



Calm Minds *newsletter*

Welcome To The Calm Minds Newsletter, the place for all the latest news and information about Calm Minds. Remember, e-mail your comments and suggestions to jonathan@calmminds.com.

Massage & Arthritis

As we all know, massage is widely used for pain relief.

However, whether you can benefit from massage, and how specifically it can help your arthritis depends on several factors, including the type of massage used, the form of your arthritis and the knowledge and skill of the practitioner providing the massage.

The type of therapeutic massage generally reported to be helpful for people with arthritis is Swedish or “classic” massage. Techniques include stroking, kneading, vibration and friction/rubbing. Reported benefits include increased blood circulation (which can help reduce swelling), relief of muscular aches and tension, general physical relaxation and reduction of emotional/psychological stress. Taken together, these factors can reduce pain, albeit temporarily.

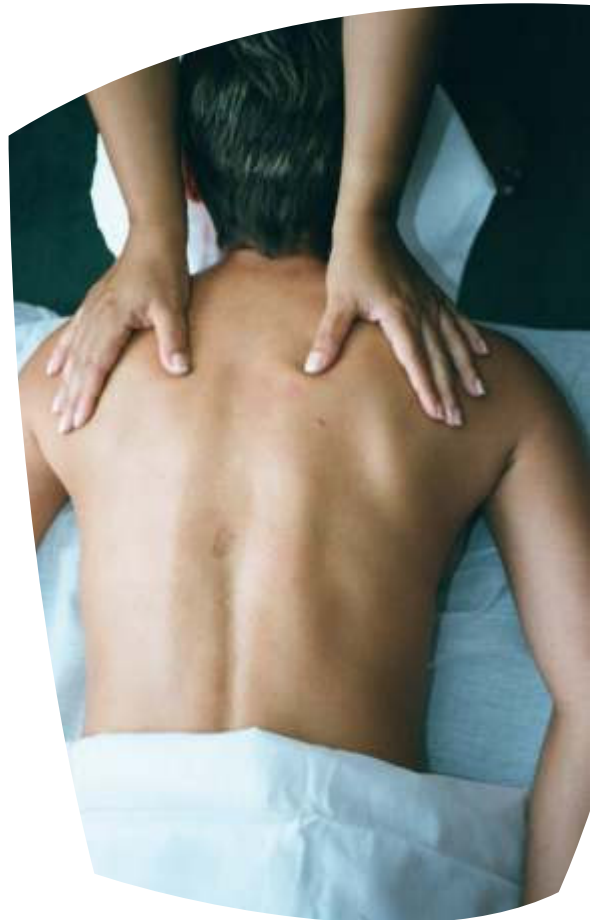
If relief from pain isn’t reason enough to use massage, another consideration is that with reduced pain you may be able to do more exercises and activities that help reduce inflammation and increase the range

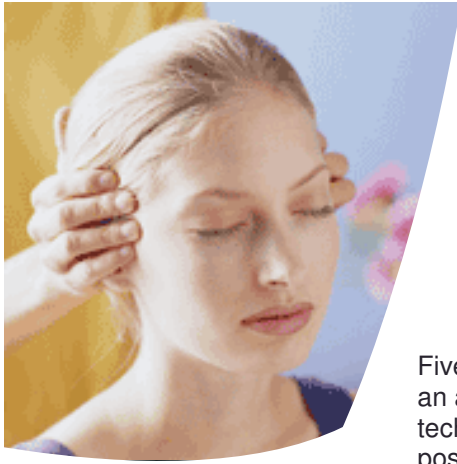
of motion in your joints. This can feed a positive cycle of less pain and improved overall function.

One thing is sure: even when practiced by the most experienced professional, massage therapy cannot reverse or slow the underlying causes of arthritis. And in rare cases, serious harmful effects have been noted for people with arthritis who have received inappropriate massage treatment.

Before arranging for your massage, it’s also a good idea to speak with your doctor who will know how massage therapy might affect your particular condition.

<http://www.arthritis.ca/tips%20for%20living/complementary%20therapies/types/massage/default.asp?s=1>





Hypnosis - A therapy to help psoriasis patients

Hypnotherapy can be of great help to psoriasis patients, according to a new report

Psoriasis is chronic relapsing skin disease which may be triggered by a number of factors, including trauma, infections and most notably emotional stress. For this reason, researchers at the Department of Dermatology, The Johns Hopkins School of Medicine, Baltimore, USA carried out a three month study into the use of with stable, chronic, plaque-type psoriasis.

Five patients received an active suggestion technique in which positive statements relating specifically to the patient's skin are given, and six patients received a neutral hypnosis technique in which there is no mention of the disease.

The researchers found that the highly hypnotisable patients received far greater benefit than those who were only moderately hypnotisable. Although

this was only a small scale study, it suggests that hypnotherapy may be a useful therapeutic treatment for those patients diagnosed with psoriasis who are highly hypnotisable.

Source : A pilot study of hypnosis in the treatment of patients with psoriasis.
Tausk F; Whitmore SE. Psychotherapy Psychosom, 68:221-5, 1999

Mindfulness Based Cognitive Therapy and the prevention of relapse in depression

Background

Mindfulness-based Cognitive Therapy has been developed with the aim of reducing relapse and recurrence for those who are vulnerable to episodes of depression.

It is needed because the risk of relapse and recurrence in those who have been depressed is very high, and the amount of triggering required for each subsequent episode becomes lower each time depression recurs. Research by Zindel Segal (Toronto), Mark Williams (Wales) and John Teasdale (Cambridge) has been investigating how meditation may help people stay well after recovery from depression.

Their work is based on the observation that, once a person has recovered from

an episode of depression, a relatively small amount of negative mood can trigger a large amount of negative thoughts (eg. 'I am a failure', 'I am weak', 'I am worthless') together with bodily sensations of weakness or fatigue or unexplained pain. Both the negative thoughts and the fatigue often seem out of proportion to the situation. Patients who believed they had recovered may find themselves feeling 'back to square one'. They end up inside a rumination loop that constantly asks 'what has gone wrong?', 'why is this happening to me?', 'where will it all end?'. Such rumination feels to the person as if it ought to help find an answer, but it only succeeds in prolonging and deepening the mood disturbance.

COMING UP AT CALM MINDS



You may have heard our local radio campaign on Imagine FM? For the month of July and to coincide with the smoking ban introduced in England on 1st July Calm Minds have "hit the airwaves". Any feedback on our radio add, or indeed any of our newspaper advertisements would be gratefully received – please email

jonathan@calmminds.com

We are starting our counselling service in September, so if you are interested in receiving counselling from one of our qualified counsellors why not book a free initial consultation now? As part of the counselling service we intend to offer a regular addiction group for eight clients facilitated by two counsellors. If you wish to be considered for the group please contact us.

Stress management at work is a huge issue, and one we at Calm Minds wish to seek to help with. We can provide a tailor-made programme of relaxation techniques and massage therapies and even include smoking cessation to comply with the local ban. Corporate counselling services are also available.

Why not pamper yourself? We are offering pamper nights for small groups of up to 5 people incorporating massage therapy, stress busting hypnotherapy and other relaxation techniques. So if you are planning on treating yourself, birthdays or hen parties, please give us a call.

For more up-dates, please keep checking www.calmminds.com

Why do people remain vulnerable to relapse?

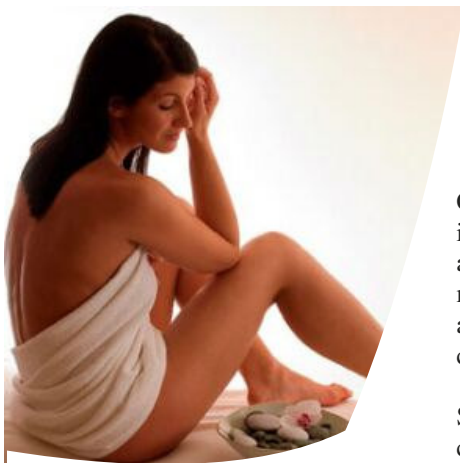
During an episode of depression, negative mood occurs alongside negative thinking and bodily sensations of sluggishness and fatigue. When the episode is past, and the mood has returned to normal, the negative thinking and body sensations tend to disappear as well. However, during the episode an association has been learned between the various symptoms. This means that when negative mood happens again (for any reason) it will tend to trigger all the other symptoms in proportion to the strength of association (this is called 'differential activation'). When this happens, the old habits of negative thinking will start up again, negative thinking gets into the same rut, and a full-blown episode of depression may be the result.

The discovery that, even when people feel well, the link between negative moods and negative thoughts remains ready to be re-activated, is of enormous importance. It means that sustaining recovery from depression depends on learning how to keep mild states of depression from spiralling

Mindfulness-based cognitive therapy (MBCT)

Based on Jon Kabat Zinn's Stress Reduction program at the University of Massachusetts Medical Center, Mindfulness-based Cognitive Therapy includes simple breathing meditations and yoga stretches to help participants become more aware of the present moment, including getting in touch with moment-to-moment changes in the mind and the body. In eight weekly classes (the atmosphere is that of a class, rather than a therapy group), and by listening to tapes at home during the week, class participants learn the practice of mindfulness meditation. MBCT also includes basic education about depression, and several exercises from cognitive therapy that show the links between thinking and feeling and how best participants can look after themselves when depression threatens to overwhelm them. These more structured exercises make MBCT different from mindfulness meditation as it is normally taught at retreat centres, but the approach is embedded within, and seeks to remain true to the insight meditation tradition that has been taught for two and a half thousand years.

Mindfulness-based cognitive therapy helps participants in the classes to see more clearly the patterns of the mind; and to learn how recognise when their mood is beginning to go down. It helps break the link between negative mood and the negative thinking that it would normally have triggered. Participants develop the capacity to allow distressing mood, thoughts and sensations to come and go, without having to battle with them. They find that they can stay in touch with the present moment, without having to ruminate about the past, or worry about the future.



Beat Cellulite Now!

Cellulite is a tough one. And the reason that it's hard to beat is that so little is known about why we get it. In fact there is just as many theories about cellulite and its causes as there are treatments and creams that claim to cure it.

Scientists generally agree that hormonal changes are to blame for the breakdown of the skin's connective tissue, but they don't always agree on how it happens.

Poor lymph drainage, lack of exercise and junk food seem to exacerbate the problem. So to do tobacco, and a high intake of coffee and alcohol. Also, with age skin naturally becomes more prone to cellulite as its elasticity starts to decrease. The result is that the connective tissue of the skin loosens,

allowing excess fat and water get through, which creates that all too familiar, and hated dimple effect.

It's not all bad news though. Regular massage, skin brushing, exercise and a nutrient rich diet can all help smooth things out in the cellulite zones.

Massaging cellulite prone spots may help to stimulate circulation in that area and get lurking toxins on the move.

The Health Store Magazine July/Aug 2007

Dimpled skin, orange peel legs, thighs that look like the surface of the moon – yes we are talking about us and the dreaded cellulite. Most of us have it at some time, we all hate it and many women will go to the ends of the earth to try to beat it, but often to no avail.



How You Can Loose Weight Using Hypnosys

Should you lose weight quickly or slowly?

Losing weight and keeping it off are **much, much easier** than you probably think... The **healthiest** way to lose weight is not the quickest way to lose weight. Crash diets and new, trendy weight loss plans or sudden and drastic increases in exercise are not recommended and most doctors consider such an approach to weight loss to be dangerous.

Have you ever felt that the whole weight loss game is just one big lie? **You lose some weight - you put it back on.** Each time you feel even more miserable than you did before.

Most people, when they look back at their weight loss history find that over time they are actually putting weight on. What a contradiction!

Does this sound familiar to **you**?

We have spent years making this website as easy to use and as useful as possible. Try the free little online book for ideas and tips for **long term weight loss that really works!**

Do you want to know the real secret?

People who are happy with their weight and keep to a healthy weight don't actually try. They just do things a certain way. The formula for success is actually easy and it's the same formula being used again and again. It's actually all about "**habits**".

Want to stop going round in circles trying to break old habits? The reason hypnosis is such a **powerful tool for weight loss** is it's potential to help you build new healthy habits. This is ideal for **easy, natural** weight loss. We are dedicated to the idea that this weight loss should be permanent and healthy and that's why we are very careful about the products we sell and recommend on this site.

Weight loss hypnosis from Hypnosis downloads.

Exercise is highly recommended as part of a weight loss plan combined with a healthy diet but changes must all be gradual ensuring that you find a very natural way to lose weight.

Lose Weight and Keep it Off! The Secret to Easy and Permanent Weight Loss

Hypnotherapy can help with weight loss and weight management in many ways

- Developing a new self image. See yourself in the future after losing weight and make that your desired future outcome.
- Learn to be more relaxed about weight loss and weight management. Stress is often a serious factor in bad diet and comfort eating.
- Positive thinking about weight and diet. Stop worrying about your weight and about weight

loss and start looking forward to losing weight and achieving your goals.

- Create a self-fulfilling prophecy. In other words, start to feel better about yourself. This will help you to lose weight and, of course, losing weight will help you to feel even better about who you are and what you can achieve. The whole thing becomes a very positive cycle which goes round and round. Most people expect to have to lose weight in order to feel good about themselves. Interestingly, when you start to feel good about yourself, weight loss, health and happiness often follow.