



## Hello and welcome to my summer newsletter!

I can't believe how fast this year is going and it's been over 6 months since my last newsletter! I have been busy improving my skills and recently attended a course on Expanded Reflexology for Menstruation and Menopause.

On the rare days of sunshine, it's great to get outdoors. I went walking recently in my new quest to climb all the Wainwrights...12 out of 214 so far! It was a glorious day and much Vitamin D was absorbed and my mood lifted. However, along with the benefits of sunshine come the drawbacks...

So, I'm dedicating this newsletter to prickly heat.

Just a reminder that you can find my website at [www.clare-elizabeth-reflexology.com](http://www.clare-elizabeth-reflexology.com)

My Neal's Yard webpage can be accessed here: <https://uk.nyrorganic.com/shop/clarecobb>

## What is prickly heat?

Also known as heat rash it is inflammation of the skin which occurs when the skin is unable to release heat and perspire effectively. Itchy red, rash which can appear anywhere on the body in the form of thousands of red spots, small blisters or inflamed lumps.

It can be linked to leaky gut, food intolerances, sun lotions and cleansing products. Alcohol, antibiotics and aspirins can also trigger it. Take measures to keep the skin cool and dry. Keep hydrated.

<https://www.sweathelp.org/home/heat-rash.html>

## So how can reflexology help?

Reflexology can deeply relax the body and mind. When the body is relaxed the parasympathetic nervous system can be primed for 'rest, digest and repair'.

The aim of reflexology is to achieve homeostasis – to balance hormones and the nervous system.

The reflexology sequence covers all the body's systems including the thymus gland, spleen, stomach, bowels, and lymphatic system concerned with immunity, and the lungs, liver, kidneys, bladder and large intestines – the organs of elimination – helping your body to rid

itself of the waste products of cell metabolism. As we relax our blood vessels open (vasodilation) and the blood supply to the skin increases, heat is released helping us to cool down.

### What else can I do to help with prickly heat?

As with all aspects of health we can make a difference to our own physical and mental wellbeing through nutrition, exercise, sleep, relaxation and having a sense of purpose.

Walking the Kentmere Round



**NUTRITION** – Mango contains Vitamins A and C which support and nourish the skin.

This granita is cooling and refreshing!

#### Mango and Lime Granita

3 cups mango

1 cup water

2 limes juiced

1 tsp honey or agave to sweeten

Put mango in food processor and blend til smooth. Add water, lime juice and agave if using. Pour into metal pan and put in freezer for 3 hours, whisking mixture every hour. Remove from freezer, scrape the surface with a fork until it looks like shaved ice and return to freezer until ready to serve.

Feel free to forward this newsletter to friends and family.

Go well!

*Clare*

