, increased PMS and feelings of depression. Long term stress/trauma can lead to adrenal fatigue, a condition linked with the development of chronic fatigue syndrome, M.E, autoimmune disorders, impaired thyroid activity, depression, severe menopause, low blood pressure, insomnia, weight gain/loss and digestive complaints.

### Nutrition Bites

Avoiding stress is impossible but we can support and reignite our adrenal glands through nutrition. Specific nutrients optimise stress management and adrenal health. For example Vitamin C, specific B vitamins and EFAs (omega 3 & omega 6) are vital for adrenal function and stress hormone production.

For those whom dietary changes alone are not sufficient to boost adrenal status, a therapeutic supplement programme, formulated to individual specification, may be necessary.

If this sounds familiar to you, why not collect your free adrenal monitor questionnaire from BodyMatters reception. Nutritional therapy can hold the answer to you taking back control of your health.



*Paula Jones (Dip BCNH MBANT NTCC) Nutritional Therapy Practitioner provides individually tailored nutrition and health.*

## Upcoming Events ...

### We are pleased to welcome

our new osteopath Jenny Howell. With 5 years of experience, working both structurally and cranially, Jenny has a particular interest in helping to alleviate postural strain. Jenny will be available on Tuesdays and Thursdays.

Book your first osteopathic appointment before the end of June and receive a 10% discount.

### New at BodyMatters – Anti-oxidant range exclusive

SkinCeuticals, the skin care regime for achieving lasting results and restoring youthful, radiant skin is now available at BodyMatters. So why wait? Get your summer skin glowing and protected with the powerful anti-oxidant facial which will neutralise the damaging rays of the sun.

Book your 60 min facial in June and receive a £10 discount.

### June offer

10% off all waxing treatments until 30th of June.

### Get your feet ready for summer!

Summer sandals expose the feet more - so it's high time to have 'ugly' cracked heels and unsightly corns removed. Also, summer shoes tend to have thinner soles, and are therefore less cushioning for painful feet ... so book an appointment to see our podiatrist today!

Janet Thomson is available on Mondays and Wednesdays evenings at BodyMatters.

## Beauty & Complementary Therapies

BodyMatters  
1 McCrone Mews  
Belsize Village  
London NW3 5BG  
Tel: 020 7419 7900

Opening Times  
Monday - Thursday 8.30am - 8.30pm  
Friday 8.30am - 7.00pm  
Saturday 8.30am - 6.00pm  
Sunday 10.30am - 4.30pm

Gift vouchers available from reception

Email: [reception@bodymattersclinic.co.uk](mailto:reception@bodymattersclinic.co.uk)  
[www.bodymattersclinic.co.uk](http://www.bodymattersclinic.co.uk)