

Millburn

Complementary Therapy Centre News

Autumn/Winter
2014/15 edition



ARE YOU DRINKING ENOUGH WATER?



Most of us do not drink enough and as a result are chronically dehydrated.

The list of symptoms caused purely by dehydration is daunting. Symptoms such as headache, general discomfort, loss of appetite, dry skin, decreased urine volume, confusion, unexplained tiredness, and irritability. *More prolonged or severe dehydration* can cause rapid breathing, constipation, decreased blood pressure, dizziness or fainting when standing, listlessness, insomnia, and loss of skin elasticity. Untreated dehydration generally results in delirium, extreme lethargy, seizures, sunken fontanelle ("soft spot" of the skull) in infants, fainting, sunken eyes, unconsciousness, swelling of the tongue and, in extreme cases, death. Dehydration symptoms generally become noticeable after 2% of normal body water volume has been lost. In people over age 50, the body's thirst sensation diminishes and continues diminishing with age. It is recommended that you drink **eight 200ml glasses of fluid per day** (about 2 litres). That includes all fluids but try to avoid carbonated or sugary drinks and caffeine is thought to be a diuretic.



We have 2 new speciality clinics available now at the centre.

Fertility Clinic: As several of our therapists work with fertility clients it means that we can now offer you a more rounded approach to aid fertility in couples. We also supply the Zita West fertility products.

Cancer Treatments: We have therapists who are trained to work with people who are learning to live with cancer.

Millburn Complementary Therapy Centre, 65 Millburn Road, Coleraine. BT52 1QX

Panic Attacks and Cognitive Behavioural Therapy (CBT)

If you've ever had a panic attack you'll know that the symptoms are distressing and can restrict your life because you become afraid of going to places where you might experience an attack.



So what are panic attacks, why do they happen and what can we do about them?

A panic attack starts when something makes us anxious. Anxiety creates adrenalin which results in a range of bodily sensations. You might experience a racing heart, sweating, wobbly legs, breathing, or visual difficulties. This is sometimes called the "fight, flight or freeze response" which was very helpful when we needed to fight dinosaurs and our body still uses this when we're anxious. The physical reactions

are simply the body preparing the heart and the big muscles to fight or to run away from the thing that is making us anxious.

When this happens however, we understandably think that there is something wrong with us. We may have thoughts such as "I'm going to collapse" or "I'm going mad". Of course, these thoughts make us even more anxious with the result that the physical symptoms get worse and so it goes on.

Because the physical symptoms are so unpleasant, we want to do everything we can to stop them happening. So we avoid going to places that might make us anxious or we only go out with someone else in case something happens to us. This can soon mean that we stop doing our usual activities and life becomes restricted.

In CBT, once we know that you have no medical condition that could be causing the symptoms, we then explore what exactly is going on for you e.g. what creates the anxiety, what are your physical reactions, what do you fear that the physical symptoms might mean? We then work together to demonstrate that the physical sensations although unpleasant are harmless. We work on challenging the thoughts that may maintain the problem and we gradually work on dropping the "safety behaviours" so that avoiding places is no longer necessary.

Research has shown that CBT can be a helpful way of dealing with panic attacks. If you would like to know more please contact:

Miriam Somerville the CBT therapist at Millburn. 028 70321332

Everywhere you turn, there are stories about celebrities getting acupuncture.

Supermodel, Elle Macpherson, recently said in an interview "I have acupuncture regularly" When asked how she maintained her health and well being, Elle answered, I choose to look after my body from a Chinese medicine perspective, which promotes and maintains wellness rather than treats illness.



Elle is not the only celebrity to have become star-struck with this traditional form of health care. Gwyneth Paltrow, a longtime advocate of the benefits of acupuncture and Oriental medicine, once said that having acupuncture had guided her to a new level in life, helping her to find love with her husband and giving her the strength to cope with the death of her father. In an interview with Oprah, Gwyneth Paltrow said, "I have been a big fan of Chinese medicine for a long time because it works."

Jim Carrey said "Undergoing acupuncture treatments and following nutritional advice has led to a marked change in my physical vitality and my general state of well-being."

How it works

Is there any evidence to back up this rapid growth in the popularity of acupuncture?

Besides the 2000 years of clinical evidence, there are a multitude of studies

to substantiate that acupuncture has a measurable affect on the body.

The World Health Organization (WHO) has declared acupuncture effective for more than 200 other conditions.

Susan Evans practices Traditional Acupuncture at Millburn.

"The purpose of acupuncture is to trigger your body's innate ability to self heal.

When someone comes in for treatment, all of their symptoms are taken into account and I aim at balancing the energy within the body to optimize health. Each treatment is tailored for the individual. Talk to Susan to see if Acupuncture



Arthritis and Physiotherapy

There are more than 200 types of arthritis and related conditions. In osteoarthritis the joints show signs of wear and tear, which increases as time goes by. In rheumatoid arthritis, the body's immune system attacks the joints, which can become red and swollen if not treated. Most types of arthritis have several causes. If there is arthritis in your family, you may be more likely to develop it. However, arthritis can start suddenly, without cause, at any age.



Physiotherapy has been shown to work through clinical studies and research and is a treatment you can trust.

There are exercises that can reduce joint pain and ways to try and avoid it coming back. Depending on the individual person, changes in your

posture and lifestyle may be useful.

[Top tips for arthritis care:](#)

Keep active. Work on keeping your muscles strong and your joints moving

Maintain a healthy weight, so your body is

Avoid making an inflamed joint worse

Get advice on how to manage your condition yourself

Good posture will help you carry your body weight evenly, using both your arthritic and non-arthritic joints. Poor posture can cause problems with your healthy joints, as well as your digestion and breathing

Use cooling packs over painful joints (always follow manufacturer's instructions)

If you would like further information or would like to make an appointment, please ring Kerry or Joanne on 028 7032 1332 or 077 0884 8031.

BUT physiotherapy can help! 2014

Guidelines from the National Institute for Clinical Excellence (NICE) state that exercise is a core treatment in managing osteoarthritis. We, as physios, provide advice and education on exercise, pain relief and ways to manage your condition. We can teach you how to improve your joint movement and your walking, as well as how to strengthen your muscles.

When you see a physiotherapist, we will assess your problem and give you advice. We may also treat you with manual therapy, electrotherapy or acupuncture.

North Coast Natural Therapies

is a small local business based in Castlerock and now offering Kinesiology at Millburn Complementary Therapy Centre



Here's a little bit of info about what we do...

KINESIOLOGY – Kinesiology is a whole person approach to bring the systems of the human body back into balance. Using muscle testing we work with the physical body to test for physical, emotional, nutritional or energetic imbalances.

*"The most accurate diagnosing tool you can have is in your office — **YOUR PATIENT**"*

George J. Goodheart, Jr. founder of Applied Kinesiology

Michelle has been studying kinesiology for over three years and to date has treated many clients who have benefitted from kinesiology techniques. It's her hope that in the future many more can also feel the benefits!

Here is just a short list of some of the things kinesiology can help with:

Tiredness	IBS/Constipation/Bloating	Sports Injuries
Stress	Weight Problems	Sports Performance
Arthritis/Joint Pain	Food Intolerances	Breast tenderness

YOGA - Michelle is also a qualified Hatha Yoga teacher

Yoga is for everyone no matter what age or ability. For me it is all about your breath and listening to your own body, being interested in you! It can be challenging but breath, focus and awareness are always attainable. To me yoga is stillness in the centre of my being which makes me grateful for everything there is. Life is just better with yoga!

Yoga Classes

Mondays (starting 15th September 2014) Improvers 6.15pm-7.30pm
Portstewart Town Hall (Minor Hall) Beginners 7.45pm – 9pm

Thursdays (starting 4th September 2014) Improvers 6.15pm-7.30pm
Peter Thompson Hall, Castlerock Beginners 7.45pm – 9pm

All classes £6/session or £5/session when block booking

For more details on classes and availability

*call **07902 88 60 69***

or contact us on our Facebook page NCNT Mind Body Balance

For kinesiology you can also phone 02870321332



Millburn Gift Vouchers

Give someone you love a Millburn Gift voucher.

A present with some real thought behind it. Vouchers can be bought at the centre or ordered by phone 028 70321332





Reflexology is a non-invasive holistic therapy which encourages the body to return to its natural state of balance. It is the technique of applying pressure to reflex points on the feet that correlate to all the organs and glands. Stimulation of these points will bring about a state of deep relaxation encouraging the body's own natural healing process.

Regular reflexology treatments will reduce tension, reverse the effects of stress, increase circulation and encourage detoxification.

Reflexology does not cure – only the body can do that, but it does facilitate healing of the body and mind by giving your inner doctor a nudge! Reflexology helps give your body what it needs,

whether that be conceiving or carrying a child to full term, alleviating symptoms of a multitude of ailments, or simply prompting you feel healthier!

Emma Kane is in her third year as Resident Reflexologist at Millburn Complementary Therapy Centre. She is qualified and experienced in fertility and maternity reflexology. Emma offers a caring touch and a gentle approach putting clients immediately at ease. She will listen intently to you and your body to help you achieve better emotional and physical health. Emma can facilitate morning, weekend or evening



appointments on request.

07595462470

028 70321332

emmak31@mail.com

contact@millburntherapy.org

www.emma-kane.co.uk

www.millburntherapy.org

Zen Facial and Indian Head Massage

looking better is only the beginning With Joanne Kennedy-Deering

Zen Facial is a gentle yet powerful technique that releases the stress locked in the face.

Indian Head Massage is a wonderfully relaxing therapy that involves massage of the



upper back, shoulders, neck, head and face.

Ring 028 7032 1332

M

HOLISTIC HARMONY

A

AROMATHERAPY

S

Zoe McClements

S

Now specialising
in treating
people with
cancer

A

G

E

Phone

028 70321332



Nutritional Therapy at Millburn

Contact Morna for details



Association of Nutritional Therapy and
Applied Nutrition (BANT).

Phone 02870321332

Millburn complementary therapy centre

www.millburntherapy.org

028 7032 1332

VISUAL STRESS

Migraine affects about 15% of adults in the UK, usually causing a severe headache, felt as a throbbing pain at the front or on one side of the head. 20% of migraine sufferers also experience perceptual disturbances known as 'aura' before their headache, such as seeing zigzag patterns, flashing lights or feeling a prickling sensation on their skin.



Certainly, migraine can affect people in a number of different ways.

Flicker and pattern glare have been shown to precipitate migraine, coming from many sources, including fluorescent lighting, computer screens, and even striped clothing. Those with pattern glare may find escalator stairs difficult.

'Supermarket syndrome' is a term used to describe the disorientation and light-headedness some people feel under supermarket lighting. This is called 'flicker vertigo,' Helicopter pilots may be affected as they look at the rota blades turning in the sun. The flickering sunlight causes disorientation or even a seizure similar to epileptics. Flicker vertigo can also affect drivers sunlight flickers through trees. Migraine can affect the inner ear, causing

Migraine Associated Vertigo, imbalance, and dizziness. These are 'vestibular migraines.' 'Otic migraines' are similar, but affect hearing.

The refresh rate on a computer screen may make users feel excessively tired.

Tiredness using a computer may be explained in terms of electromagnetic hypersensitivity, which is also associated with headache, sleep disturbances, and skin prickling.

At The **Visual Dyslexia Centre**, we see many patients with migraine and all types of aura. We believe flicker sensitivity and pattern glare largely contribute to their symptoms and can now offer Vista Mesh or Honeycomb lenses, which dampen flicker and deflect EMI radiation. We can advise you on lenses and can arrange a free trial.

In addition to Vista Mesh and Honeycomb lenses, coloured lenses may still be helpful to migraineurs. Some cells of the retina contain a pigment that is sensitive to blue light. For some migraineurs, increasing the amount of blue light getting to the retina seems to help. Coloured lenses can only be supplied following a consultation.

If you suffer with migraine, give us a call today and ask for the visual stress clinic. We will do our best to help you!

Introduction to Mindfulness Group

If you are interested in learning about mindfulness, Miriam Somerville, the cognitive behavioural therapist at Millburn is running an

Introduction to mindfulness course .

Each session will last an hour and cost £10.00.

If you're interested, let Miriam know by phoning Millburn.

Numbers are limited to 6-8 people maximum.

Dates of Introduction to Mindfulness :

Thursday 25th September, 6.30 – 7.30pm

Thursday 9th October, Thursday 23rd October 6.30 – 7.30pm

Thursday 6th November 6.30 – 7.30pm

Mindfulness

BRA BANK.



A very big **Thanks** to all who have deposited their old bras in our Bra Bank.

"Pretty 'n' pink" are delighted with our ongoing support.

Please let all your friends know. The bras are sent to women in third world countries so keep depositing.

THE REAL HEALTH STORE

15 Stone Row Coleraine



Nutritional, Herbal & Sports Supplements

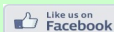
Natural Body Care

Organic Foods

Opening : 9.00am—5.30pm . 6 days

Tel 70329277

www.realhealthstore.co.uk



Maya Abdominal Therapy

This technique is performed externally by gently guiding and supporting organs back into their optimal position.

It addresses congestion in the reproductive organs, and helps many common digestive disorders.

It effectively improves the vital flows of energy, blood, lymph and nerves in the abdomen.

Can release emotional and energetic tension from the abdomen. preventing the progression of chronic disease while improving the body's ability to
SELF REPAIR AND BALANCE.



*Call **Sheila** on 028 70321332 for an appointment*

Radiance - Natural Health and Healing

Contact us today and be gifted with a complimentary space at one of our upcoming inspirational events



Living your true purpose with a sense of aliveness

Integrated Energy Therapy

Seminars

Training opportunities

Sharing what we love

Loving what we share

07709408753

Millburn complementary therapy Centre

www.millburntherapy.org

028 7032 1332

Jillian Topping BSc (Hons)

Sports Therapist
Providing:

Sports Massage
Dry Needling

Examination & Assessment of Sport-
ing Injuries (ranging from back & neck
injuries, shoulder & rotator cuff problems,
knee and ankle ligament injuries)
Sports Specific Treatment &
Rehabilitation
Sports Injury Prevention
Athletic & Kinesiology Taping"

Phone 028 70321332

women's health & continence physiotherapy



*Treatment of **bladder** and **bowel**
control problems and **pelvic pain**.

*Treatment of **pregnancy-related**
pelvic girdle pain (antenatal & post-
natal).

Contact: **Janice Allen** BSc (Hons) MCSP
T: 07596 756514 or 028 70321332

The Foot Clinic @ Millburn. Some facts about your feet.

Your **feet** mirror your general health. Conditions such as arthritis, diabetes, nerve and circulatory disorders can show their initial symptoms in the feet - *foot ailments can be your first sign of more serious medical problems.*

An average healthy person should aim to take 8,000 to 10,000 steps a day. That covers several miles and adds up to about 115,000 miles in a lifetime. By age 70, the average person will have walked the equivalent of 4 times around the globe.

At the Foot Clinic we provide treatment for corn and callus problems, toenail problems, bunion problems, flat feet or fallen arch problems and toe/joint deformities.

Phone 028 70321332 for an appointment



*Many, many congratulations to Morna Nelson, our Nutritional Therapist
on the birth of baby Grace*

Therapies now available at Millburn

ACUPUNCTURE
AROMATHERAPY
COGNITIVE BEHAVIOURAL THERAPY (CBT
and Counselling)
FOOD INTOLERANCE TESTING
INDIAN HEAD MASSAGE
KINESIOLOGY
MAYA MASSAGE
NUTRITIONAL THERAPY
PHYSIOTHERAPY
PODIATRY
REFLEXOLOGY
SPORTS THERAPY AND MASSAGE
VISUAL STRESS AND DYSLLEXIA
WOMEN'S HEALTH PHYSIOTHERAPY
ZEN FACIALS

Susan Evans
Zoe Fleming

Miriam Somerville
Susan Evans
Joanne Kennedy-Deering
Michelle Greer
Sheila McCorkell
Morna Nelson
Kerry Marsh/ Joanne McCracken
Sarah Jane McIntyre
Emma Kane
Jillian Topping
Robert Longhurst
Janice Allen
Joanne Kennedy-Deering