

October
2020

NEWSLETTER

HELEN COOPER
BOWEN THERAPY &
HOLISTIC HEALING



Look into my eyes.



So, I've just completed my first level of hypnotherapy training!

It's fascinating. My teacher, Sharon Waxkirsch, is so knowledgeable and enthusiastic. She has incredible international contacts in the hypnotherapy world and is keen for them to lecture to us (all made possible through the magic of zoom). She is at the forefront of adapting well established techniques so that we can build a practice, both in person and using online technology. Recent events have made it important to have an adaptable business, and I'm really excited about adding Hypnotherapy to my repertoire.

I start the next level in January, so until then I'm practising the work I have learned so far, helping people relax and use their imagination to 'warm up' their little grey cells. It's fun and rewarding. I have a limited number of practise sessions I'm offering to my clients over the coming weeks. I'm not charging for these but any donations towards my ongoing training costs would be gratefully received. If you are interested please let me know.





This month's 'Mugshot'.....

Just in case you've forgotten what I look like from behind my mask and visor! (My delightful sons bought me this Grumpy mug.)

Send me a photo of your favourite mug or cup, or tell me a story about your favourite place to relax and have a cuppa, and I'll do a montage in my next newsletter.



Lymphatic Bowen

I recently attended a Lymphatic Bowen course which (was a follow up hands-on session to a zoom course I did in lockdown). The work is so important to help maintaining a healthy & fully functioning body. The lymphatic system is vital for renewal and regeneration, basically it's how the body heals itself. Problems can manifest themselves in many ways, and Lymphatic Bowen may help these:

- Fatigue
- Headaches & poor concentration
- Aching muscles & joints
- Skin conditions
- Swelling, bloating & puffiness
- IBS, weight gain & extra belly fat
- Worsened allergies or sensitivities
- Increased colds or flu





SEASONAL ADVICE:



Autumn Immune System Boosters

With the colder, damp weather comes the season of coughs, colds and flu. It is therefore important to strengthen immune systems and give bodies a good chance to fight off any germs, infections or viruses. Here are some really easy & fun ways to improve overall health:

- **VITAMINS** - Take a daily dose of Vitamins C and D 
- **EAT** - a wide range of colourful fruit and vegetables. Hearty soups and smoothies are an easy way to boost your daily intake.
- **WATER** - 6-8 glasses of water; cleanses, hydrates and lubricates.
- **FRESH AIR** - Spend time outside every day, preferably in nature.
- **SLEEP** - Try to get 7-8 hours sleep per night 
- **BREATHE** - Taking long breaths deep into the abdomen and slow the exhalation. This sends a message to the body that it can relax. It also strengthens the diaphragm and helps oxygenation of cells.
- **RELAX** - Have some quality 'me-time' every day (away from your electronic devices). Enjoy a pastime which restores your mind and body. Read, listen to music, craft, play card or board games, do crosswords, take a nice long bath with Epsom salts etc.
- **EXERCISE** - Do something every day which makes you slightly out of breath. Dance, walk, run, yoga, stretch, wiggle, jump, jiggle and shout! Put on your favourite music and boogie!
- **NAP** - a short nap in the early afternoon can actually improve productivity, reduce stress and improve your concentration. 
- **LAUGH** - Smile! Watch a silly movie, put on your favourite comedy, tell a joke, read a funny book. Laughter really is the best medicine.
- **PLAY** - be childish, jump in that puddle, mess around with your kids and grandchildren, climb that tree, splash in the sea..... **HAVE FUN!**

and of course,

HAVE A REGULAR BOWEN THERAPY!

And finally.... Let's get personal



It's been a busy month so I was very grateful to have another long weekend away, this time in Rye. I was taking some of my own good advice for once (see previous page) to recharge my batteries, spend quality time in nature and rest. Once again we were blessed with wonderful weather, great food and stunning scenery!

A first for me this month was an evening of yoga on the New Moon in a chilly roundhouse at Buster Ancient Farm; a wonderful experience, with a real fire and lots of layers! I'm also loving the autumnal colours and the change of the season with windswept walks and log fires.

Here are a few of my favourite snaps from October:

