

Time for ACT-ion

Welcome to our fifth newsletter – for therapists and anyone who takes an active interest in the benefits of complementary therapies and health issues. We hope you enjoy it. This newsletter is for you, your friends and family. If you have any interesting articles you feel could be included in future issues please contact us at sasha@moonwind1.freeserve.co.uk or write to us at:

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Sasha Taylor, Mike Craig: ACT – Association of Complementary Therapists
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Date for your diaries – Saturday 14th October, Mind, Body and Soul Day, Amersham Common Village Hall
further details see page 8 or visit <http://www.a2zidx.com/?Act>

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Iron supplements – do we really need them?

Most people know that a low level of iron in the blood causes anaemia. This is a condition in which the number of red blood cells is lower than normal. Anaemia and iron deficiency, however, are different conditions. Anaemia can be caused by a diet which is deficient in folic acid or vitamin B12, disorders of the bone marrow (where red cells are made) and conditions which increase the rate at which red blood cells are broken down in the spleen.

Mild iron deficiency may cause fatigue, immune defects or fungal infections of skin. Women are particularly prone to iron deficiency, especially during pregnancy and if they experience heavy periods. This can cause chronic fatigue because the blood loss reduces iron rich red cells which carry oxygen around the body, enabling muscles and other vital cells to work efficiently. In such cases low doses of iron can help - twenty milligrams per day is all that's needed, no more.

Iron is unique among essential minerals, because there is no mechanism for its excretion once absorbed into the body. Whatever iron is absorbed must either be used or stored and excessive storage of iron in the body promotes the generation of free radicals. Excess dietary iron has been implicated by some scientists as a cause of cancer and heart disease. It also increases the risk of bacterial infection.

The amount of iron needed for optimal health is finely balanced. Except for the lactic acid bacteria like Lactobacilli, found in the gut, all microbes require iron for growth. Humans produce iron-binding proteins which lock up free iron so that microbes can't use it. This is an ingenious way of controlling dangerous bacterial invasion in the body. An excess of iron overcomes this protective mechanism and increases susceptibility to bacterial

Many commercial iron pills contain sixty to three hundred milligrams of iron, far more than are needed. High dose iron supplements can increase susceptibility to bacterial infection.

Studies in south east Asia have shown that children dosed with iron fail to grow normally. And in Africa when iron supplements were given to tribes people, their rate of infection increased, even though their iron deficiency was corrected. These harmful reactions to iron supplements in Africa and Asia hint at an interaction between iron and zinc.

Iron supplements can interfere with zinc absorption. So can starch and fibre, and calcium and iron. Lack of stomach acid, which may be caused by infection or acid-lowering drugs, also interferes with zinc absorption.

Zinc deficiency is common in Africa and Asia, where people consume large quantities of milk, which is high in calcium and low in zinc. High consumption of starches and fibres also interfere with zinc absorption. Zinc deficiency profoundly depresses immunity and administering iron to a zinc-deficient person is extremely risky. Not only does iron stimulate bacterial growth, but, by aggravating zinc deficiency, it weakens the immune system

Iron should only be taken when a diagnostic blood test reveals a genuine need. It should not be taken as part of a multivitamin or multi-mineral preparation. It interferes with the absorption of the essential minerals zinc, manganese and molybdenum; it destroys vitamin E; and its own absorption is blocked by calcium and magnesium.

How do humans benefit from music?

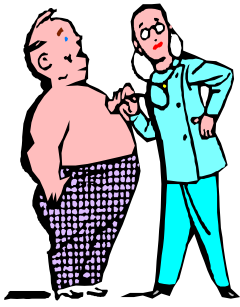
Have you ever thought about how important music is in our lives? In every race and creed, people sing to each other. In some ways it is a way of communicating our feelings but it also has lasting effects on our brain activity and development. A recent volume of the Annals of the New York Academy of Sciences studied the way music has evolved and how we respond to it.

It is believed that animals such as birds, dolphins and whales make sounds analogous to music out of a desire to imitate each other. This allows them to live harmoniously together and prevents the risks of territorial rivalry. This ability to learn and imitate sounds is a trait necessary to acquire language and scientists feel that many of the sounds animals make may be precursors to human music.

There has been much interest in music in relation to making individuals smarter. Scientists have found more grey matter in the auditory cortex of the right hemisphere in musicians compared to non-musicians. They feel these differences are probably not genetic, but instead due to use and practice. Introducing babies to music, even before birth may enable them to learn to talk sooner and pick up vocabulary more easily. Often musical people are good at foreign languages, as they are good mimics.

Listening to classical music, particularly Mozart, has recently been found to enhance performance on cognitive tests. Listening to any music that is personally enjoyable has positive effects on cognition. Playing classical music to children has been proven to enhance their concentration and learning. In addition, the use of music can enhance memory by activating neural networks. So if you want to improve your ability to learn, turn off the pop music and tune in to the classics.

Ten ways to maintain a healthy weight



There is much debate these days about what is a healthy weight. There are many charts and tables around which tell us what weight we should be, but what may be overweight for one person may be ideal for another, it depends on the percentage of fat in our bodies, and our levels of fitness.

We are all different. We have different bone and muscle structures too, and our hormones can also influence our weight. For example there are many variations of sexuality in both men and women. There are macho males and more feminine males – ‘tom-boy’ females and ‘girly’ females, it all depends on our hormones and hormones can govern whether our bodies lay down muscle or fat. Ironically, our diets can govern the production of male and female hormones – an unhealthy high fat diet can effect hormone production, leading to skin problems, lethargy, weight gain and, in women, heavy periods and pre-menstrual syndrome (mood swings, painful breasts and swollen abdomen).

A lot of our eating habits are ingrained from childhood. We are told to finish off our food, hurry up, eat what we are given, etc. At school, children rush their food so they can go out to play and as adults we are often too busy to sit and enjoy a meal. These eating habits can effect the way we digest our food and cause us to over-eat.

What we are eating also affects the type and quantity of fat we lay down. Some processed fats in our food can make our cells insulin resistant over time, so that although we are eating sufficient food, we still feel hungry because the glucose from our food is not being taken up by our cells. The incidence of type 2 diabetes is spiralling out of control, with more and more children becoming diabetic too.

Food and nutrition is a vast subject and in many cases, the standard of our diet is far from satisfactory. It is high in saturated fats, salt and sugar and deficient in fibre, vitamins and minerals. Food manufacturers will state their food is ‘low fat’ or ‘no sugar’ but it will contain a cocktail of other undesirable substances. Low fat cereal will often contain high sugar and salt. Low sugar food will often be laced with aspartame, artificial colours, flavour enhancers and saturated fats.

Weight control need not be boring or punishing. Whether your problem is underweight or overweight, unless there is a medical reason for it, proper nutrition and sensible eating habits should gradually rectify the problem.

If you make a fist with both hands and put them together, that is the approximate size of your stomach.

1. If you want to lose weight, arrange smaller meals attractively and use smaller plates.
2. Eat slowly and chew your food thoroughly. By mixing your food with saliva you are starting the digestive process. This means that starchy food will start to release glucose into the blood sooner and your hunger will be satisfied quicker.
3. Sit down and try to relax when you eat. This allows your digestive system to work efficiently. When you are stressed the smooth flow of food through the gut is spasmodic, causing poor absorption of food and bloating.
4. If you are suffering from stress, try to deal with it. Stress causes adrenalin levels to rise in the blood and this in turn causes the liver to release stored glucose into the blood. This makes blood sugar and insulin levels rise, making you feel more hungry.
5. Train yourself to recognise when you are not quite full. There is no need to ‘stuff yourself’ and make yourself uncomfortable. And there is no need to clean your plate. If you feel you have eaten enough, leave it and serve less food next time.
6. Eat little and often. Try to keep your blood sugar levels even. If you only have one or two big meals a day your blood sugar will yoyo and your body will store fat to protect you from famine. If you are starving hungry, when you do eat, you will eat too quickly. This means that your stomach will be full and you may still feel hungry. This is because the food has not had time to break down and raise the blood sugar.
7. Don’t snack on junk food, which is high in unhealthy fats and sugars. Avoid all processed fatty and sugary foods. Eat a piece of fruit, a carrot or a few nuts. Harmful fats such as hydrogenated fats can change the structure of cell walls, making them ‘stiff and sticky’ - they also clog up your arteries. Sticky cell walls hinder the uptake of glucose, causing insulin resistant diabetes. It is also more difficult to shed excess fat from these cells.
8. Don’t miss breakfast. Your metabolism is at its most efficient in the morning and you will get the most benefit from a meal. In the evening your system slows down and stores food for the coming night’s fast.
9. Eat a high fibre balanced diet – about one third each of carbohydrates, and protein. Make up the rest with fruit, vegetables and vegetable fats.
10. If you are desperate to lose weight and then keep it under control you will have to change your way of eating for life, but that doesn’t mean food has to be dull. Get some good recipe books, learn about a healthy diet and if all else fails get a hypnosis CD – they can be very effective.

Can fast food chicken cause cancer?

Fact: Fast-Food Grilled Chicken Contains Dangerous Carcinogens. In the US samples were taken of grilled chicken products from seven national restaurants. In every case the food tested positive for a dangerous carcinogenic compound. Who is going to warn unsuspecting consumers? What is the situation in the UK?

Five Powerful Foods for Prostate Cancer Prevention

In the battle against prostate cancer, men need all the ammunition they can get and five healthy foods can help them reduce their risk: Beans - tomatoes - sweet potatoes - broccoli - soy milk. Scientific studies are also finding that a meatless diet, combined with other lifestyle changes, can help keep early-stage prostate cancer from worsening.

Food for thought?

An experiment was shown on ITV's Tonight with Trevor McDonald on 28th April 2003, which summed up what nutritionists have known for years. A pair of twin boys were put on different diets for two weeks. While Christopher continued feasting on chocolate, crisps and fizzy drinks full of E numbers, Michael was eating fresh fruit, vegetables, nuts and cereals. Before the experiment, they had IQ tests and the results were identical. Two weeks later and Michael was beating his brother in IQ and concentration tests by 15%. Michael's behaviour changed radically. He became calmer, more talkative, developed a sense of humour and 'did as he was told' more frequently. When the E number ban was introduced to the twins' class at Dingle School in Crewe, 60% of parents reported improvement in their children's behaviour, sleep patterns and ability to co-operate.

Wait-and-see approach lowers antibiotic use for ear infections

A new study suggests that taking a wait-and-see approach before giving antibiotics to children with acute ear infections results in significantly lower use of antibiotics, with little difference in outcomes for the children. Resistance to antibiotics is a major public health concern worldwide, and acute ear infection is the most common reason for prescribing antibiotics to children.

Industry's toxic chemicals poisoning our bodies

Modern chemistry keeps insects from ravaging crops, lifts stains from carpets, and saves lives. But the ubiquity of chemicals is taking a toll. Many of the compounds absorbed by the body stay there for years - and fears about their health effects are growing. Even though many health statistics have been improving over the past few decades, a few illnesses are rising mysteriously. From the early 1980s through the late 1990s, autism increased tenfold; from the early 1970s through the mid-1990s, one type of leukemia was up 62 percent, male birth defects doubled, and childhood brain cancer was up 40 percent. Some experts suspect a link to the man-made chemicals that pervade our food, water, and air. There's little firm evidence. But over the years, one chemical after another that was thought to be harmless turned out otherwise once the facts were in.

Fast food linked to asthma

In "Fast Food And Asthma" Randall Neustaedter, O.M.D. notes several studies that explored the association between fast food and asthma in children. Results showed that the more fast-food consumed the higher the incidence of asthmatic signs and symptoms.

Old age depression linked to poor diet

Many elderly people suffer in silence with depression, which goes unnoticed and undiagnosed. They soldier on, trying to cope with hardship and loneliness – many are on their own and go days without seeing anybody. Unfortunately, due to financial hardship, they skimp on the food shopping, buying readymade meals and cutting back on fresh fruit and vegetables. Lack of essential nutrients in their food can cause depression or make it far worse. Wouldn't it be wonderful if the government could do the same for them as they do for school children – give them free or subsidised fruit and veg. Surely there is plenty to go round? By improving the nutrition of elderly people we could cut illness and the consequent NHS drugs and hospital bills.

Food for the brain TEST YOUR CHILD

Test your child's diet and performance with a FREE on-line profile that gives you personalised advice on simple changes to make to maximise their potential.

Is your child achieving FOOD for their BRAIN?

Visit: <http://www.ftb.interactiveprofiling.com>

Manuka Oil – the New Zealand native equivalent to the tea tree plant.

You may have heard of Manuka honey, with its antibacterial and antiviral properties. Now you can buy the oil from this amazing tree. Use it for spot treatment, insect bites and stings, itchy scalp and dandruff, Athlete's Foot, muscle and joint massage, fungal infections, foot and body odour, cuts and scratches and cold sores. It has a higher antibiotic strength than normal tea tree oil and has a pleasant smell. In terms of effectiveness, independent laboratory tests have demonstrated its ability to combat 39 micro-organisms, including streptococcus and staphylococcus.

More info: www.worldofnz.co.uk

48A Dornton Road, London, SW12 9NE

Better health for low-income families in the offing

The Healthy Start scheme, which offers vouchers for fresh fruit and vegetables, milk, and infant formula to low income families and teenage mothers, has been a success in its pilot area of England, the Department of Health announced yesterday. Launched in Devon and Cornwall in November 2005, the scheme is now set to be introduced nationwide as from November 2006.

Designed to replace the existing Welfare Food Scheme, the new Healthy Start Scheme supports the governments Small change, big difference and 5 a day campaigns by encouraging people to eat more fruit and vegetables.

Spotlight on:



Aqua Detox

Imagine a warm footbath, which not only soothes your feet, but draws toxins out of your body and stimulates your internal organs, helping your body to rebalance itself and recover from many common complaints.

How does it work?

Most of us know that the human body is 60%-70% water. Different types of salts within the body conduct and generate minute electrical currents. These produce energy. Our brains are full of electrical currents, as sparks jump from one nerve cell to another, transmitting messages. Our hearts, too, have waves of electrical currents flowing through them, causing the millions of fibres to contract in unison, and making our hearts pump.

The detox footbath is filled with warm salty water (saline) and into this is placed a metal coil called an array. This generates a flow of electrons that converts the water into the same bio-energetic field as the person using the machine. The process is completely harmless, and can be used safely by people of any age.

There are about 2,000 pores on the bottom of each foot, and using the machine allows the positive and negative ions to travel through the body, which in turn sets up a vibration that releases any harmful toxins through the pores of the feet.



Surprisingly the water often starts to change colour during treatment. This is caused partly by a process of corrosion of the metal in the array and partly by an interaction with substances drawn through the skin into the water. The corrosion from the array is just part of the process and is a form of rust. Other factors influencing the colour of the water is the skin on the feet themselves. The skin may be covered in remnants of soap, creams, nail varnish, pollutants and dyes from shoes, including shoe polish, bacteria, fungi and fibres. There might also be a release of substances from the sebaceous glands and dead cells. All these factors combined will influence the colour change.

When the feet are submersed in the ionic footbath water, body fluids are actually connecting with the footbath water. As the electrical current passes between the two electrodes of the array, the water becomes the main conductor. This current extends through the feet to the body's own fluids, causing a form of electrolysis.

Another factor is also involved. As all reflexologists know, the soles of our feet have a large number of reflex points, which correspond to specific organs or certain parts of our body (this is the principle of reflexology). The soles of the feet also contain the beginnings of the meridian flow lines that are outlined in Chinese medicine, used by acupuncturists. Therefore, any kind of stimuli can cause a reaction in each bodily system, organ or corresponding body area reflected on the soles of the feet.

So not only does a certain amount of dialysis take place, but the internal organs are stimulated, helping to restore energy and balance, easing tension and re-establishing energies previously blocked. This then helps the body's organs to function correctly. In other words, by recharging the batteries, each organ can get back to its optimum efficiency.

Extensive tests have been carried out to assess the effectiveness of this treatment. All agree that for maximum effectiveness, a course of treatments is needed. Usually 8-10 weekly treatments are recommended. Treatments continue until the water remains clear during treatment. After that a top up every month or two will help to keep the body working efficiently. Treatments are £25 a session and last approximately 30 minutes.

advertisement

To book an Aqua Detox treatment contact Christine Bucklar on
01494 712 953 (mob: 07968 864073)

Aches and pains and their link to animal fats



Many people, as they age, experience generalised aches and pains and drug companies sell millions of pounds of painkillers and anti-inflammatories to help us to cope. Inflammation often accompanies joint and back pain - it is the body's way of 'splinting' the area while it repairs itself.

Inflammation is a common cause of pain and many other medical problems that we experience in Western society. Anything that ends in the letters "itis" means that the problem is inflammatory. This includes things like arthritis, tendonitis, bursitis, spondylitis, appendicitis, etc. Inflammation can be a major cause of pain.

However inflammation often occurs unnecessarily. It can be caused by the high amounts of animal fats in our diets. Land animal fats tend to contain a substance called arachadonic acid. This is a member of the omega 6 fatty acids family. We are told to eat more omega 3, 6 and 9 fatty acids but too much omega 6, without the correct proportion of 3 and 9 can stimulate inflammation. The solution is in fish oils and some vegetable oils, such as flaxseed, which contain omega 3 fatty acids. These decrease inflammation.

Our modern diet contains decreased anti-inflammatory omega 3 fatty acids and increased pro-inflammatory omega 6 fats. This often results in our bodies having inflammatory overreactions. This excess inflammation has been associated not just with an increased tendency to pain, but at times with increases in heart attacks and other diseases as well.

You can sometimes see this tendency to over-inflammation in yourself when you get a paper cut. Sometimes the paper cut heals so quickly that you barely notice it's there. At other times, the same type of cut will be red and inflamed and will continue to irritate far beyond the initial few seconds of the cut.

Botox to relieve back pain

A hospital in South Wales is pioneering a new treatment for chronic back pain, using the anti-wrinkle drug Botox. This fashionable substance is usually used for smoothing out facial wrinkles by paralysing the facial muscles.

Doctors in Nevill Hall hospital, Abergavenny, are treating muscular back spasms by injecting the drug right into the lower back.

Botox is manufactured from tiny amounts of botulinum toxin, a potentially harmful bacteria that causes botulism food poisoning. Normally the small doses which are injected into the facial muscles temporarily paralyse them. Wrinkles are then smoothed out when the muscles relax.

But now patients at the Welsh hospital are benefiting from a different use of the drug, injecting the most powerful toxin known to man directly into the lower back. Consultant anaesthetist Dr Michael Kocan began using Botox over two years ago, but it has recently been paying dividends.

Dr Kocan recently said "A lot of back pains - despite what is seen on X-rays - are not due to bony problems, but to excessive spasms in the muscles around the spine. If you can relieve that spasm, those muscles that cannot relax are forced to relax and the pain can disappear."

One happy patient suffered with chronic back pain for 10 years. Six month ago she was given Botox and is now much improved. She reports having more energy and being free from pain. She no longer has to take painkillers with their potentially harmful side affects.

Improvements are reported by 50 to 70% of patients. Injections have to be given every six months. Botox is not a solution for everybody but with further research the future looks promising.

Can CHOCOLATE really be good for you?

There are many myths about chocolate. We know that its smooth silky texture brings intense pleasure to many people and that it can even be addictive. Some say that some of its chemicals have beneficial hormonal effects on the body but it is high in fat and sugar and not good if eaten in large quantities. Most chocolate is processed with other harmful substances like refined sugar, pasteurised dairy and a variety of ingredients that help to 'pad the product out.' This makes it cheap for the manufacturers to mass-produce, with a large profit margin.



However there is a form of chocolate that is actually good for you. Not only does it taste fantastic, but it also benefits your mind and body.

Chocolate comes from the cacao tree, a tropical Amazonian jungle tree which bears pods containing cacao beans. The beneficial way to eat chocolate, the way which can give us a wide variety of health benefits, is raw chocolate. Most chocolate comes from roasted beans, which go through procedures that destroy its nutritional value.

Here are some of the many chemicals found in chocolate.

Anandamide: the chemical that gives you a feeling of bliss and releases endorphins in the brain.

Arginine: a natural form of Viagra (remember the Cadbury's Flake adverts?)

Dopamine: a neurotransmitter which aids alertness and concentration.

Epicatechins: antioxidants, which destroy free radicals – volatile atoms which damage and destroy cells.

Histamine: an anti-inflammatory chemical.

Magnesium: a mineral used in building bones, manufacturing proteins, releasing energy from muscle storage, and regulating body temperature.

Serotonin: anti-stress neurotransmitter.

Tryptophan: an anti-depressant amino acid.

Phenylethylamine: is known as the "love drug" and is thought to be the reason why chocolate is said to be an aphrodisiac.

Tyramine: is a vaso-active amino acid which helps support blood pressure. It can cause headaches in some people

Salsolinol: a neurotransmitter linked with addiction.

Polyphenols (antioxidants)

In 1753 scientist Carl von Linnaeus named the cacao tree *Theobroma cacao* that literally means: Cacao, the food of the gods. In ancient Central American cultures, raw cacao beans were actually used as money. When the Spanish came, they called cacao black gold (oro negro) or seeds of gold (pepe de oro). Maybe this is because Cacao beans contain over 300 chemically identifiable compounds making it one of the most complex food substances on Earth!

Colour your life

Light is the only energy we can see, it consists of vibrating photons which travel at fantastic speeds, and we see it in the form of colour.

White light contains the three primary colours (red, green and blue) but it is the combination of these which determines what we see – red, orange, yellow, green, blue, indigo or violet. We can actually perceive up to 7,000,000 variations of these colours. When we use artificial light, the balance of colours may be unnatural and this can affect our mood, even causing depression or hyperactivity in children.

You may often notice the atmosphere in a room before you notice the colour scheme. Dark colours can be quite overpowering, making a room feel claustrophobic, while light colours can make an area feel spacious, lifting the spirits.

Even the colours of our clothes can affect the way we feel. Reds will give us strength and say a lot about what type of a person we are. Yellows are bright and cheerful, blues are calming and greens are conservative colours. Then there are the in-between colours such as whites, browns, greys and blacks – everyone has their own favourites and dislikes.

If you want a pleasing home environment choose your colours carefully. A home with bright multicoloured walls can be overstimulating whereas white can be too clinical. Choose colours which blend together from the same part of the spectrum, such as purples and pinks, yellows and greens, yellows, creams and blues. And of course a beautiful picture can instantly change the ambiance of your home or working space. For more information and examples of therapeutic art visit www.art-seekers.com.

Recipe exchange

Easy peasy vegetarian pizza

1 medium onion
1 small tin of chopped tomatoes
1 tbsp Tomato puree
Sprinkling of mixed herbs
½ tsp Swiss vegetable bouillon powder
2 or 3 Naan breads (1 per person)
Grated cheese
Olive oil

1. Put the naan breads in a low oven to warm
2. Peel and chop the onion and fry it slowly in the oil until soft
3. Add the bouillon powder, chopped tomatoes, tomato puree and a sprinkling of herbs.
4. Cook on full heat until the mixture reduces down.
5. Spoon and spread the mixture equally onto the warmed naan bread.
6. Top with grated cheese and finish off under the grill
7. Serve with fresh salad and olives.

This makes a tasty, cheap nutritious meal. Small naan breads can be used for children and make a filling serving.

Therapies Taster day – 16 September

Although it got off to a slow start, the people of Chesham and surrounding areas finally flocked into the Town Hall by late morning and we all had an enjoyable day. We would like to thank everyone who was involved, it was a worthwhile day. Between us, we delivered about 80 treatments. We had a wide range of therapies – Tuina (David Lamb), Cranio-sacral therapy (Sarah Luck), Homeopathy (Dr Hrisikesh Contractor), Seated massage (Lisa Kendal), Aqua detox (Christine Bucklar and Vanessa Kempner), and Kinesiology (Louise Campbell). We were lucky enough to also have Facials (Angie Clayton), Foot Massage (Linda Cockbill, Back Massage (Sasha Taylor), Indian Head massage (Nira Shah), Reflexology (Lorraine Gilbert and Vanessa Kempner), Incidentally Lorraine is a gifted medium too and managed to combine her skills on the day! We also had a visionary medium, Alixa MacIntosh, whose unique mediumistic approach caused much interest.

If you would like to book a session with any of these therapists please email us or give us a ring and we will put you in touch.

Mind, Body and Soul double event

Saturday 14th October - Sponsored by Amersham Spiritualist Centre, this event offers complementary therapies, healing, stalls, private psychic readings, refreshments and much more. Doors open 10 am.

In the evening, starting at 7pm is a demonstration of clairvoyance by international medium, Susan Mock. This medium is very entertaining, as well as bringing amazing evidence to her demonstrations.

Entry is £2.00 for the day's therapies events and £10 per ticket (booking preferably in advance) for the evening's demonstration.

If you would like tickets for Susan Mock, or would like to know more about Amersham Spiritualist Centre, please give us a ring on 01494 721739

For more info please visit

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Amersham Spiritualist Centre
Amersham Common Village Hall
White Lion Road
Amersham
Meetings every Friday at 7.15pm
Spiritual healing after the service at 9.15pm
www.amershamspiritualistcentre.co.uk

BackCare Awareness Week - 2006

16th - 21st October

Protect Young Backs' schools initiative

Schools nationwide will be taking part in the 'Watch Your Back' back health awareness days, where they will run back health assemblies, exercise classes and other fun activities. Children will be encouraged to take part in quizzes and competitions and have their backpacks weighed as part of the fun.

If you know of a school which would like to take part in the initiative you can order the packs from BackCare's online shop or contact the BackCare office on 020 8977 5474. The National Back Pain Association is a registered charity devoted to promoting back care information and giving advice.

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