

# Helix House Natural Health Centre



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## NEWSLETTER 2005

**Welcome, from me, Clive Lindley-Jones, to another of our occasional**



**Newsletters to keep you up to date with some of the things that are happening at Helix House and give you some useful health tips so you can take more control over your own well being.**

Every experience has its learning potential. For me being hit in the face with a gun by a group of muggers in November 2004 forced me to slow right down and give as much of the reduced energy, that I had, over to healing.

What I learnt during that time was something of what it might be like to be in my 90's and to live a much slower and gentler existence for a few weeks. At first it was worrying and frustrating. However we are wonderfully adaptable creatures and, gradually, I was able to even appreciate the holiday from my self created, overly focused and driven existence. As the year moves forward, and I get better and slowly sort my battered face, teeth and shoulders out, I am feeling younger with every week.

One positive side to a nasty event was the wonderful

outpouring of warmth and kindness



shown me by family, friends and patients at that difficult time. If I didn't get to thank you in person, **thank you!** Your kind cards, flowers and good wishes made a big difference!

### **Real Age**

Talking of age, how old are you? Would you like to be a bit younger? Well in a way you can.

Life style changes are now recognised as the "first line therapy" for the major chronic diseases of our society.

- Heart Disease
- Stroke
- Diabetes
- Cancer
- Arthritis
- Osteoporosis
- Alzheimer's disease

They are also the key to many symptoms that are not classified as diseases:

- Fatigue
- Stress-related symptoms
- Hormone imbalances
- And many others

Dr. Michael Roizen has come up with the brilliant idea of '**Real Age**'. This is the difference between your *chronological* and *biological* age. His best selling books (See: "The Real Age Makeover") and website [www.realage.com](http://www.realage.com) offers a cornucopia of ideas to help you, both see how you are doing and, through a clever scientific questionnaire, put a number on your aging and, in so doing get some ideas of how to slow down and even reverse that process.

### **Health Makeover**

Have you ever wanted to take your self, or someone you love, in hand and have a step by step way of significantly increasing your chances of a fit and vigorous old age? If you have internet access, why not start by filling in the Real Age Questionnaire.

I was pleased to find I was 12 years younger than my chronological age! Then, come and see me and ask for some help with your own '**First Line Therapy**' I can help you form a personalised strategy, tailored to your needs, to dramatically change your fitness, health and well being and reduce your biological age!



Genes account for only a small part of your aging pattern; most depends on the choices you are making *every single*



*day.* By looking at do-able, positive changes you can make in your nutrition, exercise, beliefs and habits, you can

take charge again and make dramatic changes to look, feel and *be* more vigorous and so, *plan to die young at a very old age!*

## Sunflower Questionnaire Prize Draw.

Jessica Shuckman, a longstanding supporter and parent of a graduate of the Sunflower Therapy, had her name picked out of the hat and happily won the prize for her returned



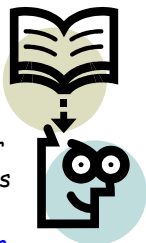
questionnaire and is pictured here receiving a bottle of champagne as winner of our prize draw.

Thank you for all of you who sent back your completed questionnaires last year.

We now have available on the Sunflower Trust website (See below) a translation, from the German, of a book about the Therapy written in 2001, by our friend and colleague Dr. Gerhard Otto of Essen Germany.

The more recent major book we have written about this work is now finished and we hope to see it published soon.

Many new and encouraging things are happening with the Trust and you can download the latest Newsletter and read all about what is happening at [www.sunflowertrust.com](http://www.sunflowertrust.com)



## Finding Help with Learning Difficulties

Do you know anyone who is struggling with Learning Difficulties such as Dyslexia or Dyspraxia?

We may be able to help them. Do get them to get in touch and find out more. Thanks to the generous

donations of well-wishers to the charity we now have some funds to be able to offer more **bursaries** for



families for whom the cost of the therapy may prove insurmountable.

## Happy Outcomes

Life's rewards invariably come as a result of our ability to meet the challenges that are given us.

Typical of one such reward has been seeing the changes in one young patient, Heather, who originally came to Helix House with her mother some years ago. This is her story.

*Our daughter, Heather, was six years old. She had been diagnosed with Autistic Spectrum Disorder, Receptive Aphasia, Cognitive Disorder and severe speech and language delay. We were told by an Educational Psychologist to 'put her in a special school and forget about her', and concentrate on her older sister. OUCH! Her attention span could be counted in seconds rather than minutes; she was hyperactive, had virtually no eye contact and only her close family could understand her poor speech. She was isolated, withdrawn and fearful of any new person, environment or experience. She also had digestive problems, which aggravated her behaviour. Going on a simple shopping trip or a short holiday were virtually impossible, as her behaviour made them extremely stressful. We were desperate to help her, and ourselves, as our lives were almost intolerable. Then we found Clive Lindley-Jones.*

*The first consultation consisted largely of Heather marauding around the room in her usual uncontrollable manner, refusing to cooperate with even basic requests, and talking her own special brand of gibberish - whilst Clive tried to establish her medical background. It was a very stressful hour. Clive was not sure if he could help, but was willing to try. So were we.*

*After a one-hour break we embarked on our second session. Heather was feeling a little more at home and agreed to lie on the couch, but only on top of Mum. Amazingly, she allowed Clive to touch her. He proceeded to assess her cranium, spine and pelvis. Lots of things were 'in the wrong place'. Clive then manipulated her head, neck, spine and pelvis after which she gradually began to look and feel more relaxed. Her eyes looked clearer and her face looked less stressed and happier. The journey home was quiet and calm, a novel experience for us.*

*A few days later Heather touched her forehead and the back of her neck and declared 'the hurt is gone'. We did not know she had had 'a hurt' as she had never told us, but we did know she was calmer, sleeping*

*better and speaking more clearly since her treatment. Her teachers had also noticed improvements in her attention span, level of cooperation and eye contact. This was after just one session. We decided to carry on and see where it might lead.*

*On subsequent visits Clive worked on her using osteopathy - which was still administered whilst lying on Mum. He also started treating her with homeopathy. Heather was unable to cooperate with him directly so*

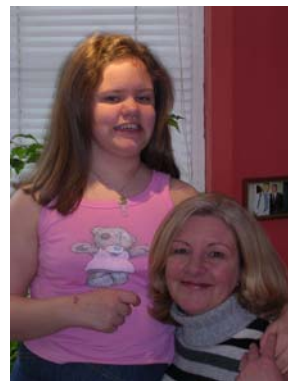
*Mum was used as a surrogate - a new approach, which was a learning curve for us all, but produced the desired results in finding the right treatments*

*for Heather. She continued to improve over the ensuing months. It has been a long and bumpy road at times, but we have never doubted that the treatments were hugely beneficial to Heather, and therefore the rest of the family too. Today we have a very different daughter.*

*Heather is now 12 years old. She is physically very robust and well. Although still stated she is in a mainstream school, which she loves, and has been elected class vice captain. She is popular, friendly and outgoing, loves new experiences and learning new skills.*

*We still see Clive about 4 times a year, to keep Heather balanced. She tells us when she needs to see him. What does she think of him? She speaks as she finds and says, quite simply, 'Clive has magic hands. He takes the hurt away and makes me feel better'.*

*Philip & Chareline Gibbs,*



## Congratulations to Helix House's own Anglo-French Commuting Osteopath!

Well done Ghislaine Gautreau for what must be, an all time osteopathic record of sorts, having kept up a regular commute between France and Oxford for many years and, at the same time, going back to medical school and getting a second qualification, this time in allopathic medicine. She now works in public health medicine in France and



osteopathic medicine here at Helix House.

Sadly her ongoing studies in France mean that Ghislaine will, for a while, have to hand over her extremely popular Helix House weekend mother and baby clinic to second generation



Osteopath Joe Ruddick, who we are very happy to welcome to the team.

## UFO's

Are you one of the numerous patients we see every week suffering from symptoms like bloating, gas, constipation, teeth grinding, allergy, diarrhoea, skin problems, immune dysfunction, fatigue, joint and muscle pains or nervousness? Perhaps you have been told not to worry, you have **Irritable Bowel Syndrome**. While this may be true, one often overlooked causative factor may be that you are suffering from a UFO, an *unidentified faecal organism*. Up to half the world may be infested with at least one parasite, and a surprisingly high number of our patients with IBS seem to suffer from some kind of imbalance of their gut flora such as a fungal overgrowth or a mild parasitic infestation. This can often be rectified using herbs and nutrition and great improvements in these persistent symptoms can be made. If you think this might help you, why not ask for an assessment.



How would you like to have a personal and spiritual development course tailored individually to you?

Imagine being guided through exercises and practices that are set to your specific and unique needs!

'*The Stars in Your I*' course does just that, writes Helix House Co-director UKCP registered psychotherapist, Kerstin Lindley-Jones



Using the Huber Astrological charts and my extensive experience of inner development work in transpersonal psychotherapeutic practice, I tailor the sessions and the length of time you take to fulfil the course completely to your specific developmental requirements.

This is a fantastic opportunity to start or continue your inner journey of growth, guided and supported by somebody who has both wide-ranging knowledge and many years practical experience in this field.

Just imagine how it will be to be better enabled to fulfil your potential for a life of

- engagement
- service
- contentment
- richness
- depth
- and mystery

This course can also be done by correspondence. Check out: [www.helixhouse.co.uk](http://www.helixhouse.co.uk)

## From a furious fire to warming glow in one hour

An example of what a Transpersonal Psychotherapy session can be like.

Simon came in fuming one day; straight from work, where things were not going to plan. The people his firm were producing something for, were trying to 'milk everything they could' out of Simon without being willing to pay for it.

Simon felt trampled upon and got at. He felt under attack. When visualising the people he was angry with, he saw

them standing, huge and threatening - with BOMBS in their hands - over him. He, himself was only very little, about a foot high. This unconscious feeling of being threatened produced Simon's fighting instinct and he was all ready to go into battle.

I suggested that Simon use his imagination and 'shrink' the people into normal size. Once he'd done this he found that the bombs had disappeared and the men didn't look menacing at all any more. He himself had grown to an equal size and he now saw that these men were frightened themselves. They were frightened of what their bosses would say.

As he continued visualising the situation, moving further and further up the hierarchy, he noticed that everybody was putting pressure on the ones below, out of fear more than anything else.

Simon then decided to do something about this. He saw himself sharing of the energy of hope and calm that he was now feeling. The image he got was of himself standing on a theatre stage and light spreading out from him. First to the people in the front row, then from these out to the sides and onwards and upwards until the whole auditorium was filled with people bathed in light. Simon felt very inspired and elated by this vision and went back to work in a totally different mood from the one he'd come with. Needless to say, he since found that it was much easier to deal with his clients. He'd learnt that he didn't have to fight; that there are other ways of dealing with these situations.

This is just an example of a strategy for handling a situation, which can be learnt and used very easily.

The next step on the journey would be to find out why Simon responded to this kind of stress in the way he did. What in his history makes him 'shrink' like this and loose his sense of self?

It is often a question of having been 'shrunk' rather than helped to grow as a child - either by parents and/or by teachers. Of having been criticised a lot and not praised. By becoming conscious of what started this habitual

pattern in the first place, we can 're-programme' our-selves and so move onwards in life with another, more positive 'script' 'hard-wired' in our unconscious self. This is done through another process that is part of the healing journey as I see it in my work. Hence, the story continues.....

This is just one small example of what might happen in a psychotherapy session with me, Kerstin Lindley-Jones. I use many methods in order to help the person I'm with to find ways of handling life in the present better and also enrich the experience of living on the whole to add a sense of joy, happiness, excitement as well as serenity to the palette of their colours for existence.

### ***A warm welcome in the Office***

This year has seen us say farewell to our great team in the office and welcome Rosanna (left) and Kate (right) to fill their shoes.



Rosanna is currently working towards a diploma in crystal therapy & is always interested to learn more about health and well being.

Kate is studying towards her PhD in Engineering and also has a keen interest in natural health.

### ***Hawaiian Bodywork With Vanessa Hedley***

Helix House is happy to offer a great opportunity for you to relax and go deeply into yourself. This bodywork has its origins in ancient Hawaii where it was performed by the medicine men and women (Kahunas) as part of the initiation rites of new leaders. Today the work is offered as an opportunity to move further towards

the states of empowerment and peace that are our true nature.

Simultaneously invigorating and relaxing, this full body oil massage helps to bring about increased vitality and self-healing.

Based on the movement of the frigate bird in flight, a session lasts approximately 1 ½ hours and is a spontaneously evolving dance between



body worker and client; one which hopes to bring both in to a soaring

flight of self-remembrance, relaxation and joy.

Vanessa Hedley trained in Hawaii in 1993 and has since worked with a wide variety of client groups all over the world. She is also a qualified midwife.

Why not give us a call and treat yourself to a wonderful massage? Go on you know you'd love it!

### ***Measure Your Happiness***

How happy are you?

Sure, you may think you know, but this little test will help you keep score. The



Satisfaction with Life Scale was devised in 1980 by University of Illinois psychologist Edward Diener, a founding father of happiness research. Since then the scale has been used by researchers around the world.

Read the following statements.

Then use a 1-to-7 scale to rate your level of agreement.

1	2	3	4	5	6	7
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Not at all true  
True

Absolutely

- 1 - In most ways my life is close to my ideal.
- 2 - The conditions of my life are excellent.
- 3 - I am satisfied with my life.
- 4 - So far I have gotten the important things I want in life.
- 5 - If I could live my life over, I would change almost nothing.

Total Score \_\_\_\_\_

Scoring: • 31 to 35: you are extremely satisfied with your life • 26 to 30: very satisfied • 21 to 25: slightly satisfied • 20 is the neutral point • 15 to 19: slightly dissatisfied • 10 to 14: dissatisfied • 5 to 9: extremely dissatisfied

### ***Brief NLP therapy & Coaching***

How were your happiness scores? Well we all get to feel like the person in this picture sometimes.



However having some good help to sort things out can be invaluable. On the other hand sometimes it is just because we are doing so well we might choose to hire a coach to help us achieve all we now know we potentially can.

To help you discover a little more about this work and how it fits into everything else we do a Helix House, we have put together a leaflet to explain it all better. If you have not seen it and would like to know more just ask.

### ***Back Facts***

Up to 70% of your body weight is supported by your bottom five vertebra. Not that surprisingly half of all adults suffer from back pain in any



given year. The recent £3.5 million UK BEAM trial is good news for osteopathy, providing robust, scientific evidence to support clinical practice and the efficacy of spinal manipulation and exercise.

To find out more about the many other therapies offered at Helix House such as *Acupuncture* and the extraordinary *Zero Balancing* with *Andy Roscoe* & *Classical Homeopathy* with *Kristine Fleck*. Please call us on 01865 243351 or visit the website [www.helixhouse.co.uk](http://www.helixhouse.co.uk)