

Volume 6

SPRING/SUMMER 2013



In pursuit of optimum health

Millburn Complementary Therapy Centre News

MILLBURN
COMPLEMENTARY THERAPY CENTRE

Follow us on Facebook to catch up on all the latest news and offers.
www.facebook.com/millburntherapy



Like us on
Facebook

THERAPIES AVAILABLE AT MILLBURN

- Acupuncture
- Aromatherapy
- Coaching
- Cognitive Behavioural Therapy (CBT)
- Counselling
- Food Intolerance Testing
- Homeopathy
- Hypnotherapy
- Indian Head Massage
- Nutritional Therapy
- Podiatry
- Physiotherapy
- Reflexology
- Sports Therapy
- Women's Health and Continence Physiotherapy
- Zen Facials

All therapists are fully qualified and experienced in their field.

What's new at Millburn

New Therapists at the centre

Jillian Topping is a qualified Sports Therapist and is available for appointments for Sports injuries or massage.

Joanne Deering practises Indian Head Massage and Zen Facials. Try one to see how wonderful you feel.

Loyalty Cards

We now have a loyalty card scheme at the Centre.

For every treatment that you pay for in full with any of our Therapists, we will stamp your loyalty card.

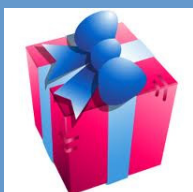
When you get 10 stamps on your card you can redeem this for a treatment up to the value of £35.

Gift Vouchers

Why not treat someone you care about to a Millburn Gift Voucher.

They can then choose which Therapy they would like to receive.

Just ring us or call in to pick up a voucher.



Please help us to support our two favourite charities

Ellies Fund is a charity which helps children with brain tumours and cancer. We need empty nappy wipe packs. There is a collection box just inside the front door.

Pretty n' pink. We have now sent over 10 full bin liners of second hand bras to women in the Third world. Women who do not own a bra are more likely to be seen as unimportant and therefore more open to abuse. Please help these women feel safe by donating your old bras. For every kilo, we are able to send money to Pretty n' pink, N. Ireland's only dedicated breast cancer charity. Thanks to all who have already donated.



Put a Spring in your Step with some Vital Nutrition!!!!

Morna Jardine FdSc DipION MBANT

Thankfully Spring is on its way, and we turn our thoughts to fresh growth and rejuvenation! Longer days, more sunshine, warmth in the air....all long overdue! This is a great time of year to start a lifestyle change and adjust to a healthier eating plan. *At Vital Nutrition we do not promote crazy quick fixes or diet fads*, just simple practical changes that are easy to sustain and which achieve goals. We teach you how to work with your body and its metabolism, instead of getting frustrated with a lack of progress. Sound good??!

Morna runs one to one nutritional consultations for maximum benefits through analysing your current diet. She advises sustainable dietary and lifestyle changes, with the use of supplements when required for extra support. Or if you feel you would prefer

group learning, then why not try Six Weeks to Super Health? A fabulous informative course to help you navigate your way through today's minefield of nutritional information. A weekly class with different topics, practical advice and recipes. Previous participants have found the course life changing! See the Millburn website for testimonials about the course (www.millburntherapy.org).

The next Six Weeks to Super Health will run from Thursday 18th April from 6pm-7pm for six weeks, at the Arcadia in Portrush. For further information and booking check out www.vital-nutrition.co.uk, early bird price £60 if booked before 11th March, £90 after 11th March; or call Morna on 0774 0555 464.

Make that change today, and benefit from more energy, balanced weight, And a reduction of symptoms.



traditional acupuncture

SUSAN EVANS

RGN, RSCN, LicAc, MBACc



**For a wide range of conditions
Over 25 years of experience
Free 15 minute consultations**

Ring 028 70321332

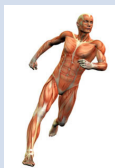
BACc Member
www.acupuncture.org.uk



Sports Massage Jillian Topping

The application of sports massage has many benefits for an athlete, regardless of what type and level of sport in which they participate. Sports massage can be applied in many different situations, for example;

- Pre-competition
- Post-competition
- In the Treatment and Rehabilitation of Injuries
- Training & Conditioning
- Psychological Involvement



Prior to a competition or sporting activity, massage can improve the athlete's circulation, bringing nutrients to the muscle to prepare it for work. Tissue temperature is therefore raised, allowing the mobilisation of tissues, giving freer movement and decreasing the likelihood of injury. Adhesions and scar tissue in a muscle (which may hinder performance) can also be loosened. Consequently the muscle can be stimulated in readiness for sport, decreasing stress on the body.

After a competition, massage can re-distribute blood in the body, preventing pooling and thereby improving an athlete's recovery time. Massage can clear waste products that accumulate during exercise therefore reducing Delayed Onset Muscle Soreness (DOMS) and fatigue, which commonly affect an athlete post competition. Stiffness that occurs after intense physical activity can be relieved along with pain and physical tension.

When dealing with an injury, massage can help reduce swelling and pain. Blood flow to the injured area brings repair substances and removes harmful substances such as dead cells and chemicals, stimulating the healing process.

Athletes who partake in training and conditioning programmes can also benefit from sports massage. Regular massage can increase muscle tone, maintain mobility and flexibility, improve recovery and performance and decrease the risk of injury.

Finally, sports massage can assist in psychological preparation. Relaxing the mind, allowing an athlete to focus and tune into the job in hand. It may form part of an athlete's routine and pre-competition ritual. Post-competition, massage can reduce tension, de-stress and help an athlete to remain calm.

Hello Nuala,

My mother died over two years ago and I am still finding it hard to come to terms with it for a number of reasons. It is causing problems with my family and in my life in general.

John, Ballymoney

Hi John,

People experience grief in different ways. The process of grieving begins from the initial loss which is shock, followed by the absence of feeling, (that includes anger or denial), depression, helpless or hopelessness, self-reliance, hope and finally acceptance. The important element is to allow yourself to feel the emotions surrounding the loss whether it be sadness, pain or anger. By giving yourself permission to experience these emotions can help you through the grieving process towards acceptance. To achieve acceptance many people need to find closure.

Counselling can help you talk through your individual feelings and the emotions that you are experiencing to help you find closure.

Call Nuala on 0770883765 or 028 703 21332



PODIATRY AT MILLBURN WITH Sarah-Jane McIntyre

Sarah-Jane has 4 years experience & is passionate about what she does. It is important that your feet are in good working order otherwise you will feel aches & pains in other parts of your body – such as your knees, hips & back, as well as in your feet. Our podiatrist specialises in biomechanics which is about the way your body moves & how the alignment of your feet affect the rest of you. Treatments include:

- Corn reduction & removal
- Thickened nail treatment
- Callus / hard skin removal
- Verrucae treatment
- Massage of the foot after treatment
- Cheapest prices in the triangle area



SPRING CLEAN – Zoe Fleming

Long winters make you feel as if your body has been in a state of hibernation. STOP!! Long dark nights, central heating, coal fires and dry air all affect your metabolism, leaving you feeling tired, lethargic and drained with the drag of daily life. Imagine the feeling of well-being that could be realised through Aromatherapy Massage.

If you identify areas of concern, treatments will be created for your specific personal needs and will be progressively flexible to reflect your progress.

If your sleep pattern is poor or your appetite is wavering between excess and starvation, think about the reason for that. The body is complex and like any other piece of technology, it needs to re-boot.

After this long period of inactivity through the winter months an aromatherapy massage

could recharge your system and kick start your spring season, giving you a heads start on the competition for the year ahead.

Zoe will tailor your treatment to address your physical and emotional needs and you should realise the benefits almost immediately. The facilities at Millburn Complementary Therapy Centre offer a private luxurious space with a comfortable and relaxed atmosphere. Discretion is assured. After an initial 6 week course, each client should achieve an increased physical and emotional state of well-being. A controlled reduced period of monthly aromatherapy massages will help to maintain these new levels of positivity. Although Aromatherapy Massage is still seen by some as being a luxury, it is

particularly suited to conditions involving stress or improving emotionally related conditions including, insomnia, headache, digestive disorders, PMS,



and general back pain.

Prices of Aromatherapy Treatments

Full Body £35 per treatment

Half Body £20 per treatment

[Sign up for one treatment each week for 5 weeks and receive your 6th treatment free!!](#)

Zoe Fleming BA(hons), MFHT, IIHHT
zolistic_harmony@hotmail.co.uk

Have you lost your

Zest for Life?

Do you lack

Motivation?

Want to get it back?

It's easy to lose focus in these difficult times and it can affect your relationships, family and staff.

Why not call **Angela Bonnar** (LBC.Dip) at Millburn
on 028 703 21332 or 07723395548
Get your mojo back.

Confidence Building Course at **Millburn Complementary Therapy Centre**

Join Diane for a 6 week evening course at the centre looking at building confidence.



For more details ring Diane on 07533771301

THE REAL HEALTH STORE 15 Stone Row Coleraine

**NEW SHOP NOW OPEN**

***Nutritional, Herbal & Sports supplements**

***Natural Body Care**

***Organic Foods**

Opening : 9am—5pm . 6 days.

Tel 70329277

Homeopathy – Mary Barr FLU - Top 5 Natural Remedies

According to a current campaign on radio and in the media **"Antibiotics don't work on colds and flu"** so what do you do ? Flu can sometimes drag on for weeks with persistent low energy levels and generally feeling not up to par.

These are the top 5 homeopathic remedies that may help you get back on your feet quickly without side-effects.

***Gelsemium** is for flu symptoms that gradually come on, feeling dull, heavy, trembly, and apathetic. Temperature raised and just want to sleep and be left alone. Achy muscles, head and sore throat, chills up and down the spine. Usually not very thirsty or sweaty.

***Bryonia** also has slow onset and aches all over. Temperature raised, with dry heat. Pains worse from the slightest motion, irritability and wanting to be left alone. Dry air passages and thirst for large quantities of cold water. Dry hacking cough can be painful.

***Eupatorium Perfoliatum** is for that most dreaded flu that feels as if your bones are bruised or broken plus aching muscles. Everything hurts. Runny nose and sneezing, raw chest and coughing makes the head hurt. May vomit green bile. Worse for movement.

***Rhus Toxicodendron** is for flu that comes on in cold damp weather with aching and stiffness in the joints which is worse when trying to get up after sitting or lying down. Pains usually ease up after a bit of movement but patients tire quickly and need to rest again, setting up a cycle of restlessness. All in all, they just cannot get comfortable and are often worse at night. Pains may be better for warmth.

***Arsenicum Album** flu has watery burning mucous from the nose and eyes and lots of sneezing, nostrils become sore and red. With a fever, chilly, shivery and thirsty for frequent sips of warm drinks. Mood is anxious and irritable. Everything is better for warmth except the headache which is better for fresh air. Usually worse after midnight and for change of temperature.

Match the symptoms to the remedy as closely as possible. Remedies can be obtained from good pharmacies or health food stores in a 6c or 30c potency. Take according to instructions. Only repeat the dose if symptoms re-occur. If there is no improvement after 3 to 4 doses, have another look at the symptoms as a different remedy may be required. If symptoms persist see your homeopath or pharmacist/doctor. Mary Barr is a qualified homeopath working at Millburn. Increase your intake of fluids, Vitamin C and possibly Echinacea tincture may also help. Wash hands frequently and stay at home until better as you don't want to spread the virus to others.

HOLISTIC ZEN FACIAL - How is your face feeling today?

Millburn Clinic is delighted to introduce Holistic Zen Facials facilitated by Joanne Kennedy.

In the East beauty has long been considered as a reflection of a person's physical, mental and spiritual health. You may have noticed the state of a person's well-being simply by looking at their face.

Holistic Zen Facial is a muscle release process based on the philosophy that the face is a connecting link between the body, the mind, the spirit and emotions. Zen Facial is a gentle yet powerful technique that releases the stress locked in the face, head and neck, via a soft rhythmical touch. Meridian lines and reflex points are stimulated to balance the body and mind for an holistic result. **No invasive equipment or products are used during this process.** Your Zen Facial is a massage combining a blend of healing techniques. The fingertips work through the face releasing old emotions and blockages. During this facial massage you will sink into a deep meditative state giving your body a safe environment in which to heal. The rhythmical touch stimulates the connective tissues of the face where the collagen and elastic fibres are stored. This creates improved blood supply and lymphatic flow, as well as facilitating the removal of harmful cellular waste products. The accumulated effect is an 'uplift' - you will begin to see improved muscle tone and shape, skin texture and colour, as well as the possible reduction of fine lines. The effect of Zen Facial is profound. You can see and feel the difference from your very first treatment. Looking better is only the beginning. You will also experience a sense of calmness and increased energy, leaving you feeling totally relaxed and rejuvenated. Treat yourself to a blissful journey from head to toe and enjoy the natural beauty that radiates from within...



women's health & continence physiotherapy

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



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

Contact: **Janice Allen BSc (Hons) MCSP**
T: 07596 756514 or 028 7032 1332

perspectives

Do you suffer

anxiety

Nervousness
Panic Attacks
Fear of going out socially
Phobias

depression

Sadness
Tearfulness
Feeling tired all the time
Loss of appetite
Insomnia

Have you experienced

trauma

such as a bad traffic accident,
rape, assault or a life
threatening illness?

Cognitive Behavioural
Therapy may help!

Contact
Miriam Somerville
for a **FREE 90 minute**
initial consultation

Millburn Complementary Therapy Centre,
65 Millburn Road, Coleraine, BT52 1QX
T: 028 7032 1332
E: contact@millburntherapy.org
www.millburntherapy.org

MILLBURN
COMPLEMENTARY THERAPY CENTRE

EMMA KANE REFLEXOLOGY

20% Off Treatment Voucher
(New Customers Only)

Relax
De-Stress
Detox
Increase Circulation
Increase Energy
Promote Body Balance

Treat Yourself...To Reflexology at Millburn Complementary
Therapy Centre, 65 Millburn Road, Coleraine, 028 703 21332



Did You Keep Your New Year's Resolution To Lose Weight?

The chances are that this year has been a carbon copy of previous years for those of you who have struggled to achieve and maintain a healthy weight. As the days become longer and brighter, our resolutions to lose weight and become physically active become buried in distant winter memories. You may have started off with a real surge of **"I'm really going to do it this time"** only to bump into your old friend "this is too much like hard work" by February.

The thing is, if losing weight feels like hard work, if you feel like you have to deprive yourself of your favourite foods and that exercise is something you've "got to do" rather than something you "get to do", then you don't have to be Einstein to realise that your chances of success are pretty slim (all puns intended).

Here's something for you to chew over if you'd really like to break free from the diet trap. (By the way, you're caught in the diet trap - regardless of how slim you are - if you have to exert **"willpower"** where eating is concerned and if you have to **force yourself** to exercise just to get the body you want). Did you realise that it is totally possible to take full pleasure in food, to be free from the experience of deprivation and genuinely enjoy moving your body (just for the sake of moving your body)? Did you realise that it's possible to stop emotional eating by exploring your relationship with food (and resolving some of the emotions from your past that are haunting your present)? If you are ready to change your relationship with food and your body - and free yourself from the hold that "diets" have over you (and lose weight too!), then it's likely that you'll enjoy working with expert therapist, Jane Talbot on a 1-1 basis or as part of a group.

Jane specialises in the psychological and emotional aspects of weight loss and optimal health : you can find out more about her approach here www.thighhighbootcamp.com or call her here 07739 046943 to make an appointment.



