



Hello and welcome to my Autumn newsletter!

Well, what a busy summer I had! The main events were Chilled Fest, a music and wellbeing festival to celebrate my husband's birthday, which also raised over £2000 for NSPCC. I was lucky to meet and treat some new people and their feet with taster sessions which were very successful judging by the feedback I got!

After decorating the kitchen, we then had a glorious week in Malta and some much-needed sunshine.

When we got home, we had the privilege and joy of welcoming our new and first grandchild, Jesse Leo, who is an absolute delight...and, as his name means, 'a gift from God'.

Thank you to everyone - new, existing, and returning clients - who contacted me during World Reflexology Week. It is great to celebrate such an amazing complementary therapy!

So now to turn our attention to autumn with its seasonal delights and drawbacks. As the weather turns colder we tend to stay indoors more often in closer proximity to others and viruses can spread more easily as we are more exposed due to closer face to face contact. Viruses tend to live longer in cooler less humid conditions.

So, I'm dedicating this newsletter to the immune system.

Just a reminder that you can find my website at www.clare-elizabeth-reflexology.com

And you can follow me on Instagram – www.instagram.com/clare_elizabeth_reflexology

There is also the opportunity now to leave me a review on Google! Google 'clare elizabeth reflexology'.

Reflexology and Immunity

What is the immune system?

The immune system is a network of organs and systems that protects the body against invasion by foreign bodies. It includes the thymus gland, spleen, lymphatic system – white

blood cells, lymphocytes, lymph nodes – skin and mucus membranes, bone marrow, stomach and bowel, tonsils, and adenoids.

What is immunity?

Immunity is the body's ability to defend itself against bacteria, viruses, parasites, and fungi.

<https://my.clevelandclinic.org/health/body/21196-immune-system>

Sometimes our bodies can't tell the difference between our own healthy cells and invading cells, and it starts to attack itself. This is called autoimmune disease and includes multiple sclerosis, psoriasis, fibromyalgia, reactive arthritis, rheumatoid arthritis, Sjögren syndrome, Systemic lupus erythematosus (lupus), Type I diabetes.

So how can reflexology help?

As explained in my previous newsletter, 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 – so aiming to restore balance to your immune system.

Reflexology Lymph Drainage (RLD) was developed from Lymphatic Drainage Massage which is used to reduce the swelling of lymphoedema, but it is also used to help in the above autoimmune conditions.

I am an approved practitioner of RLD and I have had positive feedback from clients with autoimmune disorders who have noticed relief from some of their symptoms as well an overall improvement in their sense of wellbeing.

What else can I do to improve my immunity?

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.



New Nanna!



Four thieves vinegar – recipe below!



Making the most of the good weather!

Try making a small change in these areas of your life.

SMART goals!

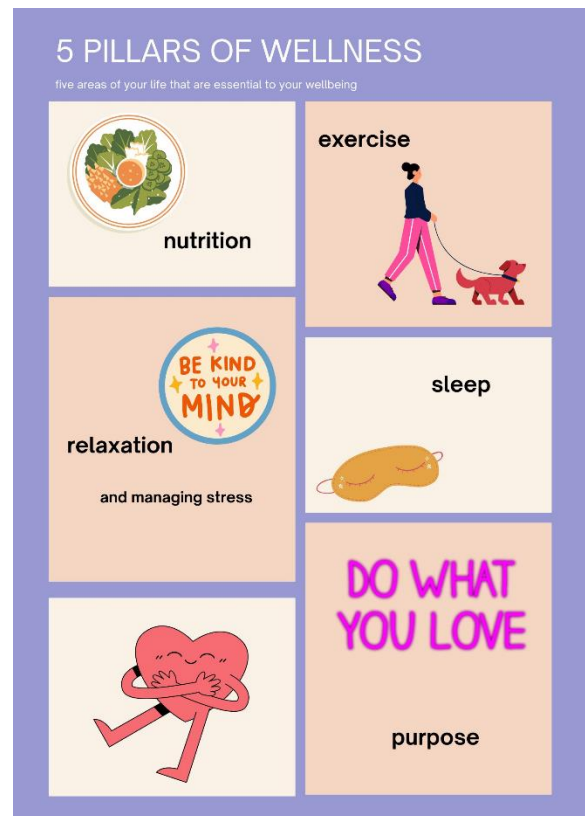
Specific

Measurable

Achievable

Relevant

Time-bound



NUTRITION – eating a diverse range of food improves the gut biome which is integral to the immune system.

This recipe for Four Thieves Vinegar is fairly cheap and easy to prepare. I used it last year – a teaspoon a day in warm water – and I didn't have a cold all winter!

With thanks to Dr Sam Watts of Mind, Body Medical <https://www.mind-body-medical.co.uk/>

"This is one of the most powerful and important home herbal remedies for you to stock in your house as autumn and winter cold and flu season approaches.

🌿 Made up of clinically proven immune boosting, anti-bacteria and antiviral herbs, it should be the first port of call whenever an infection sets in.

🌿 It is also super quick and easy to make and a big jar should last your through to spring time".

🌿 Ingredients:

- * 500mls apple cider vinegar
- * 2 tsps dried sage
- * 2 tsps dried rosemary
- * 2 tsps dried thyme or lavender
- * 2 tsps whole pepper corns

- * A few dried cloves
- * A whole bulb of garlic

🌿 Instructions:

- * Add all the herbs and garlic into a clean dry Kilner jar
- * Pour over the vinegar
- * Stir really well to ensure all the herbs are covered.
- * Seal the jar with an airtight lid and leave in a dark cupboard for 3-4 weeks to macerate.
- * Try to vigorously shake the mix every day or so to increase its strength
- * Then strain through a fine sieve, label and date and store in a dark cupboard.
- * Take 5mls 3-4 times a day at the first sign of infection 🍷 🍷

EXERCISE – get outside! If you struggle to fit exercise into your day just try a ten-minute brisk walk from your front door to boost your circulation. Take in the colours of the autumn leaves.

SLEEP – go to bed and get up at the same times each day.

<https://www.sleepfoundation.org/sleep-hygiene/healthy-sleep-tips>

RELAXATION – take a few minutes for a grounding meditation

https://youtu.be/c2thahBgErc?list=PLA3zMOypDvM7_HUQp60tDSnizXxVRgp1N

PURPOSE – write a wish-list of all the things you'd like to do if you had the time...then make the time to do one of them!

And lastly here's a link to a video to show you how you can massage the reflexes on your hands to help yourself. https://youtu.be/gSR_2uxFEtY

Feel free to forward this newsletter to any friends you think may benefit – from reflexology and from boosting their immune system.

Go well!

Clare



My therapy room.



All set for a mobile visit!