

## Osteopathic Treatment of Asthma

### What is Asthma?

Asthma is a reaction of the lungs to some form of irritant, which causes them to swell up internally as they become inflamed. This reduces their internal diameter, therefore reducing the capacity to bring air into the lungs. A cough, tightness in the chest, shortness of breath and 'wheezing' are common symptoms.

There are a number of triggers that can spark off an attack and each person has their own unique set of triggers, which include animals, air pollutants, colds and viral infections, emotions, exercise, food, house-dust mites, medicines, fungi, pollen, smoking, and weather.

There are many factors that we can control in order to reduce the incidence of asthma. Often individuals find that when they strengthen their structure/physiology and correct imbalances in their biochemistry/nutrition previously causative factors no longer induce the condition.

### Osteopathy and Asthma

The osteopath's approach to an asthmatic patient would be to examine the function of the thorax and breathing from a mechanical point of view. Are the ribs working efficiently? Is the spine rigid and tense? Is the shoulder girdle too tight? Are the neck muscles interfering with the upper ribs? Is the nervous system working efficiently and in a balanced manner? Are there signs of stress being expressed in the body tissues? Treatment is then directed towards improving the mechanical balance of the body and hence improving respiratory health.

The chemical mediator histamine is one of the major causes for asthma and other allergic type responses. Any excess of histamine in our body is normally rapidly metabolised by the enzyme diaminoxidase (DAO). When this enzyme is deficient, a great variety of intolerance reactions may occur, depending on the amount of histamine present. These reactions include headaches, hot flashes, urticaria, stuffy nose, vertigo, asthma, and digestive complaints. In response to an allergen, histamine, along with other chemicals, causes the contraction of smooth muscle. Consequently, the muscles surrounding the airways constrict causing shortness of breath. Specific nutritional factors are necessary for histamine breakdown. If a person is deficient in any or all of these nutrients they will be more prone to allergic responses including asthma. If the effects of histamine during an allergic reaction are inhibited asthma attacks can be prevented or shortened. Using Applied Kinesiology your Osteopath will be able to determine if you have a problem with histamine degradation and diagnose the nutritional cause of the problem and how to treat it naturally and effectively.

Karen Willis (BSc (Hons) Ost Med, ND, DO, MRN, BSc (Hons) Biochem) Osteopath, Cranial Osteopath, Naturopath and Applied Kinesiologist is available at Bodymatters on Tuesdays and Thursdays. For more information, please visit [www.karenwillis.net](http://www.karenwillis.net).



## Upcoming Events ...

### Skin Rejuvenation with Mary Agnelli

**Book a course of four IPL Skin Rejuvenation Treatments for only £300 (normally£450) and get 6 collagen masks free.**

### Nutritional Therapy with Paula Jones

**10% discount when you book your first Nutritional Therapy consultation until March 31st 2009.**

### Dermalogica Facials with Taryn Williams

**Get a free 30 minute upgrade when you book a one hour Dermalogica Facial through February and March.**

### Shiatsu with Fiona Hurlock

**Book a one hour Shiatsu treatment and receive a free 30 minute upgrade throughout March.**

### LaStone Therapy with Zeli Rocha

**Book a 90 minute LaStone treatment and receive a £10 discount (now only £80) until 31st March.**

## Beauty & Complementary Therapies

BodyMatters  
1 McCrone Mews  
Belsize Village  
London NW3 5BG  
Tel: 020 7419 7900  
Fax: 020 7419 6265  
Email: [info@body-matters.biz](mailto:info@body-matters.biz)

Opening Times  
Monday 9.30am - 8.30pm  
Tuesday - Thursday 8.30am - 8.30pm  
Friday - Saturday 8.30am - 6.00pm  
*Gift vouchers available from reception*

[www.body-matters.biz](http://www.body-matters.biz)

**BodyMatters is now open  
Sundays from 11 am to 4pm**

# Newsletter

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

February 2009

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



*at McCrone Mews*

*The New Year Has Started...* January might be over, New Year's resolutions might have been broken, but it's never too late to give yourself that extra health boost or treat here at Bodymatters.

Feeling sluggish after all the Christmas and New Year overindulgence? Why not come and see a nutritional therapist? See inside for a special offer. Held back by seasonal aches and pains or chronic health problems flaring up? Why not try the powerful warming healing power of moxibustion? In terms of specific health concerns, this month Karen talks about how osteopathy can help with asthma and Amanda reveals some stunning research that shows how acupuncture can help with conception, as well as aiding those already undergoing IVF treatment. Also this month discover the amazing anti-aging powers of IPL treatment and collagen masks with Mary. Or if you simply want a truly therapeutic treat why not try La Stone Therapy with Zeli?

Spring might still be a little way off, but however you're feeling, we're sure that here at Bodymatters there's something to get rid of those winter blues and help you on your way to a healthier and happier 2009...

### Nutritional Therapy Practitioner

Happy New Year! As a new member of the Body Matters team I'd like to take this opportunity to introduce myself. I aim to provide my clients with knowledge that enables them to make informed choices about their health and nutrition.

With the majority of us entering 2009 feeling stressed, run down or exhausted after Christmas, struggling to recover from persistent coughs, colds, winter bugs and flu and perhaps wishing we hadn't overindulged in irresistible festive foods and alcohol, I'm sure you will agree it's time to be kind to ourselves, reboot and revitalise ready for the year ahead.

Whatever your current goal is - weight management, an energy boost, immune support, or the relief of digestive and stress related issues - I can offer you an individually tailored nutrition and health programme that provides practical advice with realistic goals, whilst providing your body with the nourishment it requires for its own healing process. Taking a detailed history of your health and lifestyle enables me to build a complete picture of you and your health concerns. I'll assess your vitamin and mineral status for potential deficiencies and if necessary provide you with a personal supplement programme.

You will receive a written report detailing my assessment, clearly explaining a dietary plan of action for you. Laboratory tests may be suggested to determine factors that may be contributing to your health concerns.

Poor nutrition is one of the most common causes of ill health today, yet we so often fail to make this connection, continuing to eat foods that have been robbed of nutrients and are full of additives, preservatives, hydrogenated fats, salt and sugar. We are all unique, deserving individual attention when it comes to health and our wellbeing.

I am offering a New Year's 10% discount on all first consultation bookings made until March 31st 2009.

Paula Jones (Dip BCNH MBANT) is available at Body Matters from February



## Miracles of Moxibustion

People often ask me what the strange smell coming from my therapy room is. It comes from "mugwort" (artemisia vulgaris) which is burned near the surface of the skin in order to stimulate specific acupuncture points and to trigger natural healing responses in the body. The use of moxibustion is at least as old as acupuncture and is typically used, along with shiatsu, in almost every Japanese acupuncture treatment.

In Japan, scientists have studied moxibustion and have found that the infrared radiation from burning moxibustion is very similar to that of the human body. The result is that the heat from moxibustion penetrates deeply into the body, giving a warming effect, which lasts for several days after the treatment. This kind of stimulation, at specific points, can dramatically boost the body's immunity and trigger other profound effects, which include a reduction in blood coagulation time and an increase in adrenal activity. In clinical practice, I have found that moxibustion lifts the spirits and is very effective for many types of mild depression or fatigue, which are all too common at this time of the year. And for stiff or painful muscles and joints, acupuncture combined with moxibustion is one of the best treatments available.

In Japan, the "renowned moxibustion points" are specific points on the body which trigger a healing response for specific conditions." One of the more famous of these points is on the little toe, lateral to the lower corner of the toenail. Moxibustion applied to this point is used in the last stages of pregnancy to correct fetal malpresentation (breech position) and to induce labour. Results from a randomised, controlled clinical study in 1995 showed 75.4% of breech positioned fetuses were corrected before labour.

Moxibustion is a powerful form of therapy. It produces a pleasant, gentle, warming heat, which warms and relaxes the body and when applied correctly it can stimulate the body's own natural healing response.

Fiona Hurlock (MAcS MRSS) practices Japanese Shiatsu, Acupuncture & Moxibustion at BodyMatters on Wednesday's and Friday's.



## Skin Rejuvenation Treatments and Collagen Masks

We all want younger looking, more radiant skin and there are ways to achieve this. We have developed a series of specialist treatments so that you can get the results you want, depending on your age and skin quality.

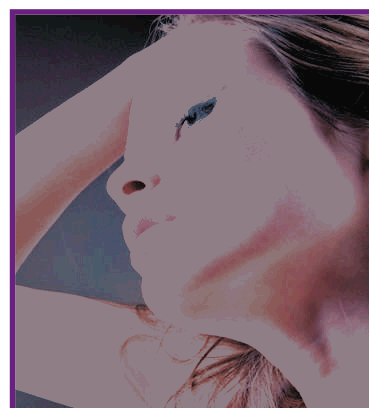
We all know how light can be absorbed by the skin, yet we don't often give it much thought. We can synthesize vitamin D through the skin thanks to sunlight, and who doesn't love to get a tan in the summer? That tan is generated by UV rays triggering the production of melanin by the skin cells. For all the negative information we are given about prolonged exposure to UV rays in relation to skin damage, it's great to know that certain wavelengths of light can be used to boost skin texture, remove pigmentation and improve lines and wrinkles by promoting collagen production. So why not use this technology to our advantage?

Skin rejuvenation using IPL (intense pulsed light) technology is well regarded as an effective procedure to improve skin texture and reduce lines and wrinkles. By stimulating collagen production and improving elasticity, skin looks radiant and more youthful. Just one treatment a month for 4 months is needed, with the effects lasting for six months before a maintenance treatment is required. No need to worry about down time, there is no prolonged recovery period - you leave the clinic and carry on with your day to day routine without the need to cover up or go into hiding!

For an extra boost in between IPL skin rejuvenation treatments, you can opt to have a set of collagen masks specifically for your skin type to use once a week at home. This will enhance the rejuvenation treatment. Receive a set of collagen masks free, when you book and pay for a skin rejuvenation course.

For February and March, a course of four treatments once a month, which normally costs £450, will be available for £300 with 6 collagen masks free.

Appointments available Monday - Saturday with Mary Agnelli, a fully qualified pharmacist.



## Re-energise your entire system with La Stone Therapy

LaStone Therapy works effectively on the whole body by treating prescriptively and is suited to those looking to alleviate a variety of conditions. These include: stress release, injury and those who require work on the specific areas of detoxification, deep body cleansing and acute pain relief. It is also incredibly relaxing and balances the whole body holistically.

### The Treatment

The combination of hot and cold stones stimulates a chemical and physical response within the body. The idea of the cold stones is not always appealing, however it is the cold that does the deepest most effective work! The cold marble stones are applied sympathetically so you don't actually notice a great temperature change, just a difference from before to after. The treatment is deep and remedial as well as healing and releasing.

When used on problem areas such as cellulite and water retention the effects are immediately visible. Muscle tension and inflammation are reduced by the use of the cold stones and using the combined properties of hot and cold leads to an increased flow of blood to the muscles, stimulating them to flush out toxins.

Zeli Rocha is practicing La Stone Therapy at Body Matters every Saturday.



## Acupuncture and Traditional Chinese Medicine for Fertility

Acupuncture and Traditional Chinese Medicine have been used in fertility treatment and throughout pregnancy for many thousands of years. In fact, the first reference in medical literature appears as far back as 11 AD. Used alone, or in conjunction with Western Medicine, acupuncture is an effective therapy for fertility.

Pre-conception acupuncture can:

- Regulate the menstrual cycle.
- Stimulate ovulation; Increase blood flow and circulation in the uterus.
- Invigorate sperm count and motility.
- Enhance reproductive health.
- Support you throughout the anxiety and emotional rollercoaster that frequently goes hand in hand with trying to conceive.

Used as the primary therapy when trying to achieve conception, acupuncture & Traditional Chinese Medicine (TCM) are tailored to your unique constitution. The causes of infertility are varied according to TCM and there are many different treatment protocols depending on the cause. For example, one cause may be that the uterus is simply too cold, or has a lack of blood circulation. In these cases treatment involves warming and increasing circulation in the uterus. Whatever your personal pattern, acupuncture and TCM can be highly effective in correcting the imbalance to produce a successful pregnancy and a healthy baby.

Several studies have been done into the efficacy of acupuncture in conjunction with Assisted Reproduction Therapy (IVF, IUI, ICSI) with very positive results:

- In 2008 the British Medical Journal published an article that combined the findings of seven studies into acupuncture in conjunction with IVF and found that "Acupuncture can increase the chances of getting pregnant for women undergoing fertility treatment by 65%."

- A 2008 study by the reproductive medicine unit at the University of Southampton and the city's Princess Anne hospital concluded that "Acupuncture around the time of embryo transfer achieves a higher live birth rate of 35 per cent compared with 22 per cent without active acupuncture".

- A 2002 German study found that the usage of acupuncture in conjunction with ART resulted in 42.5% of subjects becoming pregnant; as compared to 26.3% using ART alone.

Used alongside ART, Acupuncture has the added advantage of balancing you emotionally and tackling the side effects that can arise from the drugs used in these treatments. To find out more visit [www.amandajcox.com](http://www.amandajcox.com)

Amanda Cox (LicAC DipTuina MBACC)

practices acupuncture, Traditional Chinese Medicine and Chinese Patent Herbal Medicine at BodyMatters on Mondays and Wednesdays. She has treated many cases of male and female infertility and often works in conjunction with IVF and IUI protocols.

