

## Spring forward ...

Welcome to the Spring issue of the ICM Journal. First of all, to report back from the Winter issue, we were delighted to receive such a great response to our questionnaire – both on-line and by post. A warm thank-you to all our Members who responded. We have processed the results and it is good to know that, of all the Member benefits we asked you to assess and comment on, the regular ICM Journal, sent free to Members, came out top for nearly everyone. That is good news and invaluable feedback for us. As Members know, it is very important to all of us at ICM to monitor how we can best support our Members in their professional development.

For this issue of the Journal, we continue with our discussion and exploration of energy medicine, with an article on Radionics by Di Welch and another by Julia Fisher on Healing and Dreams. We are also delighted to announce a two-day Conference for next year, which we are planning with Boo Armstrong of Get Well UK which will focus on building a bridge of dialogue and excellence between integrative healthcare (energy medicine) and conventional approaches within the NHS. The Conference will be held in London; you can read more about it on our news pages.

Our staff team continues to grow and develop and we are very pleased to introduce two new staff members in this edition of the Journal. We look forward to further updates in the June issue on both our work for



Members and, especially, on the development of The Village Well Ltd. – a project which is moving forward rapidly and to plan.

It is also a great pleasure to advise Members that Prof. Karol Sikora and Gloria Hunniford have accepted our invitation to be Patrons to The Village Well. It is an enormous privilege to welcome them, and the confirmation their support gives to the value of the project.

We wish all our Members an enjoyable Springtime, with new energy and vision for the coming season. We hope you enjoy the current issue of the Journal.

*Beverly Martin, Chair to Trustees, ICM*

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### Something to say?

If you have a news story, up-coming event, point-of-view, or would just like to be in touch – do contact us on: **020 7231 5855** and ask for Kate, Lena or Frances.

# Could you cope without income?

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## ICM and Get Well UK spearhead major conference for 2009

The ICM is organising a major Integrated Healthcare conference for early 2009 as part of its strategy to build bridges between complementary health and conventional medicine.

In association with Get Well UK, the two-day conference is specifically designed to initiate and develop dialogue between integrative healthcare and NHS provision, both at a primary care and hospital level. This confirms the ICM's intention to provide a Centre for excellence in clinical practice that embraces both the philosophy and delivery of integrated healthcare approaches and provides the patient with a choice in maintaining health and wellbeing.

Speakers will include high profile Practitioners from both complementary and conventional medicine.

ICM chair Beverly Martin says: "In terms of our aims at the ICM and BRCP, this conference represents our stated objective to close the gap between complementary and

conventional medicine. We want to build a bridge of dialogue and excellence between the two disciplines."

ICM Director, Frances Fewell adds: "The public interest in CAM is increasing. Sharing our disciplines with medical colleagues, in a fusion of exciting healthcare initiatives can only assist an already stretched NHS and over-worked GP practices to deliver truly integrated health that is both safe and evidence-based. This conference is the first of many that we will host as we move forward together."

The conference will also focus on ways in which integrated medicine could develop in the future, as well as how traditional medicine can benefit from complementary approaches such as acupuncture and osteopathy.

Case studies that inform existing models where CAM and the NHS already work together will be presented. Current and future NHS policies regarding CAM will also be discussed.



### Prize draw winner

Congratulations to BRCP Member Amanda Relph from Bradford on Avon who won £50 worth of Neal's Yard Remedies vouchers in the ICM questionnaire prize draw. Thank you to all those Members who took part. There was a good response and the information we received is invaluable. This will form the basis of ongoing communication with our Members as well as a platform to improve the support that existing and future Members receive from the ICM.



## Member Benefits

For further Membership details please telephone  
**Kate Tenbeth on:**  
**020 7231 5855**

- 'The Hallmark of Best Practice': Our aim and professional by-word for all BRCP Members.
- Professional progression/career path to the status of Senior Practitioner and Fellow of the Institute for Complementary Medicine.
- Employment and work opportunities referral scheme.
- Programme of Continuing Professional Development (CPD) and accredited workshops.
- Excellent Professional Indemnity Insurance with our own Members' policy.
- Access to Specialist Advisors by discipline and region.
- Exemption from London Local Licensing / Registration fee.
- Quarterly *ICM Journal*, posted free to Members, plus e-Newsletter.
- *Positive Health Magazine* - sent free monthly to Members, as part of ICM/BRCP subscription.
- Advertising opportunities in the *ICM Journal* and website.
- Interactive website, with Member forum.
- Events listings, added to and updated on website, with Journal options.
- Developing programme of Conference, Events, bridge-building between CAM disciplines and conventional healthcare provision, Networking, CPD.
- Opportunities for clinical and published Research.

## The Village Well welcomes Professor Karol Sikora as a Patron

The Village Well is delighted to welcome Professor Karol Sikora as a Patron for the project. Prof. Sikora is Medical Director of CancerPartnersUK, an organisation dedicated to creating the largest cancer network in the UK as a series of joint ventures with NHS Trusts. He is also Professor of Cancer Medicine and honorary Consultant Oncologist at Imperial College School of Medicine, Hammersmith Hospital, London; and Scientific Director of Medical Solutions PLC, Britain's leading cancer diagnostic company. In addition to these roles, Prof Sikora was recently appointed Dean of Britain's first independent Medical School at the University of Buckingham. He is a Senior Adviser to the WHO Cancer Programme and the International Atomic Energy Agency.

Commenting on his new role as Patron for The Village Well, Professor Sikora said: "I am delighted to be a Patron for The Village Well, as I believe it is an excellent project and will act as a focus for complementary health and help many people to access complementary medicine, regardless of their background. I know from my own experience of setting up a holistic clinic within Hammersmith Hospital for cancer patients, the value of complementary therapies in supporting patients with very serious illnesses as well as of course those with lesser ailments. Unlike orthodox medicine, complementary medicine is very individual and allows the patient to take responsibility for their own healing and is also very cheap compared to many orthodox medicines being used today.

More research needs to be done into complementary therapies and The Village Well will be a place where research can be both instigated and disseminated to a



Prof. Karol Sikora - Patron to The Village Well

wide audience, helping to share knowledge about this important area of modern healthcare. I would urge others interested in this project to find a way in which they can help to make The Village Well a reality."

We hope that Members are enjoying the benefits of our new partnership with Positive Health Magazine. The monthly magazine is being sent, free, by post to our Members throughout 2008.

We have assessed a CPD value of 12 hours per year to Positive Health Magazine. This is because of the quality of the articles and papers which it carries. Members can record these hours as part of their personal CPD annual record.

## Triple success for acupuncture

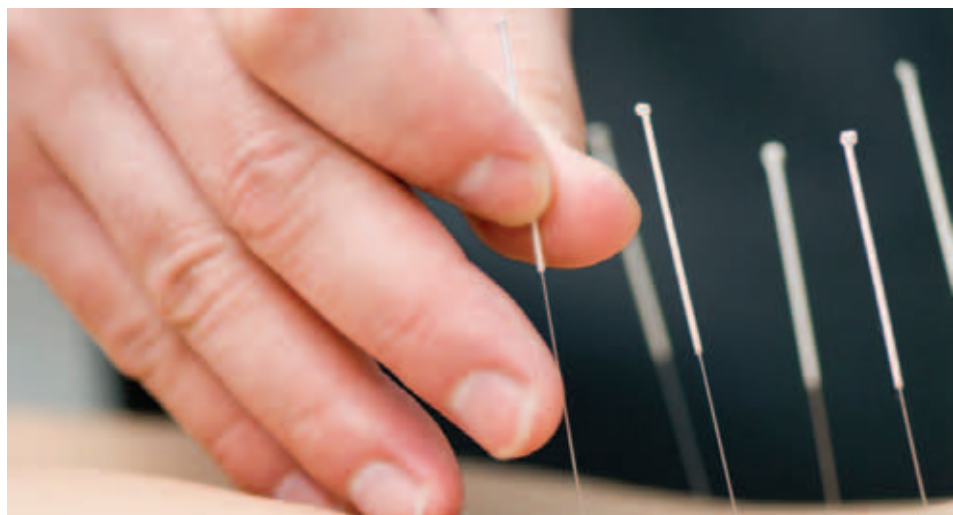
Three separate studies into the effects of acupuncture claim success in areas as diverse as neck pain, fertility treatment and the lowering of blood pressure.

The Bone and Joint Decade 2000 – 2010 Task Force on Neck Pain and its Associated Disorders have published a review of the current research on neck pain in the journal Spine. The international study claims that several CAM therapies, including acupuncture, neck manipulation and massage can prove successful at managing common neck pain.

In a series of randomised controlled trials conducted by scientists from the US and Holland, preliminary findings suggest that acupuncture given with embryo transfer appears to improve the rate of pregnancy and live birth in women undergoing IVF.

And new findings from The Susan Samueli Center for Integrative Medicine at the University of California, Irvine, show that acupuncture can help normalise blood pressure – lowering pressure when it is high and raising it when it is too low. The study reveals that, when combined with small amounts of electrical stimulation, acupuncture may be able to lower blood pressure by as much as 40 per cent.

Acupuncture is an ancient form of Chinese medicine that involves the insertion of needles at specific pressure points on the body.



# RADIONIC THERAPY – Healing With ‘The Black Box’

By Di Welch

***Di Welch, MkcollR, has been a Radionic Practitioner since 1997 and currently runs her own radionic practice from her home in Gloucestershire, treating both people and animals all over the UK, Europe and even as far away as the Caribbean. Di is an examiner for and a member of the management committee of The Keys College of Radionics and also qualified in Reiki and Energy Field Therapy.***

Radionics is a complementary therapy that was first developed in the early part of the 20th century by a well-respected doctor in America. It was, and probably still is, years ahead of its time, as science has still not reached a stage where it can explain exactly how it works. Some people of course would argue that this means that it probably does not work at all, but when you have seen the results with your own eyes it is hard not to believe in this unusual but remarkable therapy.

So, just what is this mysterious form of healing? The main difference between Radionics and most other complementary therapies is that it works at a distance with, in most cases, the practitioner and their patients never actually meeting face to face. The only physical contact between them is a piece of hair, which is sent to the practitioner and acts as an ‘energetic link’ between the two. This means that the practitioner can treat their patients successfully wherever they happen to be in the world! As you will see below from the case studies with animals, it is not only humans who can benefit from this therapeutic approach.

Radionic treatment was founded on the belief that each individual, whether human or animal, has a unique energy pattern. If this is in a state of balance and harmony, the person or animal will experience good health and a feeling of wellbeing, but if this pattern is in any way distorted, illness or ‘dis-ease’ may ensue. Many factors including toxins, viruses, vaccinations, drugs, injuries, shock and psychological problems such as stress and depression can cause these distortions to occur.

The first part of Radionic treatment involves the practitioner making an assessment of the patient’s energy patterns to determine where imbalances are causing the most problems and to find the root cause or causes of the disturbances in that pattern. This process is called the Radionic Analysis and is carried out with the aid of a pendulum and special Radionic instruments. As mentioned before, the piece of hair is used as the link between the patient and the practitioner, who dowses over the hair asking a series of questions relating to all of the systems of the body. The information gained in this way is converted into the form of a graph and so the practitioner creates a blueprint of the current state of the patient’s energy pattern.

Once the analysis has been completed, the practitioner can begin to put together a programme of treatments designed to re-balance the distorted energy pattern and to remove the damage inflicted by the original cause of the problem. Treatments are given in the form of Radionic Rates, which are broadcast to the patient using a variety of Radionic instruments (the famous ‘black boxes’). Every illness, injury and part of the body also has its own energy pattern and for the purposes of Radionics these are converted into a series of numbers – the Radionic Rates. These numbers are set up on the dials of an instrument upon which the patient’s hair is placed and the healing energy patterns are ‘sent’ directly to the patient. It could be said that the Rates act as a set of coded instructions which kick-start the body’s own healing mechanisms into action.

As well as helping with the healing of illnesses and injuries for all patients, Radionics is very successful in dealing with behavioural problems in horses, such as stable vices, napping and states such as over-excitement at shows. Treatments such as ‘concentration’ and ‘co-operation’ can be sent at specific times - for example to coincide with a dressage test or cross-country round - and can help the horse to give its best performance. What Radionics can’t do, however, is to make the horse win if it is not up to the job! Often horses and their riders are treated together for competitions as this can help them work well as a team. You would be surprised to hear how many top class competition horses and racehorses are ‘on the box’.

Practitioners believe that Radionics can help with just about any illness, injury or behavioural problem. For example, I have used it successfully to treat horses with mud fever, Cushing’s disease, laminitis, fractures, tendon injuries, viruses, competition nerves, stable stress and so on. It can be used for people, horses, dogs, cats and any other animal you can name. It even works for garden plants and agricultural crops too, but that’s another story! On the whole, animals seem to respond better than humans, with around 85% of animal patients showing signs of improvement. However, it should be remembered that it is usually a team effort which produces the best results. Radionics can play a key role, but when it comes to the health and wellbeing of our animals, so do the rest of the team - from the owner to the vet and any other relevant complementary

therapists which the client may wish to consult.

As with any form of healing it is difficult to measure accurately the efficacy of radionics. Who is to say that the patient wouldn't have recovered on their own? Well, as most patients turn to Radionics after trying 'conventional' medicine and often various other complementary therapies too, that seems a bit unlikely. The fact that animals generally respond even better than people also suggests that a placebo effect is not at work either.

Many experiments have been carried out in the past, some of which can be read about in Edward W. Russell's book *Report on Radionics (science of the future)*. This is also an excellent book for anyone interested in finding out more about the origins and development of Radionics.

I have been practising Radionics for many years and even now I am amazed by some of the results achieved. Here are two examples of horses showing similar symptoms but with very different causes.

### Archie's Story

Archie is a trotting horse in Wales and was introduced to me by a healer friend of mine who had been asked by Archie's owner to help calm him down at race meetings. He was reasonably well-behaved until he arrived at the start, where he would plunge and throw himself around to the point of being positively dangerous. This behaviour meant that he never really showed his true potential on the racecourse, as he would usually get a bad start and often break into a canter (definitely a 'no no' in a trotting race!).

My healer friend thought that Radionics would be a good therapy for Archie, so he sent me some of his mane and asked me to see what I could do for him. The analysis suggested that he was pretty fit and healthy and was mainly misbehaving due to over-excitement, so I asked to be told the date and time of his next race meeting and duly sent some calming treatments.

These seemed to help, as Archie was much more sensible than normal – almost too quiet, in fact! Over the next few races I adjusted and refined the treatments until my friend informed me that Archie's owner had told him that he couldn't believe that he was driving the same horse. He had behaved impeccably and had won a race!

I continued to treat him for the rest of the racing season and he responded very well, much to the delight of his owner (and me!)

### Milly's Story

Milly is a 10-year-old thoroughbred mare who, having retired from racing, now competes in local hunter trials, etc. She came to me as a patient after becoming almost impossible to handle, let alone ride. Her owner, Lucy, had become nervous of even walking her from her stable to the field as Milly would rear and plunge and try to escape. Like most thoroughbreds, Milly could be a little 'hot' occasionally but this behaviour was totally out of character.

My analysis showed her main physical problems to be with her occipital bone, pelvic and lumbar nerves and her adrenal glands. It also picked up a lot of shock and 'headaches' and an intolerance to plastic.

I discussed the findings with Lucy and it turned out that Milly had fairly recently caught her headcollar on the stable door, panicked and broken a bone in her face (which had now healed). I concluded that this frightening incident had probably caused the problems with her occipital bone and pelvis as well as the shock. I was quite sure that Milly's 'behavioural problem' was due to pain and fear. I put her on treatment for this straight away and also suggested that Lucy consulted a chiropractor and changed Milly's feed and water buckets to a non-plastic variety.



Within a couple of days Lucy told me that Milly was totally calm being led out of her box and showed no signs of her previous dangerous behaviour. Lucy said: 'I don't know what you've done but I've got my old mare back!'

I advised Lucy to still go ahead with the chiropractor visit, which she did a few days later. The chiropractor confirmed that the only areas needing attention were the top of Milly's head and her pelvis. Milly continues to behave well and Lucy is once again confident in handling and riding her.



### Sam's Story

Sam was (and is now once again) a handsome, fit, healthy and boisterous black Labrador and working gun dog. In July 2002, however, this all began to change as over a period of several months his health deteriorated and it became obvious that he was a very sick dog.

The first sign of his illness was that he could not close his mouth properly. His owner, John, took him to the vet, who diagnosed mandibular neuropraxia and put him on some medication. Gradually his jaw improved but his general health began to fail. He lost most of the muscle on one side of his head, a large amount of weight and his coat and eyes became dull and lifeless. He also had no energy and wandered around looking like a pale shadow of his former sleek and handsome self. As the weeks went by, Sam also developed a cough and then the hair around his eyes and nose started to fall out too. He was only five years old but looked and acted more like 15.

Throughout his illness Sam was a regular visitor to the vets but they seemed to be quite baffled by his symptoms. Blood tests were taken and even sent to America for further analysis but there were no conclusive results. It was thought that the most likely cause was either a thyroid problem or toxoplasmosis. He was put on medication for this, but it didn't seem to make much difference.

I knew John and Sam quite well and so when all else seemed to have failed I asked if I could treat Sam with Radionics. John agreed and so I set to work. I must admit to being rather unsure if I could help as it appeared to be such a difficult case but I couldn't bear to see Sam so unwell and unhappy and felt that at least I should try.

The Radionic Analysis showed the main cause of Sam's problems as 'dioxin poisoning'. Not knowing much about this I did some research on the subject and discovered that some symptoms of this type of poisoning included thyroid problems, minor respiratory complaints and nerve damage. These tied in well with the symptoms that Sam had developed so I felt a little more encouraged.

My treatments for Sam concentrated on removing the poison, strengthening his immune system and cleansing his body of toxins. After a couple of weeks of starting work on him, it was obvious that Sam was feeling better. He was showing more interest in life generally and was a bit more enthusiastic on his walks.

Over the following two weeks he started to gain weight and the muscle on his head returned. By the end of October (within six weeks of the Radionic treatment commencing) the only sign left that Sam had been ill was the missing hair on his face, which in time also grew back.

As a Radionic Practitioner it was a treat for me to be able to watch the progress of one of my patients at first hand as I usually never even get to meet them. It was even better to play a part in the recovery of my lovely friend Sam. At the beginning of September, when Sam was probably at his worst, John had written off the entire shooting season. He was also concerned that this problem could mean the end of Sam's career as a gun dog, but as it turned out he didn't miss a day's shooting through sickness and now shows no signs of ever having suffered from his 'mystery illness'.

# ICM strategy update

By Beverly Martin,  
Chair to Trustees, ICM

It has been another very busy three months at ICM, with the following developments:

## The Village Well – A Centre for Life Education and Healing

We are pleased to report that, with the agreement of the Trustees (from ICM and The Nature Cure Clinic with whom we are merging\*) we have progressed The Village Well Ltd. to the status of a limited company. We now have Trust representation on the Board of Directors and have agreed that the company and the Trust will work together to raise investment and gifted funding for the first Village Well centre. We are actively working on both avenues in order to buy a suitable building in the London area. The Directors of the new company, together with the Trustees, bring a wealth of experience in complementary medicine, higher education,

business development and design to the venture.



We are delighted to welcome Christian Kyriacou RIBA MCSD Dip BM to the Board as one of our Directors. His experience in classical architecture, sacred geometry and proportion, musical ratios and spatial harmonics will be key to the design of the new centre.

**Christian Kyriacou RIBA MCSD DipBM ,  
Board Director The Village Well Ltd.**

*"There is a direct correlation between our environment and our success in life." - CK*

## Staff changes



Our team continues to grow and change. In particular, we are very pleased to welcome Kate Tenbeth as our new Administration Manager. Kate will be working closely with Frances Fewell, Director, and Beverly Martin, Chair to Trustees, on both ICM/BRCP development and The Village Well Ltd. We are delighted that she is part of the team. Melissa Addey, Project Manager for The Village Well, has completed her one-year contract and is getting married in May. We would like to record here our appreciation for the invaluable formative period that Melissa has developed with us for the project.

**Kate Tenbeth**

## Promotional Events

As you will read elsewhere in this edition of the Journal, we are planning a major two-day conference with Boo Armstrong of Get Well UK for early 2009 in London. The theme of the conference is bridge-building between integrative medicine and the NHS, with key speakers planned and optional workshops for delegates.

We are also holding two networking events in the summer: one for potential investors in The Village Well Ltd. and another for health professionals. We will keep everyone posted on dates and invitations.

## Advisory Board

We are in the process of gathering together an Advisory Board to The Village Well Ltd., representing not only complementary medicine but also primary care, higher education, academic and training standards, public relations, outreach and media consultancy. This is in the process of formation now, and we are very pleased to report that Marcus Churchill has accepted our invitation to be a member of the Advisory Board. Marcus – as many of you in London will know – is an experienced journalist with time spent at LBC Radio as a resident presenter. It is a great pleasure that he has agreed to join our Advisory Board.

## The ICM Journal

We have been very fortunate to have the skills and insight of Sophie McKenzie as our Editor for the last two years. Sophie has produced an excellent Journal for us, and is now leaving to focus on her creative writing. Her book *Girl, Missing* was named a Richard and Judy Children's Book Club winner before Christmas, and she has another title coming out shortly. It has been a genuine privilege to have Sophie on the team, and we are going to miss her. She has, however, introduced us to a close colleague, Jo-Anne Flack. Jo has been our PR Consultant for the past year, and has a long background in professional journalism. We welcome Jo warmly as our Editor from the next edition.

## Offices

As our offices at Surrey Quays are expected to be re-developed in the foreseeable future, we are expecting to re-locate, hopefully to central London, and we will keep everyone advised of developments.

## Work in Progress:

Our presence on Regulatory Boards continues in the context of National Occupational Standards and we are actively engaging in dialogue with medical colleagues in a spirit of professional collaboration. We have also provided responses to media requests regarding formation of the new Natural Healthcare Council. Our Advisor, Aaron Kenneth Ward-Atherton, Lord of Witley & Hurcott Worcestershire, has very kindly kept us informed of developments and meetings at the House of Commons concerning the NHC.

Our current work continues with a major emphasis on development of The Village Well Ltd., Member benefits through the BRCP and ICM, together with our focus on training standards and best practice in professional healthcare provision. We look forward to a very busy Springtime.

\*Confirmation awaited from the Charity Commission.

# The Healing Dream

By Julia Fisher

*Julia Fisher is a psychotherapist and homeopath working from four clinics: the Helios Clinic and Crofton Consulting Rooms, part of a G.P surgery, both in Kent and the Keet and Chiswick Clinics in London. She works solely from recommendation. Her qualifications include: BS. Hom Homeopathy, 1995, Healer Counsellor Certificate (ICM) 2004 and M.A. in Psychotherapy and Healing.*

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One of the most significant contributions in natural healing over the past century has come through the discovery of the unconscious, and the far-reaching implications it offers for understanding the relationship between illness and health.

However, the unconscious was also recognized in ancient history, through the healing message of the individual dream life. There were various 'Dream Temples' in the ancient world, such as the Temples of Asklepius in Greece, where individuals would go to incubate their dreams by sleeping in a sacred area and, through this process, receive healing. Galen of Pergamum (130-200 AD), who had great impact on European Medicine, used dreams for both diagnosis and treatment, even to the point of dream-received guidance to perform some operations.

## **Psychosomatic symptoms**

More recently, the work of Freud and Jung, who focused on healing through psychoanalysis, established a mind/body connection with psychosomatic symptoms and neurotic behaviour. This discovery went on to revolutionize our language, religion, penal system, education and medicine. Psychological words such as, "complex", "introvert", "extravert", "insight" and "repression" are now common in our daily communications. Devices such as the "polygraph" (lie detector) are based on the concept that there is an unconscious

life within the individual psyche, and directly relates back to Carl Jung's 'Word Association Experiments'.

Doctors nowadays routinely take into account the realm of the unconscious (both mental and emotional) in the study of psychosomatic illness. They are also more likely than in the past to focus on the relationship between the mind and body and on the psychological processes of which we are, for the most part, only dimly aware.

## **Dream material**

Physicians from Aristotle and Hippocrates to Bernie Siegel have found their patients dream material useful in aiding diagnosis and the healing process. The 'Prodromal Dream' is, perhaps, the most significant example, as it effectively represents a warning system, which the mind/body produces before illness manifests. The term Prodromal comes from the Greek, where 'pro' means 'before' and 'dromos' means 'running'. This particular dream type may offer insight into what is going on within our bodies before the symptoms present physically.

Each dream is individual to the dreamer and may recur when physical health is undergoing changes that could result in an illness. It could be said that such a dream, or dream recurrence, is there to prepare the individual emotionally and, in this way, aid his or her physical well-being.

### Case study vignette

A female client had experienced a recurring dream over a three month period:

A small dark snake repeatedly approached her. Each time she kicked the snake away. Although the dreams irritated her she decided put them to the back of her mind.

After three months she had another dream:

The small dark snake returned. As before, she kicked the snake away. However, within this dream, the snake moved with great speed and returned to bite her. Seconds later, she dreamt that she had turned into the snake and was rushed to hospital for a cure. There was no cure and she returned home as the snake.

The client then mentioned some dark discharges she had been ignoring and was advised to see her G.P. for a smear test. Although she had undergone a smear test four months previously and the result was normal her new test result came back positive, indicating that something indeed was wrong.

At this time the client recalled another dream:

She had been sitting within a snake, at the base and could rise up and see what was going on in the world through the snake's eyes, then return to the base where she felt fully protected within this scaly skin of defence.

She was referred for laser treatment, which was followed by a series of check ups. The client has had 'normal' smear results for the past six years and made some transformative changes within her personal life - areas that she had chosen to ignore for many years.

The snake represented a warning. It was kicked away time and again until the attack came, in way of the bite. The client had been aware of changes in her discharge, and ignored the body's early warning signs. When attacked by the snake she dreamed that her whole body had transformed into the snake - at which point it could be said that the physical changes had taken hold and needed diagnosis and healing. That dream sequence had provoked her into acknowledging the abnormal discharge and visiting her G.P. for re-testing.

Just before her treatment began the client dreamed that she found safety within the snake itself. This 'return to the womb' led me to ask the client about her actual pregnancies. She told me that both had been very traumatic, in different ways. The first child arrived when she was separating from a painful marriage and the second child was part of a multiple conception where she had haemorrhaged heavily and where only one baby survived the gestation and required an emergency caesarean delivery.

This client also sought homeopathic support and energetic understanding of what she was/had been experiencing and she produced what she termed 'a mother of all abscesses'. This went on to become a 'self-disclosing' abscess which gave relief from the build up of 'poisons'. This symptom led to her disclosure that her own relationship with her mother was highly 'toxic' and that, try as she might, all attempts at acceptance were rejected.

At this time her mother was diagnosed with 'Personality Disorder' with antisocial tendencies and possible Asperger's Syndrome which gave my client some understanding of her mother's behaviour and lack of empathy towards her.

Most importantly, the client also revealed that she had always experienced problems with her menses to the point of considering a hysterectomy, and that somewhere deep within herself she had always feared cancer of the cervix. It transpired that my client's mother had told her as a child that she was unaware of her pregnancy until it was too late to terminate. This had left her with a feeling of 'being only half here and alive' as if she had hidden herself from recognising her developing life in early gestation.

If we consider that the snake does indeed lose its skin to renew itself, and that 'skin' symbolizes matter and the physical world then the client's dreams also revealed her recovery. In Shamanistic terms, to 'wear the skin' is to take on the mana or power of that animal, and the client did certainly experience the sloughing of her physical, emotional and mental life to renew herself and revise her place in the world.

In her dream, the client did 'sleep in a sacred area' within the snakes skin and received her prompt for the healing to begin. Her process was not easy but she achieved a place of physical health and significantly healed her emotional dis-ease.

This brief study suggests that dreams bring us information not only about our current health picture, but also concerning the inter-related layers which need to be recognised as part of the healing process as a whole. This is true for us both personally and as Practitioners, as a potentially deep, wise and creative dimension of our work in healing.

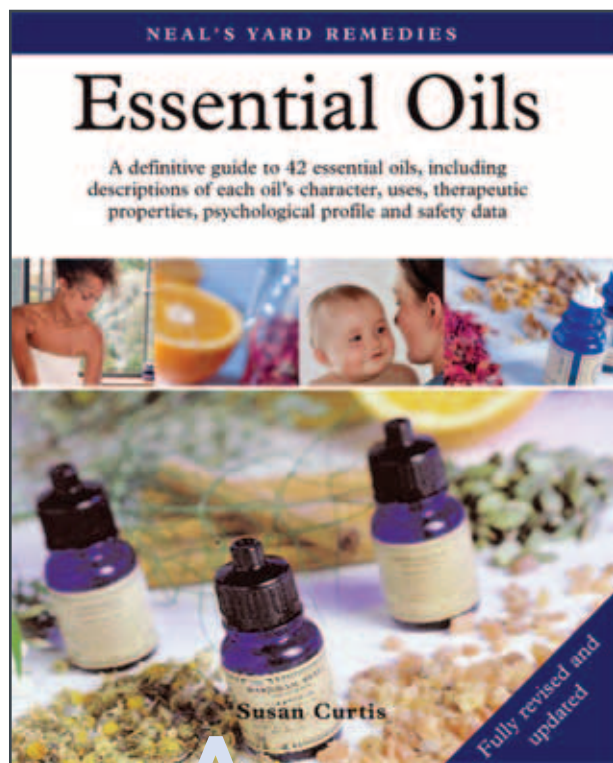
# Neal's Yard Remedies - Essential Oils

Pub. Haldane Mason Ltd, 2007, (2nd Edition)

Susan Curtis

£9.99

review by Lena Gobine



*Neal's Yard is an established meeting place and source of knowledge and innovation within natural and complementary Medicine. The organisation has celebrated this accomplishment by publishing a set of three revamped editions: 'Recipes for Natural Beauty', 'Homeopathy' and 'Essential Oils'. Author Susan Curtis has been working with natural medicine for over 25 years. She is a qualified homeopath and director of Neal's Yard Remedies.*

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SPRING 2008

As a student currently studying aromatherapy I was hoping to discover if this book would assist my development in this area. The book presents 42 oils to its audience; conveniently, most are on my syllabus. Pleasant pictures of flowers, shrubs, roots, fruits and plants from which oils are extracted or originate, are portrayed clearly. Each essential oil is alphabetically listed showing its Latin name rather than its common name, thus allowing you to remember these lengthy words more easily. On most pages there are descriptions of each oil and adjacent to these descriptions there are small handy icons depicting how best you can apply the essential oil; from inhalation, massage, burning, compression, cooking, perfumes, mouthwashes or in the bath. All this is useful, though I felt a little more elaboration on the chemistry and extraction of essential oils would have been helpful.

What is interesting about this publication is that it offers a psychological profile for each oil. This is important for someone like me, who would like to understand how an oil makes an individual feel, rather than simply being given directions as to its practical usage. For example, instead of just using myrrh on a physical problem such as athlete's foot, its properties could also be used to help: 'a purposeful or creative person who is lacking confidence in his/her ability to overcome difficulties and achieve what they want to'.

This approach makes a welcome change because there are many titles about aromatherapy and essential oils on the market and finding a good one isn't easy!

I found this book a worthy addition to my budding aromatherapy library. It has a fresh looking layout, and is compact and easy to understand. I have also learned new material about aromatherapy that will enhance my academic journey through the wonders of essential oils.

# Scrummy Crumpets with Somerset Goat's Cheese, Beetroot and Fresh Rhubarb and Ginger Marmalade

Serves 4

Preparation time: 10 mins

Cooking time: 1½ hours + cooling time

## Ingredients

400g	fresh red rhubarb, roughly chopped
2 cm	fresh ginger, peeled and grated
1 clove	garlic, crushed (optional)
5 tbs	white sugar
350g approx	fresh beetroot, (about 2 medium /large beetroot). Keep whole.
4	crumpets
200g	vegetarian Somerset goat's cheese (2 x 100g packs) each pack cut into 6 slices
35g	butter for crumpets (or to taste)
To garnish	Mint leaves

## Method

1. Put the rhubarb, ginger, sugar and garlic (if used) into a processor and process until the mixture is very finely chopped. Turn into a small saucepan and simmer, uncovered, for about 1 hour until thick, stirring now and again to stop burning on the bottom of the pan. Allow to cool.
2. Scrub the beetroots and cut the stalks down to 2.5cms above the bulb. Either boil in plenty of water until soft (about 40 - 50 minutes depending on size), drain, cover, and leave to cool (about 1 - 2 hours). Or wrap in foil and bake at 200C / 400F / Gas mark 6 for about 40-60 minutes until soft, depending on the size of the beetroot. Leave to cool then skin the beetroot and slice thinly.
3. Preheat oven to 200C / 400F / Gas mark 6. Toast the crumpets and lightly butter them. Place on a baking tray and divide the sliced beetroot and goat's cheese between them. Place in the oven for about 5 - 7 minutes until warmed through. Garnish with a mint leaf and serve with the marmalade in small ramekins on the side.



# Pommes Anna with Eggs and Rocket and Walnut and Walnut Pesto



## Serves 4

Preparation time: 10 - 15 minutes

Cooking time: 1 hour and 15 minutes

### Ingredients

1.25kg	Jersey Royal new potatoes, peeled
50g	wild rocket, washed
35g	shelled walnuts
25g	flaked almonds
1 - 2 cloves	garlic, crushed
100ml	sunflower oil
2 tsp	white wine vinegar
4 tsp	stock powder
3 tsp	very finely chopped rosemary
8	free range eggs
Season	to taste

## Method

1. Preheat the oven to 200C / 400F / Gas mark 6. Grease a 20 - 25cm square ovenproof dish.
2. Slice the new potatoes quite thinly. Divide the slices between the dishes in 2 or 3 layers, sprinkling each layer with a pinch of salt, a grind of pepper, using 1 ½ tsp of the rosemary for all the layers. Use 2 tsp of the stock powder to make up some stock with 250ml boiling water. Pour this over the potatoes so that the stock comes about half way up the potatoes.
3. Use a little of the oil to brush the top of the potatoes. Cover tightly with foil and bake in the oven for about 50 minutes until the potatoes are soft. Remove the foil and return to the oven for another 5-10 minutes to colour the top slightly.
4. Meanwhile, put the rocket, walnuts, almonds, garlic, oil, vinegar and remaining stock powder and rosemary into a liquidizer and blend until you have a soft paste consistency.
5. When the potatoes are cooked, poach the eggs in a poacher. Serve the eggs on top of each portion of potatoes, with the pesto either spooned on each side of the eggs, or in a separate small bowl for each person.

These recipes from a range of twelve mouth-watering, monthly recipes, included in *Season to Taste*, a collection of recipes using seasonal and locally sourced produce and available free of charge by calling 0161 925 2000.

© The Vegetarian Society - (recipe created by the Gordon Vert cookery school) [www.vegsoc.org](http://www.vegsoc.org).

## A Spiritual Journey to Egypt

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- 'A good balance between practical, demonstration and theory'
- 'Jon was very patient made sure that everyone understood'
- 'Very beneficial, thank you Jonathan'
- 'Could listen and be taught every day'
- 'I would definitely be interested in future courses'



## Listening to music aids stroke recovery

Listening to music soon after a stroke appears to aid patient recovery, according to new research from the University of Helsinki, Finland.

The single-blind, randomized, control study was carried out among 60 patients divided into three groups – those listening to music, those listening to audio books and a control group listening to nothing.

Results found that stroke sufferers who listened to music for about two hours a day from the first week after the stroke, showed an improvement of 60 per cent in their verbal memory after three months. This compared with 18 per cent in the audio book group and 29 per cent in the non-listeners group.

Focused attention tests revealed an improvement of 17 per cent in the music group and no improvement in the other groups.

## Diary of Events

### The Vitality Show

**When:** 27th – 30th March 2008  
**Where:** The Grand Hall, Olympia, London  
**What:** Health and beauty show featuring a range of health, beauty and wellbeing companies  
**For more information:**  
[www.thevitalityshow.co.uk](http://www.thevitalityshow.co.uk)

### Mind Body and Soul Exhibition

**When:** 29th – 30th March 2008  
**Where:** Brentwood  
**What:** A range of therapies and products, from aromatherapy to reiki, reflexology, meditation and yoga.  
**For more information:**  
[www.mbsevents.co.uk](http://www.mbsevents.co.uk)

### The Ilkley Complementary Medicine Festival

**When:** 29th – 30th March 2008  
**Where:** Kings Hall, Winter Gardens, Ilkley  
**What:** A wide range of therapies, services and natural products. Talks on a variety of topics, from angelic reiki and crystal energy to geo-psychic stress awareness and kinesiology  
**For more information:** [www.icmf.co.uk](http://www.icmf.co.uk)

### North Star Events

**When:** 5th – 6th April 2008  
**Where:** The Lowther Pavilion, West Beach Road, Lytham St Anne's, Lancashire  
**What:** Talks, workshops & demonstrations  
**For more information:**  
[www.northstarmbsevents.co.uk](http://www.northstarmbsevents.co.uk)

### Glastonbury Fayre

**When:** 5th-6th April/10th-11th May 2008  
**Where:** Assembly Rooms, High Street, Glastonbury

**What:** Each fayre features live music, demonstrations, talks, lectures and workshops.  
**For more information:**  
[www.glastonburyfayres.co.uk](http://www.glastonburyfayres.co.uk)

### Holistic Fair

**When:** 12th April / 10th May 2008  
**Where:** Hornsey Library, Haringey Park, Crouch End N8  
**When:** 19th April / 17th May 2008  
**Where:** Central Library, Fieldway Crescent, Highbury N5  
**What:** Low cost taster treatments available - reflexology, Indian head massage, reiki, metamorphic technique, tarot, psychic readings, astrology, aromatherapy oils and more.  
**For more information:**  
[www.weatherstonetherapies.co.uk](http://www.weatherstonetherapies.co.uk)

### Mind, Body and Spirit Fair

**When:** 12th – 13th April 2008  
**Where:** Lord Nelson Grandstand, Great Yarmouth Racecourse  
**What:** Everything from reiki healing and psychic reading to crafts and natural health products, plus aura photography and spiritual artists.  
**For more information:**  
[www.oakwood-events.co.uk](http://www.oakwood-events.co.uk)

### Beauty & Body Show

**When:** 12th – 13th April 2008  
**Where:** East of England Showground, Peterborough  
**What:** The latest health & beauty products and treatments.  
**For more information:**  
[www.beautyandbodyshow.co.uk](http://www.beautyandbodyshow.co.uk)

### Natural & Organic Products Europe

**When:** 12th – 13th April 2008  
**Where:** Olympia, London  
**What:** A natural and organic products trade show.  
**For more information:**  
[www.naturalproducts.co.uk](http://www.naturalproducts.co.uk)

### Beauty UK

**When:** 13th - 14th April / 11th May 2008  
**Where:** NEC Birmingham / The Royal Highland Centre, Edinburgh  
**What:** Fun two day event for beauty therapists and professionals.  
**For more information:**  
[www.beautyserve.net](http://www.beautyserve.net)

### The Natural Living Show

**When:** April 19th & 20th / May 24th & 25th 2008  
**Where:** Worcester Racecourse / Hereford Racecourse.  
**What:** Includes organic foods and goods, hand-made crafts, holistic health and therapy, home-made foods and eco friendly products.  
**For more information:**  
[www.aspects-uk.co.uk](http://www.aspects-uk.co.uk)

### BSSK Mind Body and Spirit

**When:** 26th – 27th April / 24th – 25th May 2008  
**Where:** Alfreton Leisure Centre, Church Street, Alfreton, Derbyshire/  
The Barnsley Metrodome, Queens Ground, Queens Road, Barnsley  
**What:** Wide selection of talks, stalls and products.  
**For more information:** [www.bssk.co.uk](http://www.bssk.co.uk)

### Beltane Earth, Health & Mystic Fayre

**When:** 3rd – 4th May 2008  
**Where:** St Johns Hall, Penzance, Cornwall  
**What:** Mix of exhibitors and speakers.  
**For more information:**  
[www.mysticfayre.co.uk](http://www.mysticfayre.co.uk)

### Mind Body and Spirit Festival

**When:** 21st – 26th May 2008  
**Where:** Royal Horticultural Halls, Victoria, London  
**What:** Presenters, performers and exhibitors from all around the world.  
**For more information:**  
[www.mindbodyspirit.co.uk](http://www.mindbodyspirit.co.uk)

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